



Volunteer News Update

News and information for volunteers from Home-Start Barnet and the Harrow Project

MARCH 2017

DEAR VOLUNTEERS,

A MESSAGE FROM KIRPAL

Hello to all our existing and new volunteers and what a wonderful start to 2017. Where do I start.....

I'd like welcome our latest newcomer joining the team – Jess Keen. Jess will be leading our fundraising efforts to ensure we raise enough funds to keep all our good work going in this very tough climate of cutbacks.

I'm also delighted to share that we are partners in a joint project with Colindale Community Trust, Love Burnt Oak and Everglade Health Practice to deliver a Health and Wellbeing Programme across Grahame Park and Colindale. The two year project is funded by Genesis Housing and our role is to recruit and train 30 Community Health Champions per year to support the P/T Health & Wellbeing Coordinator. Luci will be leading on this so watch this space for volunteering. The job description for the coordinator post is included in this newsletter!

Finally we are celebrating 20 years of supporting families in Barnet and now Harrow too. We are currently planning a big event to mark this momentous moment in our history, and we will let you know as soon as details have been finalised.

Kirpal

JESS KEEN

We are delighted to welcome Jess, who joins us for two days a week as our Fundraiser. Over the next month or so she will be looking for volunteers to join her on our new Fundraising Committee so if you are interested, please email her on jess@homestartbarnet.org



Hello, I'm Jess and I am very excited to have joined the Home-Start Barnet team as Fundraising Manager. Over the years I have worked in a number of fields, this includes three years as an ESOL teacher in Madrid during my early twenties. On my return to the UK I spent over eight years in sales roles in the magazine publishing industry. And after starting my family I decided to draw on my passion for dance, teaching movement and dance to pre-school children in Islington and Haringey SureStart Children's Centres.

I was thrilled to be given the opportunity to build on the amazing fundraising effort already taking place at Home-Start Barnet. I will be drawing on my sales experience to help this effort, but am keen to get together with volunteers sometime in the near future, to discuss how we can maximise donations. I look forward to meeting many of you soon.

Jess

GRACE

As some of you know, Grace our Administration Officer will be away from the office until April. We are delighted to say that our volunteer Kerry will be covering for her role every Monday and Thursday. Welcome Kerry and thank you for stepping into the role.

ON-LINE TRAINING AND INFORMATION

Dr Pooky Knightsmith is the Director of the Children Young People and Schools Programme at the Charlie Waller Memorial Trust and also the Vice Chair of the Children and Young People's Mental Health Coalition. She has an excellent website www.inourhands.com Have a look as there are a number of very interesting free webinar training sessions as well as Pooky's weekly podcast. I am a regular listener and can highly recommend it.

Suzanne came across this link from the Barnet Council Website which gives some very useful information including advice on on-line and cyber bullying. Have a look, as it may help with your own children as well as for families we support who have older children.

<https://www.barnet.gov.uk/dam/jcr:8e1b5576-4712-4899-9167-c39fcd616faa/Barnet%20SCB%20online%20safety.pdf>

WORKSHOP ON DOMESTIC ABUSE

We have organised Jo Sharpen from The Ava Project (Against Violence and Abuse) to present a workshop on the effect of domestic abuse on children and unborn babies. Many of our staff have attended the training which is excellent. This will take place on Friday 24th March from 9.30-12.30 at OneStonegrove Community Church in Edgware. Spaces are limited so if you would like to attend please call the office as soon as possible to reserve a place.

THE LOFT



The Loft Charity Shop has been running now for 3 years and on the 14th February we celebrated our Birthday. We decorated the shop and offered drinks and snacks to customers. One of our volunteers offered mini beauty treatments and we ran a very successful raffle. Thank you to all of our wonderful volunteers who supported the event.

Also, Happy 18th Birthday to our fantastic shop and admin volunteer, Didi. Enjoy your celebrations.



Huma

BOUNDARIES

Please remember how important it is that volunteers do not share their 'phone number with families we are supporting. You can always contact your family through the office or alternatively dial 141 before the number so your own number is withheld.

AMBASSADOR TRAINING

A few weeks ago we ran a short training for our new Ambassadors. This is a small group of existing home-visiting volunteers who are going out and about to spread the word and recruit volunteers. Taz Amin has already attended a coffee morning in Harrow and recruited two new volunteers for the February course for which we are very grateful. The Ambassadors will also be attending a new multi-agency domestic violence and abuse One Stop Shop at Barnet House. This is a free advice drop in service every Thursday morning for men and women who have been victims. We will be providing information along with other specialist agencies, the police, solicitors, health advisors, housing officers and others. I am running another training on Monday 27th February at Stephens House so if you are interested please call me for a chat. Luci

JOB OPPORTUNITIES



CCT's vision is to "develop sustainable projects and partnerships that bring people together as well as improving the economic and social well-being of people in Colindale"

POST TITLE: Grahame Park Health & Wellbeing Project Part Time Project Coordinator

ACCOUNTABLE TO: Community Development Officer

SALARY: £29,194. Per annum (pro rata, actual salary £ £14,597.)

HOURS: 17.5 hrs per week to include occasional evening meetings and weekend work

CONTRACT TERMS: 2 YEAR FIXED TERM CONTRACT

CLOSING DATE: 31st March 2017

INTERVIEW DATE: 12th April 2017

Colindale Communities Trust (CCT) has an exciting opportunity for a community development worker that can coordinate the Grahame Park Health and Wellbeing Project. This project will work with the local community to improve the health and wellbeing outcomes for residents. The project will encourage residents to ask the question 'How can I change my current lifestyle to improve my future health?'

Working closely with our partners: The Everglade Medical Practice, Home-Start Barnet and Love Burnt Oak the role will encompass supporting local community health champions, mapping existing provision, sourcing new provision that meets local needs, working closely with the well-established community networks in Grahame Park and Colindale and measuring the impact of the project. This position requires an organised project manager with experience of working in diverse and deprived communities and supporting resident led volunteers and initiatives.

If you feel you have the imagination and drive to support the local community and improve their health and wellbeing an application pack and full details can be found at:

<http://www.colindalecommunity.org/health-wellbeing-project-coordinator-job-with-cct/>

This post is subject to an Enhanced Disclosure application to the Disclosure and Barring service.

If you have any queries regarding this post, please contact Jan Brennan:

brennan.cct@gamil.com or 0208 200 3014

Please note, due to the volume of applications we receive, we are unable to inform all applicants as to whether or not they have been shortlisted. Therefore, if you have not heard from us within one month of the closing date, please assume your application has been unsuccessful.

PLEASE NOTE CV's WILL NOT BE ACCEPTED

Colindale Community Trust is also looking for a CEO. Please click on the link below for more details on the job.

<http://www.colindalecommunity.org/the-cct-is-looking-for-a-ceo/>

THANK YOU HOME-START VOLUNTEERS

As a result of our support for one of our families last year, this family have expressed their thanks by organising some “happy bags”. They were put together by some young people who volunteer for a charity called OSBM Youth Wing who do philanthropic activities in Harrow and who also fundraise on a more global level.

These bags contain things such as a box of teabags and a mug, a diffuser, a very good quality child’s outfit, handcream etc. and have been donated to us so that we can distribute them to our families.

It is nice to be able to spread a little joy as a result of the time you also generously give and we are reminded of the good work you do.

So, once again - THANK YOU!

Gilly

CALL FOR COMMUNITY HEALTH CHAMPIONS LIVING IN GRAHAM PARK

Do you live in Grahame Park? We are looking for new volunteers for the project Kirpal mentioned at the beginning of this news update. Community Health Champions provide support and motivation

to Grahame Park residents, helping them to achieve healthier lives by raising awareness of health and healthy choices. You would provide support to others by making contact with local people, listening, encouraging healthier lifestyles and signposting. Full training will be provided. For further information please call Luci.

LONG DISTANCE LEARNING COURSES

As you know, we often offer Level 2 long distance learning courses to volunteers in a variety of subjects. Ros Barnett has been a home-visiting volunteer with us since 2011 and recently completed the Counselling Skills course. I thought you may find it interesting to read her experience which may inspire you to apply for a course next time they are on offer. Thanks Ros, for sharing with us, and many congratulations on completing the certificate.

I am a Home-Start Barnet volunteer who does family support. I was lucky to be accepted for the NCFE Level 2 Certificate in Counselling Skills offered by The Skills Network.

At the outset, I was rather blasé about the whole thing and assumed that the course would be fairly easy and not too time consuming. In fact, it was extremely comprehensive, surprisingly challenging and very, very interesting. It reinforced, broadened and reminded me about much of what I had learnt on the Home-Start induction course several years ago and also covered theory and other aspects which were totally new to me. Most interestingly it made me reflect a great deal on my own assumptions, motivations and prejudices, which has implications over my view of my life as a whole, and not just my volunteering.

Although apparently geared towards people intending to make a career in the 'caring / listening' field, the activities set in the course book and answering the assessment questions helped me realise how what I was learning was helpful with my Home-Start role and personal interactions generally.

The most worrying part of the course was having to video an actual mock counselling session. My guinea pig friend is also a notorious practical joker and I was on tenterhooks that he might start doing something very silly half-way through. In fact, he was very well behaved and viewing the session afterwards helped me find out a lot about myself, (both good and bad), and how I interact with others.

I thoroughly recommend the course. I chose to do it on-line. But there was very good and helpful back-up by phone and email. The support team were just that. They sorted things out when I was about to miss a deadline and put me in touch with one of the personal tutors when I was uncertain about how to approach an assessment. And I found the assessment feedback very detailed.

Be careful. I made an incorrect assumption about the number of sections in the last unit and nearly missed the closing deadline! But if you start the course on time, treat it with respect, and don't miscalculate how much you need to cover I'm sure that it can be studied in small achievable chunks. Certainly, I found it worth-while enough that I would consider doing another course like this, perhaps on autism or something else that would improve my skills in my Home-Start role if I could make the time and had the opportunity.

Go for it if you get the chance!

Ros Barnett

HALF-TERM TRIP FOR FAMILIES

Last week we took 25 families to the London Aquarium for a fun day out. The trip was funded by our Big Give Christmas Challenge which some of you very kindly donated to and for which we send a very big thank you.

DATES FOR YOUR DIARY

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| Preparation course for new volunteers – 2nd May | OneStonegrove, Edgware | Tuesday 28th February |
| AVA training 9.30-12.30 p.m. | OneStongegrove. Edgware | Friday 24th March |
| Volunteer Summer Lunch 12.30-2 p.m. | Avenue House, N3 | Thursday 8th June |