

News and information for volunteers from Home-Start Barnet and the Harrow Project July 2017

DEAR VOLUNTEER,

A big welcome back to Grace, our Business Administration Officer and Helen, Perinatal Health Coordinator. Both have been on extended sick leave and we are happy to say that both have now returned, initially on a part-time basis. We would like to thank Kerry Porter, one of our volunteers who stepped into Grace's shoes a couple of days a week to help in the office. Now Grace is back, Kerry is still coming in to assist, together with Bekki and Bina. There is always so much administration to do, so the extra help is invaluable. Thank you all.

As you all know, we sadly had to cancel the Volunteer Summer Lunch this year but we are pleased to invite you to our 20th Birthday Summer Garden Party. This will take place at Stephens House on Friday afternoon, 15th September 2017. We do hope that you will be able to join us. More information will be sent nearer the time, but please save the date.

Luci

MESSAGE FROM KIRPAL

Welcome to the July edition of the VNU. The gardens of Stephens House are in their full summer glory (see below); the weather is

wonderfully hot and it's great to have both Grace Hosken and Helen Andronicou back from sick leave.

Our team has been busy with numerous fundraising initiatives: Cathy and Huma held a **Fun Day at the Family Group**, and Jess and others participated in the **Super Hero 5km fun run**, raising a whopping **£14,422** for Home-Start Barnet through the **Big Give Summer Challenge**.

Well done, and a big thank you to all those staff, volunteers, trustees and friends of Home-Start Barnet who took part and helped raise the money. We will use it to take children and families out on trips during the summer.

Fundraising is a critical part of our work and ensures the sustainability of the support services we provide to local families and their children. Do you have fundraising ideas we can explore together? If so, please get in touch.

Jess organised a very well attended fundraising meeting in April, and some fantastic ideas were generated. Sadly, she has since left the organisation, but we need to keep the momentum going. *Interested?* Please contact me. We need you!

Kirpal

THANK YOU

A very big thank you to Huma Imam, our volunteer and Family Group worker who has again, together with members of the local Muslim

Community donated Ramadan Hampers to 8 families in Harrow and 2 in Barnet. These consist of enough food for one month, including 10kg rice, 2kg dates, 5 litres of oil – the list goes on. As you can imagine, this makes a huge difference to families struggling to cope and is very much appreciated.

Gilly

Thank you also to all volunteers who have recently answered our request for various items of furniture. We were overwhelmed by the response and couldn't take all the items offered. We do appreciate your generosity.

INVESTING IN VOLUNTEERS

As many of you will know we recently underwent our re-evaluation for the kitemark award, Investing in Volunteers. This involved a full audit of all of our processes including a two day visit from an examiner who interviewed a selection of staff and volunteers. Thank you so much to all volunteers who gave up their time to be part of this process. The report has been sent to the UK board and we will hear on 27th July if we have been successful.

PREP COURSE FOR NEW HOME-VISITING VOLUNTEERS

The next prep course will be at OneStonegrove Community Centre in Edgware every Tuesday from 19th September to 14th November (excluding half term week). If you have any friends or family who

would be interested or if you have any ideas where we could put up a poster, please give Luci a call in the Office.

RESOURCES

The Pandal Foundation is an organisation who offer women with pre- and post-natal depression advice and support. They have an excellent website with information and resources you may find useful if supporting a mum with depression. Please follow the link below:

<http://www.pandalfoundation.org.uk/>

There is a free on line course covering attachment in the early years, including theory and research on attachment in early childhood. In the 1950s, John Bowlby was the first person to develop a theory about the significance of early attachments between caregivers and very young children. His work has stimulated a massive and very productive field of research with important implications for childcare. This Open Learn course describes Bowlby's theory and the work that has built on it, illustrated with video recordings of the assessment of attachment in a laboratory setting and a talk by an eminent attachment researcher.

There are lots of other free courses on their site so follow the link if you are interested:

<http://www.open.edu/openlearn/health-sports-psychology/childhood-youth/early-years/attachment-the-early-years/content-section-0#>

REMINDER

Please can I remind all volunteers that if for any reason you are unable to visit your family or they cancel you, please call your Coordinator and inform her that the visit has not taken place.

SUMMER TRIPS

We have three trips for our families coming up over the summer holidays. They are as follows:

1st August 2017	Family Picnic in the grounds of Stephens House
10th August 2017	Beach trip to Southend-on-Sea
23rd August 2017	Trip to Whipsnade Zoo

Enjoy the Summer
With best wishes
Luci