



## Volunteer News Update

### News and information for volunteers from Home-Start Barnet and Harrow March 2018

#### MESSAGE FROM KIRPAL

Spring is in the air and we've finally got rid of the Siberian weather. The office is buzzing with excitement as we have so many initiatives going on at the moment. Luci is in the middle of her volunteer prep course, Tamar is leading on introducing play therapy for children in partnership with Every Step Matters in Harrow and Corinne is getting ready to deliver Money-Smart Workshops at Coppett's Wood Children's Centre. Leonie is midway through her Triple P Parenting Programme for teens at St. Peter's Bourne in Whetstone and Trupti is delivering her last Women's Support Group Programme before it goes in-house to The London Borough of Barnet.

We are very fortunate to have secured a further 12 months of funding for the Perinatal Health Coaching and the Family Health Coaching contracts from LB Barnet and are waiting to hear the outcome of our application to BBC Children in Need for continuation funding of the much needed family group at Grahame Park. The Family Supper Project has been a wonderful addition to our holistic support for local families, flagging up not only food poverty but isolation as one of the major issues faced by local children and families and has been extended until June.

Once again we are taking part in the Big Give Summer Challenge 2018. For those of you who are unfamiliar with this initiative, we accept donations on-line from Monday 11th June to Friday 15th June and whatever we raise is doubled by the Big Give. We will be raising funds to offer vulnerable children and families trips and outings as well as healthy eating workshops over the school holidays. If you would like to support this we will be sending out the link nearer the time.

The biggest news for Home-Start Barnet & Harrow this year is that we have secured funding, thanks to the generosity of John Lyon's Charity, to extend our service reach to provide much needed home-visiting volunteer support to families in LB Brent from April 2018. This will require a lot of support from staff and volunteers alike to get the service up and running.

Finally I'd like to thank each and every one of you for all your hard work and effort in supporting our work across Barnet and Harrow.

## **FAMILY SUPPER – VOLUNTEERS WANTED**

My name is Filomena and I am the Family Supper Coordinator at Home-Start. Family supper is an initiative that has been going since October 2017. Our families have the opportunity to come along every Thursday from 3-6pm and enjoy a healthy two course dinner cooked from scratch. I am also a nutritional therapist, so I make sure that the meals that I cook are nutritionally balanced and healthy. Each family gets a recipe of the meal to take home with them so that they can recreate the meal for their family. The sessions are welcoming and friendly and give families the chance to not only eat a healthy meal they don't have to prepare themselves but also the opportunity to meet and interact with other parents. For some families this is really important especially if they are really struggling to get out of the house and meet people. The children love the sessions too and you can see week on week how much they get out of visiting the supper club. There are lots of toys and games for children to play with whilst the parents mingle and chat with each other. The sessions are held at the Homeless Action Barnet Centre just off Tally Ho Corner in North Finchley. We have a few regular volunteers that help but are always looking for more volunteers to help out. This would involve chatting to the families, helping to serve food, serving tea and coffee, handing out and helping to fill out evaluation forms with the families and helping to set up the dining room. All the recipes that are cooked at the family supper can be found on our website.

## **FUNDRAISING**

Hi, my name's Barbara Stern and I'm the new fundraising executive for Home-Start Barnet and Harrow. I'm excited to play my part in ensuring that as many families are helped as is possible. To do that we need individual donations as well as business donations. It would be great if some of our volunteers could help me out by introducing me to people that you know who might want to get involved. For example, do you own a restaurant, bar or pub in the Borough of Barnet or Harrow? If so, would you be prepared to sponsor the Supper Club? Do you know anyone who owns a restaurant or even works in one? Do you know anyone who is a partner in a law firm, an accountancy firm, an insurance broker or financial advice company or any other large business enterprise? If you do please ask them if I may get in touch to see whether they would be interested in getting involved in Home-Start. There are thousands of people in both Boroughs who might be wanting to make a difference to people's lives as you are doing: please help me to find them! My email is [barbara@homestartbarnet.org](mailto:barbara@homestartbarnet.org). Thank you.



## SUDDEN INFANT DEATH SYNDROME

We held a very informative training on safe sleep from the Lullaby Trust last month. As volunteers you are able to share this important guidance to parents with babies and young children. I have listed below the information on safe sleeping but there is so much more, including sleeping position, smoking, mattresses and breastfeeding. Please take the time to have a look at the website: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) and pass this on to any families that may need to read this important advice. It could save a life!

### When you should not co-sleep

It is important for you to know that there are some circumstances in which sharing a bed with your baby can be very dangerous.

Bed sharing increases the chance of SIDS and is particularly dangerous if:

- 
- Either you or your partner smokes (even if you do not smoke in the bedroom)

Either you or your partner has drunk alcohol or taken drugs (including medications that may make you drowsy)

- You are extremely tired
- Your baby was born premature (37 weeks or less)
- Your baby was born at a low weight (2.5kg or 5½ lbs or less)

You should never sleep together with your baby if any of the above points apply to you.

You must be especially careful when giving feeds that you are not in a position where you could both fall asleep in the bed together.

**Never sleep on a sofa or on an armchair with your baby.** Sleeping on a sofa or armchair with your baby can increase the risk of SIDS by 50 times and is one of the most high-risk situations. Studies have found that sharing a sofa or armchair with a baby whilst you both sleep is associated with an extremely high risk of SIDS. One study found that approximately one-sixth of infants in England and Wales who died of SIDS were found sleeping with an adult on a sofa.

Make sure that you do not accidentally fall asleep with your baby on a sofa. If you think you might fall asleep, put the baby down in a safe place to sleep.

If you are breastfeeding, have your partner stay up with you, breastfeed in a different position where you are confident you might not fall asleep, or feed the baby somewhere else.

## KINDERGIFTS

Kindergifts is a charity that we are involved with. They offer the opportunity for children and adults to donate all or part of their birthday or special occasion money to charity. There is some information below but to see how it works and to see our page on the site please follow the link.



### Meaningful celebrations made easy

You don't have to run a marathon to make a difference. Share your joy with a charity!

#### How it works?

##### 1 Personalise your invitation

- Select your design
- Add your gift
- Select your charity
- Choose % to share

##### 2 Add your guests, we'll do the rest

- Send invitations to your guest list
- Friends can make safe payments instead of buying presents
- We track your RSVPs and contributions
- You watch who's coming and how your funds grow

##### 3 You choose how much, we split the funds

- The gift amount goes straight into your bank account
- Your charity gets a donation, net of transaction fees 
- Donations are boosted by Gift Aid

**SHARE YOUR JOY**

## ALL ABOARD CHARITY SHOPS

"...It's all about the charities we support"

We are really excited to announce that The All Aboard Charity will be supporting us financially. The All Aboard Charity was started in 1987 and currently have 18 shops, including branches in Ballards Lane, Barnet, East Finchley, two in Edgware, two in Golders Green, Hendon, Mill Hill, Finchley Road, Tally Ho and Temple Fortune. They rely wholly on donated stock to sell and since their creation have raised over £3million for various charities large and small. They are a Jewish charity, supporting Jewish and non-Jewish causes and also offer volunteering opportunities. Volunteers join for various reasons; to be part of a team with a common goal, working in the local community; to be trained in a retail environment, in order to obtain work experience which is documented and referenced; as a retiree; and those wishing to improve their English language skills

You could really help by choosing their shops to donate your unwanted clothes, bric a brac, books, toys, furniture and clothes. The great thing is that they have vans and can collect from your home, please call 020 8381 1717 or drop in to your nearest branch. Please let them know that you are a volunteer with us if you make donations. You can help further by completing a gift aid form so that they make even more money from your unwanted items. Please support All Aboard so that in turn they can help us with much needed funds. We are looking forward to a long and productive partnership. Thank you all so much.



An advertisement for All Aboard Charity Shops. The top features the logo "ALL ABOARD CHARITY SHOPS" and the tagline "...It's all about the charities we support". Below this, a large red banner reads "WE NEED YOUR GOOD QUALITY DONATIONS!". The central image shows a white van with "ALL ABOARD CHARITY SHOPS" and "FREE COLLECTIONS!" written on it. Text next to the van says "Your donations will help many local worthy causes. We collect unwanted clothing &amp; household items Sunday to Friday". Surrounding the van are icons of various items: clothing, bric-a-brac, books, and furniture. At the bottom, contact information is provided: "Contact us to arrange your collection", "t: 020 8381 1717", "e: collections@allaboardshops.com", and "www.allaboardshops.com". Social media icons for Facebook, Twitter, Instagram, and eBay are also present. A footer bar contains icons for "Clothing", "Bric-a-brac", "Linen", "Jewellery", "Books", and "Furniture".

## Useful Website

The Barnet Safeguarding Children's Partnership has a wealth of information which is worth having a look at. Please go to [www.thebarnetscp.org.uk](http://www.thebarnetscp.org.uk)

This is a list of many social media apps that teenagers use, so if you need an update, follow the link below.

<https://www.today.com/parents/moms-you-oughta-know-11-social-media-apps-teens-are-6C10833314>

<https://www.advicenow.org.uk>

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

<https://littlevillagehq.org/about>

Little Village provides good quality baby clothes and equipment, donated by local families, to local families who need this kit. We promote sustainable living, and make it easy for local families to help one another in a respectful, non-judgemental, non-patronising way. We came together as a group of local parents, and we now run it as an entirely voluntary enterprise.

'It takes a village to raise a child' is especially true in London where we often feel alone as parents. We want to create small, warm communities of families supporting one another, within an intense, global city.

We offer a weekly drop-in service for families who need our support, a delivery service and we also provide a referrals-based service for our partners such as health visitors, Children's Centres, midwives and the local foodbanks.

Families can either drop in with a voucher to visit our stockroom themselves, or our volunteers put together bags of kit on their behalf. We want our bags to feel like gifts, rather than hand-outs, so we include goodies for the mum, and we only pass on items that are good enough quality that we'd give them to a friend.

## FEEDBACK FROM ANNA, HOME-VISITING VOLUNTEER

I attended the Relate 4-day Counselling Skills Course in Harrow from 20<sup>th</sup> February 2018 to 13<sup>th</sup> March 2018. I was delighted at the opportunity for a place on this course to improve my communication skills. Most of us on the course either work or volunteer within the charity sector with three of us from Home-Start Barnet and Harrow. We all found the sessions particularly useful for our work with families where there can sometimes be challenging and difficult situations. The sessions were very relaxed and our facilitator made it enjoyable throughout. We learnt the difference between counselling, which can only be provided by a trained professional, and counselling skills, which can be used every day in most situations where people are interacting. The key elements of counselling skills are active listening, empathy, giving information (not advice) and showing unconditional positive regard to others. We put into practice our listening skills and acting skills and some of us gave Oscar-winning performances, in the role play exercises! We were all apprehensive of being observed in role play but soon relaxed into our new roles of listener, talker and observer and had lots of fun practicing our different scenarios. I would certainly recommend this course to other volunteers as it teaches different techniques of active listening. It is well presented, informative and fun. It has certainly given me more confidence in supporting families.

Anna Neocleous

## TRAINING

We are really pleased to be able to offer a workshop on working with Borderline Personality Disorder which is being run by our local NHS Trust. This will be held on 18th April 2018 from 9:30am-13.00pm at the Barnet Wellbeing Hub, Meritage Centre, Church End, Hendon, NW4 4JT. Places are limited. Please call Luci to secure a place.

Luci Yellon  
Volunteer Manager  
**Home-Start Barnet and Harrow**  
Stephens House  
17 East End Road  
London N3 3QE.