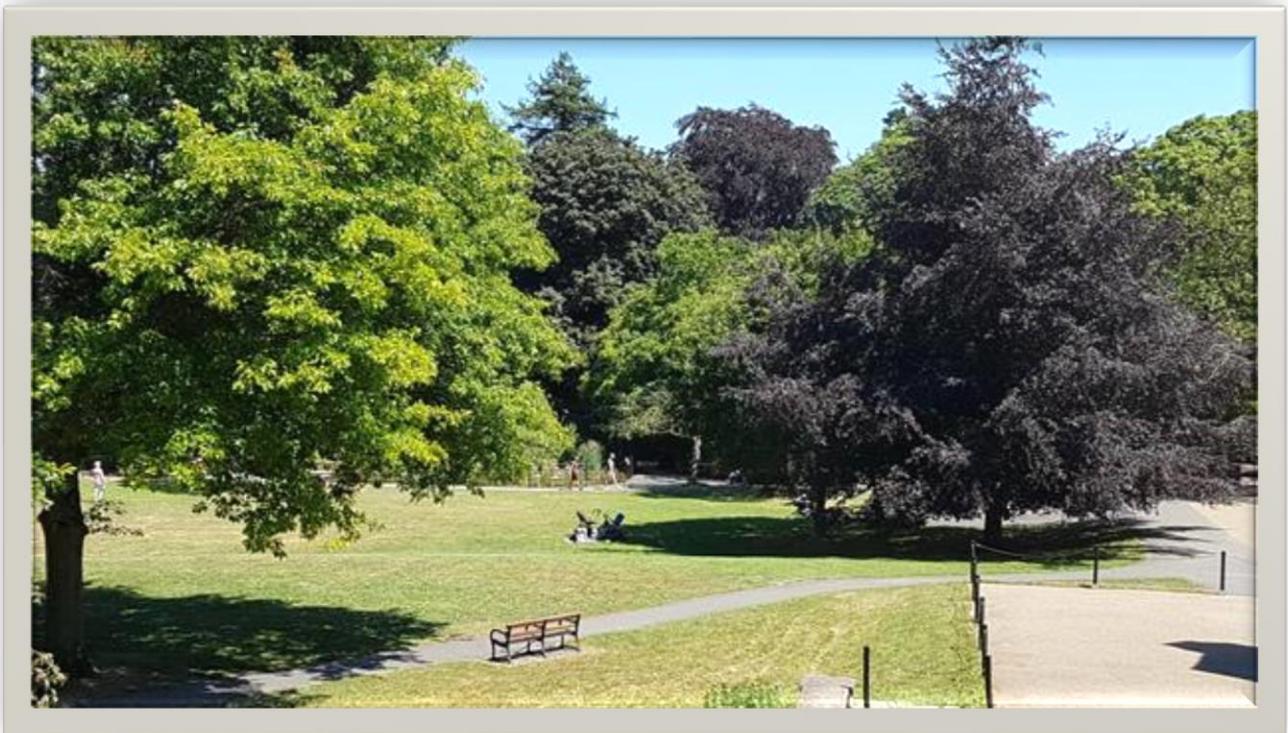




Volunteer News Update

**News and information for volunteers from
Home-Start Barnet, Brent and Harrow
July 2018**



Dear Volunteers,

Hope you are all enjoying the lovely weather. We have some fun activities arranged for our families over the summer holidays so fingers crossed the sunshine will continue. We raised money from the Big Give but are asking for a small donation from families to help with the cost.

Our first trip for families will be to Diggerland on Tuesday 31st July and will cost £5 per person. This will be an action-packed day for the children, giving them the opportunity to ride, drive and operate real diggers, dumpers and other cool machines. There are Little Tikes toys for children under 5, robots, safari, Dippy Ducks and more.

Our second activity is for **families and volunteers**. Please join us for a picnic in the lovely grounds of Stephens' House, and Gardens, Finchley, N3 (see photo above). This will be on Tuesday 7th August from 12 noon to 2 p.m. All you need to do is bring the children and a picnic lunch and we will provide some fun activities.

Lastly, we will be doing our usual coach trip to Southend-on-Sea for families on Tuesday 21st August. This will cost £3 per person.

If you are visiting your family this week or next week, please remind them to book as the coaches fill very quickly and they need to book early to avoid disappointment.

MESSAGE FROM KIRPAL

What a glorious start to July – we have a heatwave, we've secured another 3 years of continuation funding from BBC Children in Need for the Grahame Park family group, England are in the semi-finals and by the time you get this, we may even have won the 2018 World Cup!

As always there's a lot going on within the organisation. We secured three new funders including; Goldsmith Company, Trusthouse Charitable Foundation and Garfield Weston Foundation. This will enable us to build capacity, support staff effectively and develop our services further.

Thanks to the Big Give Summer Challenge we can offer supported families fabulous outings to Diggerland, Southend beach and a fun-packed picnic in the grounds of Stephens House. Add to that we have an official launch of our services in the London Borough of Brent on the 19th July. Please do join us if you can! All in all a busy summer ahead.

Kirpal

NEW MEMBER OF STAFF



Hi, my name is Elli and I have recently started working for Home-Start as Family Co-ordinator for the our newly funded service in Brent. I come to Home-Start from a very varied background as a television producer, a trainee psychotherapist and a mum (amongst other things). I am excited to have the opportunity to use my different areas of experience to help to support our families and really start to build a Home-Start service in Brent. It will be a challenge as well as very rewarding to help it to grow and develop - a little bit like the families we support! We are already taking referrals and there are clearly lots of families out there in Brent who really need our help, so if you know of anyone in Brent who might have a few hours a week to offer a family in need, please ask them to contact us.

HOLIDAY ACTIVITIES FOR CHILDREN

Please let your families know that Sainsbury are providing holiday activities for children, ages 5-15 £7.50/day which can be booked for maximum of 5 days. The only one in Barnet seems to be in Cricklewood run at Dersingham School but there is one in Wembley too. Have a look at website, you just put in postcode to find the nearest one.

<https://activekids.sainsburys.co.uk/venue/7261>

TRAINING

Perinatal Mental Health Training

We are very excited to offer a Perinatal Mental Health Training day on Thursday 27th September at Stephens House. This has been put together by Dr. Ella Rachamim who is a Paediatrician. She has tailor-made this training especially for Home-Start Barnet and Harrow, for which we are very grateful. This training will be useful for all volunteers, not just those supporting the Perinatal Project. Please call to secure your place.

Programme

- 9.30 am: Teas and coffees
- 9.45 am start: Introductions
What is postnatal depression?
How to recognise the early signs and symptoms?
What are the risk factors? Why is it not just the baby blues?
Treatment – medical, psychological, short and long term.
Inpatient and outpatient treatment options: NHS services
- 10.45 am: Refreshments
- 11 am: Do fathers get PND?
Parent-child interaction,
Effects on the child and family in the immediate and longer-term
- 12 pm: Lunch and a chance to mingle
- 12.30 pm: A mother kindly shares her experiences of PND and her road to recovery –
Q &A session
- 1.15 pm: The role of the health visitor in detection and screening
Listening and visiting: When to get involved and who to refer to?
Self-help and further support systems
- 2 pm: Refreshments
- 2.15 pm: Psychotherapist - infant mental health, bonding, videos
- 3.15 pm: Resources and Time for any other questions,

Course evaluation, Certificates
- 3.30 pm: End

Counselling Skills

A large number of our volunteers have now completed the training below that is offered by Relate. The feedback has been excellent and we are really pleased to be able to offer another opportunity. If you are interested please contact Relate direct, the details are at the bottom of this section. This training is FREE to our volunteers.

Training with Relate

Do you want to develop your interview skills?

Are you hoping to work with children and families?

Are you a volunteer in your community?

Counselling Skills for Non Counsellors

What is the course: a level 3, FOUR DAY introduction to the skills of the counsellor which offers learners a chance to develop the counselling skills of communication and empathy in a straightforward and practical way. **The course will require you to complete some written tasks and a final written assessment. You will also participate in practical role play.**

It is important to attend on all four days.

Who should attend: anyone looking to develop their communication skills for work, including those wanting to be more effective in interviews. This course is also helpful to those working with families and vulnerable people in the community.

What qualifications do I need? No formal qualifications are needed to join the course but you must be able to read and write English

What is included on the course:

- Understanding counselling and communication skills
- The skills of the three stage model of the counsellor
- Interview management and time keeping
- The need for clear boundaries
- Ethical issues and the limitations of the use of counselling skills

This course does not allow participants to practice as a counsellor but can be an introductory step towards counselling as a career.

Thursday 27th September & 4th, 11th, 18th October 2018

Times 9.30am to 4pm

Relate London North West, 1st Floor, Civic 9, Milton Rd, Harrow, HA1 1GT

Full Cost £350 some FREE places are available for this course supported by Adult, Community and Family Learning Harrow. For details of qualifying groups please contact Relate at the email below.

If you are unable to attend the course then a minimum of 24 hours notice is required or 50% of the full course fee will apply

If you would like to apply for the course contact Relate Harrow Training

Email: training-rlnwh@relate.org.uk Tel: 020 8427 2801

NEW VOLUNTEERS WANTED

Our next preparation course for volunteers starts on 25th September at OneStonegrove in Edgware. If you have any friends or family who you think may be interested please ask them to call me. As our service has now extended we are specifically looking for volunteers to cover the Borough of Brent.

USEFUL WEBSITES and APPS

For useful information for families with autistic children including a very interesting article and advice on sleep terrors please visit www.cerebra.org.uk

Baby Buddy is a multi-award winning app guiding parents through pregnancy, birth and parenting

The BABY BUDDY app

<https://www.bestbeginnings.org.uk/baby-buddy>

The Mush app is the no #1 local social network for making friends with other mums

The MUSH app

<https://letsmush.com/>

ITEMS WANTED

Suzanne has a family who is in need of a cot. If you have one to donate please contact the office. Thank you.

DATES FOR YOUR DIARY

Brent Launch

10 Cowan Suite, Brent Hub, 6 Hillside, NW10 8BN

Diggerland

Family and Volunteer Picnic, Stephens House

Southend-on-Sea

Perinatal Mental Health Training

Counselling Skills Training (Relate)

Thursday 19th July 10.00

Tuesday 31st July day trip

Tuesday 7th August 12 -2

Tuesday 21st August day trip

Thursday 27th September 9.30-3.30

27th September - 18th October

Enjoy the Summer, and for those of you about to go on 'resting' we look forward to welcoming you back in September.

Luci x

Luci Yellon

Volunteer Manager

Home-Start Barnet, Brent and Harrow

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Please note I work on a Monday, Tuesday and Wednesday.

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