



Support and friendship  
for families

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Home-Start  
Lambeth

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# Annual Review

Home-Start Lambeth  
2009-2010



## Chair's Report

This year has been a period of consolidation and enhancement of our provision at Home-Start Lambeth. We have continued to deliver an excellent service to families from our Commissioning Funding and charitable trusts. We have been involved in a DCSF pilot of the Child Development Grant Project which aimed to provide a financial incentive to encourage vulnerable and hard to reach families to take up services offered at Children's Centres.

The Board of Trustees has continued to develop and many of us have been engaged in staff development delivered by Home-Start UK's regional office. We have also undergone a rigorous and highly useful Quality Assurance Review which was undertaken by Home-Start UK and I would like to thank all the staff, the trustees and our assessors for making this process such a resounding success for our Scheme and the families and volunteers with whom we work.

We have continued to increase the number of families we support and have trained more highly resourceful volunteers to assist families and their children in their development. I have met a good number of volunteers during the Preparation Courses and I believe that they are at the core of what we do. The preparation they receive is of a high quality. We are privileged to have a number of trustees who coach the volunteers through this sometimes difficult learning and experiential journey before being matched with a family.

The need for our services has never been more prevalent; there are more families who need support in our community than ever before, more volunteers who want to acquire volunteering skills and apply these skills in a meaningful way, and more pressure on the public sector to share the task of delivering vital services with the voluntary sector. We have demonstrated at Home-Start Lambeth that we are a model of good practice in what we do and this is so because of the need in the community, the dedication and commitment of our staff and trustees and the continued faith that our supporters place in us.

We look forward to another successful year working with you all, building on our strengths and continuing to deliver a first rate service.

*Stephen Bellas*

## Home-Start Lambeth

Part of a national charitable network, Home-Start Lambeth supports vulnerable families with children under 5 by training volunteers who befriend and visit families for a few hours each week in their homes, and by running family support groups in the borough of Lambeth. Families may need our help for a variety of reasons such as the disability of a child or parent, postnatal depression, a multiple birth or social isolation.

Home-Start Lambeth supports parents to grow in confidence, strengthen their relationship with their children and widen their links to the local community. We believe that it is important to uphold the rich cultural diversity which exists within Lambeth and we aim to provide support and friendship for parents which fully recognises this.

## This Year's News

### Competition Winners

In December we were delighted to have been awarded £3,000, won by the Lilian Baylis Technology School in Camberwell, in a national competition supported by the Youth Philanthropy Initiative. The competition was designed to give pupils a 'hands on' experience of philanthropy and provide them with the skills and awareness to make a positive difference to their communities. Pupils worked in small teams to research the social needs of their community and identify the local charity they believe makes the most positive contribution. The team in each school judged to have made the best presentation is given £3,000 to award to their charity. This was a fantastic result for Home-Start Lambeth and an enormously positive beginning to 2010!



Chair Stephen Bellas with Trustee Bridget Beilby

### Staff Changes

In October 2009 we were able to recruit Abe Walton as part-time Administrator. She has taken on a wide range of tasks including running the office, mail-outs and communications and monitoring of the services we provide, allowing the rest of the team to focus on the work with family visits, groups and volunteers.

In February the Scheme Manager, Kathryn Beatham went on maternity leave and Liz Ranger took over as temporary Scheme Manager. The London Borough of Lambeth is a pilot area for the DCSF Child Development Grant project. In March Home-Start Lambeth become involved in this project taking on Jenny Cunniffe to help deliver the project to families across the borough.



### Volunteer Social Night Out

Our end of year social event at Pizza Express, Streatham was well attended despite the cold weather. It was a lovely evening. It was a great opportunity for volunteers to catch up with those that were on their preparation course and to meet other existing Home-Start Lambeth Volunteers.

### Christmas Presents

One of our Trustees, Bridget Beilby, celebrated a 'significant' birthday in November, and generously asked her friends and family to donate money to Home-Start Lambeth rather than give her presents. Over £400 was donated and was used to buy Christmas gifts for all of the 42 children currently visited by home-visiting volunteers. Thank you Bridget!

## Volunteer Preparation Courses



Class of May 2009

Three Volunteer Preparation Courses were offered during 2009-10, with 29 volunteers recruited and trained. Daytime Preparation courses normally run one day a week for 8 consecutive weeks. However, in May 2009, an evening and weekend course was offered to potential volunteers who had previously been unable to attend the daytime courses.

The Scheme Manager and Co-ordinator facilitate the courses and deliver materials provided by the Home-Start Training Division. Trustees Bridget Beilby and Sian Sinclair also take an active role in delivering the course - our thanks for their continued support.

### A Volunteer's Story

I have really enjoyed my time with Home-Start and found it an invaluable experience. The initial training was excellent and prepared me well for visiting my families. It covered information about different ethnic and cultural values and included role playing and communication. We also heard the experiences of current volunteers.

This was not only useful; it also gave me confidence. Having been a full-time mother for a number of years, I both understood how difficult it is to have young children at home and feel overwhelmed and isolated and also how the job of "mother" is not recognised. The Home-Start course made me realise what valuable life skills I have learnt; and although I may not have been an "official" childminder, I have looked after many friends' children; all of which gave me valuable knowledge as a volunteer.

My confidence gained as a volunteer helped me get back into full-time employment, which can be quite daunting after so long away. It helped me realise that I wanted to train professionally as a mental health nurse, specialising in young people and families. I was able to put the work I have done with Home-Start on my CV. It showed that I had commitment and ability, and I have been accepted to study at King's College, London.

Providing a service like this, especially one that provides a volunteer 'mum' and not someone 'official' which might be too threatening, is a life line to people who need a helping hand through a difficult time. Someone coming round, just a few hours a week, can make all the difference. I know it can be a big help, because I have been there myself, and someone offering a smile, a listening ear and an ability to handle children can make all the difference. It can help them cope on a daily basis as well as raise hope for the future.

It has been a real privilege to have been able to provide this sort of support. I have been very proud to carry a pair of Home-Start wings upon my shoulders ... and ... as I am now leaving to start my new career... I now proudly pass them on to another Angel who can use them to wrap around another family. I hope Home-Start continues to be a success story! *Sara*

## Support Groups

As well as Preparation Courses, we also ran three Volunteer Support Groups. The support groups give volunteers the opportunity to receive peer support from other active volunteers and share experiences whilst still exercising confidentiality.

Some training is incorporated during the support group, whereby an external speaker is invited to provide an overview in a specific area where volunteers are needed to provide support. Jenny Day, Nurse & Family Outreach Worker at Mary Sheridan Centre came in and spoke to volunteers about supporting families with children with disabilities and complex needs; Josie Reeder, a Home-Start Lambeth Trustee and Senior Community Development Worker was invited to discuss adult mental illness; Bridget Beilby ex-health visitor in Lambeth and Maria Morton, Child Development Officer, and both Home-Start Lambeth Trustees gave an overview of child development.



## Family Support Groups

During 2009-10, Home-Start Lambeth continued to deliver Family Support Groups at Woodmansterne, Vauxhall and Liz Atkinson's Sure Start Children's Centres. The groups have provided families with parenting advice and support for families with children 0-4 years, and an opportunity to meet other parents in a safe and friendly environment. The children are able to play and take part in learning activities in which parents are also encouraged to engage and play with their children.



Liz Atkinson (formerly known as Brixton Children's Centre) and Vauxhall groups ran in partnership with Lambeth Early Years Literacy Development Workers, Lydia Hutchings and Hillary Marrinan. The commitment and support that Hillary and Lydia have provided families who attend the groups has been invaluable to the Home-Start Lambeth service.

Professionals from various services such as Speech Therapists, Nutritionists, Oral Health and Child Development Advisors, Families Information Service have visited the groups to offer advice and support to families. In 2009-10 on average 43 adults and 54 children were supported by Home-Start Lambeth Family Groups.

## Matching Work



In 2009-10, 16 new families were matched with trained volunteers. During this period, we have supported 72 children under age 5, and supported 24 families in total. We match families by assessing their needs during an initial visit by Scheme Manager or Co-ordinator and identifying areas where they need support and what outcomes they would like to achieve. Following training we discuss with volunteers the type of support they feel confident to provide, and we match them with a family which we feel that they are best placed to work with. The volunteers visit families who are struggling to cope for reasons such as experiencing isolation and having very little family support; fleeing domestic violence; illness; multiple births; lack of confidence; disability.

Volunteers visit families in their homes regularly, for 2-3 hours per week. Support includes emotional support as well as accompanying the family to medical appointments, on shopping trips and to Children's Centres and helping families to access other local groups.

## Child Development Grant Project

I came into post in the middle of March 2010 as a Family Co-ordinator with responsibility for the Child Development Grant. The Grant was a DCSF pilot project funded by central government and part of the wider agenda to eradicate child poverty by 2020. Lambeth was one of ten regions selected across the country.

The aim of the project was to test out whether payment of a £200 grant would increase the take-up of Children's Centre services by hard-to-reach and vulnerable families. The eligibility criteria were that the family had:

- Children under the age of three years
- Were on income support and some other income-related benefits
- Not previously accessed Children's Centre services

It is planned that the project will run until the end of March 2011.

*Jenny Cunniffe*

## Fundraising

During this year we have made various applications to potential funders. Our aim has been to diversify our funding sources to give us greater financial security. We continue to seek funding from a wide range of trusts, charities, organisations and statutory sources. We have been successful in securing a grant of £24,995 over two years; half of the funding needed for a Co-ordinator post to run the proposed Start Right project which will focus on supporting families to develop their children's literacy skills and improve parenting and parental confidence.

We are pursuing the match funding needed to start this project and are waiting to hear the outcome of an application. During this year we have also made applications to Children in Need, Lloyds TSB and the Henry Smith Charity. We have received donations from various sources including the Ward Blenkinsop Trust and Trinity Church Streatham, as well as from individuals.

## Statement of Financial Activities, Year Ended 31 March 2010

	Unrestricted Funds £	Restricted Funds £	Total Funds 2010 £	Total Funds 2009 £
<b>INCOMING RESOURCES</b>				
Incoming resources from generating funds:				
Voluntary income	112,110	1,519	113,629	110,759
Investment income	1	-	1	1
<b>TOTAL INCOMING RESOURCES</b>	<b>112,111</b>	<b>1,519</b>	<b>113,630</b>	<b>110,760</b>
<b>RESOURCES EXPENDED</b>				
Charitable activities	(99,436)	(1,580)	(101,016)	(76,241)
Governance costs	(2,345)	-	(2,345)	(2,323)
<b>TOTAL RESOURCES EXPENDED</b>	<b>(101,781)</b>	<b>(1,580)</b>	<b>(103,361)</b>	<b>(78,564)</b>
<b>NET INCOMING RESOURCES FOR THE YEAR/NET INCOME FOR THE YEAR</b>	<b>10,330</b>	<b>(61)</b>	<b>10,269</b>	<b>32,196</b>
<b>RECONCILIATION OF FUNDS</b>				
Total funds brought forward	34,848	-	34,848	2,652
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>45,178</b>	<b>(61)</b>	<b>45,117</b>	<b>34,848</b>

## Balance Sheet 31 March 2010

	2010 £	2009 £
<b>FIXED ASSETS</b>		
Tangible assets	2	2
<b>CURRENT ASSETS</b>		
Debtors	3,419	700
Cash at bank and in hand	44,201	37,420
	<u>47,620</u>	<u>38,120</u>
<b>CREDITORS: Amounts falling due within one year</b>	<u>(2,505)</u>	<u>(3,274)</u>
<b>NET CURRENT ASSETS</b>	<u>45,115</u>	<u>34,846</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>45,117</u>	<u>34,848</u>
<b>FUNDS</b>		
Restricted income funds	(61)	-
Unrestricted income funds	45,178	34,848
<b>TOTAL FUNDS</b>	<u>45,117</u>	<u>34,848</u>

The information on this page is an extract of the Trustees Annual Report and Accounts for the year ended 31 March 2010. Copies of the financial statements and report, approved by the Board of Trustees on 10th September 2010 are available from our registered office and have been delivered to the Registrar of Companies and the Charity Commission.



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### Staff

**Liz Ranger**  
Scheme Manager- Maternity  
cover

**Kathryn Beatham**  
Scheme Manager

**Melissa Nicholas**  
Family Co-ordinator

**Jenny Cunniffe**  
Family Co-ordinator

**Abe Walton**  
Administrator

### Trustees

**Chair:** Stephen Bellas  
**Vice Chair:** Frances Bates

**Trustees:**  
Bridget Beilby  
Frances Dudley  
Sian Sinclair  
Clifford Falconer  
Josie Reeder

### Volunteers

Thank you to our volunteers  
from 2009-2010

Alison	Marilyn
Amanda	Maxine
Anna	Nadia
Annabel	Natalie
Beverly	Natasha
Caroline	Nicola
Cecilia	Ophelia
Christine	Rita
Filomena	Ruth
Florence	Sandra
Hazel	Sara
Jackie	Sheila
Janet	Sophia
Karen	Terry
Louise	Theresa
Luchia	Trudy

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