



Support and friendship
for families

Home-Start
Lambeth

Annual Review

Home-Start Lambeth 2013-2014



Chair's report

We have had another successful year providing an ever increasing amount of support to vulnerable families in the borough. The number of referrals we received has continued to rise and the number of families we have matched with volunteers and provided support for has increased.

This was the second year of our current commissioned contract with the London Borough of Lambeth Children and Young People's Service. This has enabled us to continue our core work with vulnerable families in the borough. To deliver this contract we have worked closely with the Children's Centres and a wide variety of local professionals and other voluntary organisations.

During the year we have exceeded our targets for support delivered to families and also for volunteer training. Alongside our core work the child protection and young parents work has continued, and both projects continue to receive more referrals than we can support.

We have run three groups for parents needing support. These have been held at Children's Centres which also provided a crèche for the children. The groups have provided parents attending with valuable time to address issues for which they need support, meet and make friends with other parents in their area and have a short break from caring for their children. The groups have all been very different but have been successful in meeting a wide range of needs of the parents attending.

Other changes this year have included the start of a pilot project supporting families which have experienced domestic abuse. In the last couple of years we have noticed a substantial increase in the number of referrals where domestic abuse is an issue. We have been very pleased to receive money from the J Paul Getty Trust to set up a project focused solely on supporting these families, and have welcomed a new coordinator to the team to take this work on.

Volunteer training has gone well and we ran an extra course during the autumn term, which boosted our volunteer numbers. We have also run some successful training for existing volunteers, including Parenting training, Child Development training and Autism Awareness. These have run alongside our regular group supervision sessions for volunteers.

Funding remains a challenge but this year we have had continuing support from The Walcot Foundation and a new grant from the Mercers Charitable Foundation allowed us to continue our Start Right project. Four Acre Trust and Ward Blenkinsop Trust have also made vital contributions towards our core costs. A grant from The Evening Standard Dispossessed Fund enabled us to run an extra volunteer preparation course.

We have enjoyed a fourth year working with a wonderful team of volunteers from Hymans Robertson. Once again they provided an excellent Christmas party for many of our supported families, complete with Father Christmas and singing. In addition this year a small team helped out with our Kids Stuff 2 Go day – an exchange day for families where they could take donated clothes, books and toys for their children, or exchange with items they no longer needed.

Life continues to be hard for many families in Lambeth. The levels of need and complexity of the families' situations continues to rise. And our volunteers rise to the challenge of providing support to families in tough times. They are truly our greatest asset, allowing Home-Start Lambeth to provide such vital support to families.

We look forward to another year working closely with the London Borough of Lambeth, with our funders, with our volunteers and with the families we support.

Stephen Bellas

Home-Start Lambeth

Part of the national Home-Start 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.

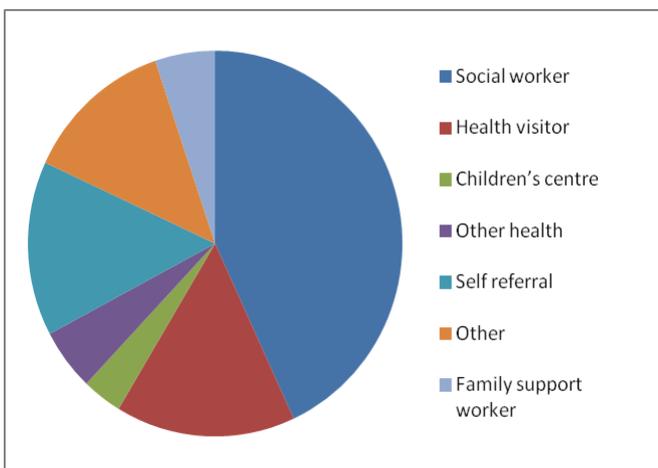
Home-Start Lambeth supports parents to grow in confidence, strengthen their relationship with their children and widen their links to the local community. Volunteers model positive methods of behaviour management, ways to improve children’s early learning and development and spend time listening to parents and offering emotional support. 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.

Home-Start Lambeth this year

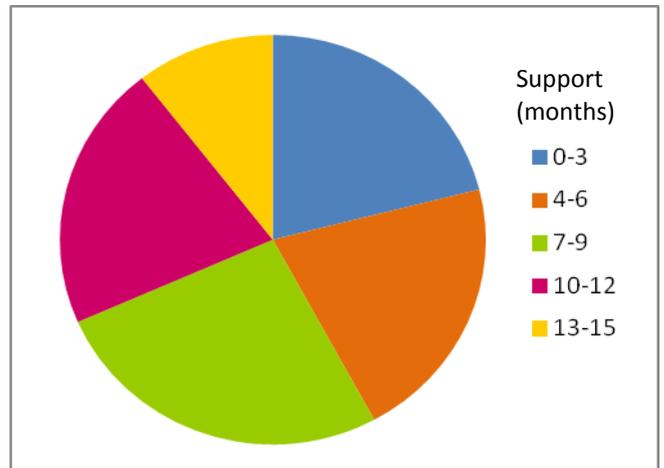
Key statistics

- ⊕ The scheme received 116 referrals for families needing support (149 in 2012/13)
- ⊕ 80 families were supported by volunteers visiting (77 in 2012/13) and 187 children (173 children in 2012/13)
- ⊕ 43 volunteers were recruited and trained (39 in 2012/13)
- ⊕ We raised £75,631 through awards from trusts and donations from supporters (£36,329 in 2012/13)
- ⊕ Of referrals received 36 (31%) were Child in Need or Child Protection status
- ⊕ Of referrals received 42 (36%) were for families which had experienced domestic abuse

Source of referrals



Length of support for families



Outcomes for Home-Start Lambeth supported families

For year 2013/14, after having a volunteer visiting:

100% of those who were initially isolated were less isolated

91% of those who had needed help with accessing local services were using more services

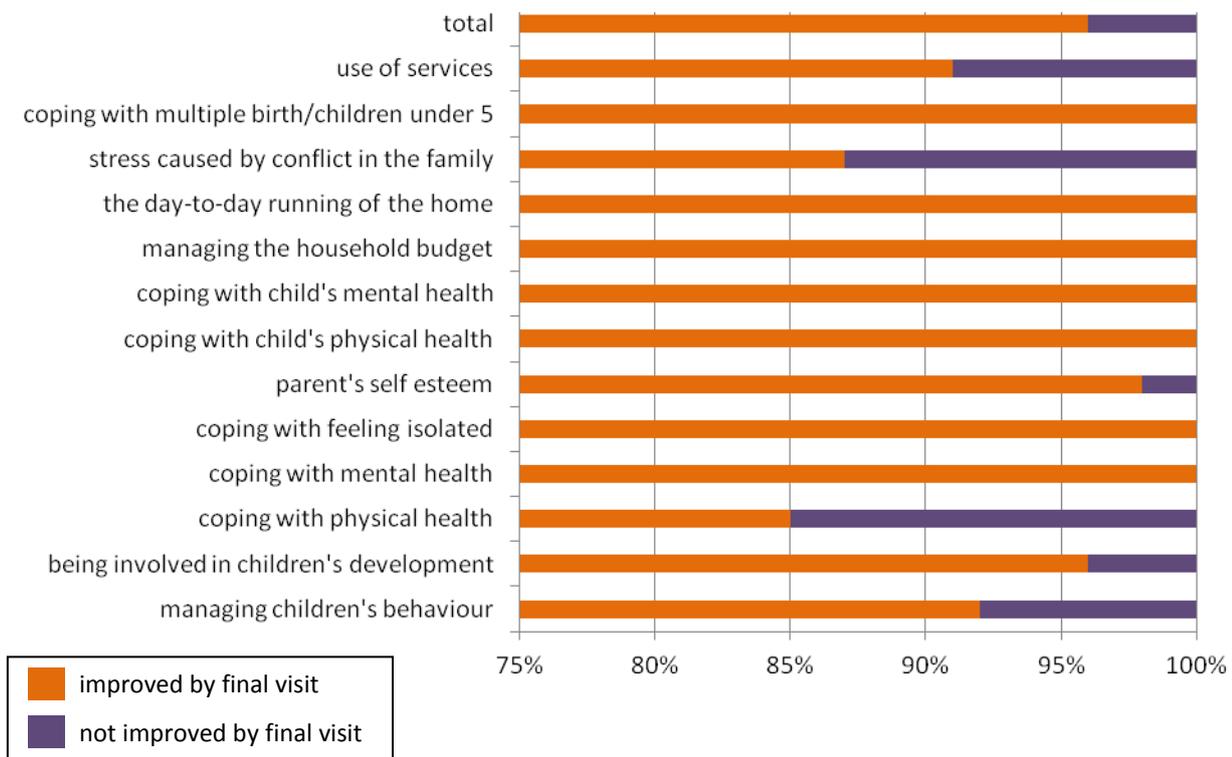
100% of those who had identified their own mental health as an issue stated that this had improved

98% of those who had identified their own self esteem as a problem reported an improvement

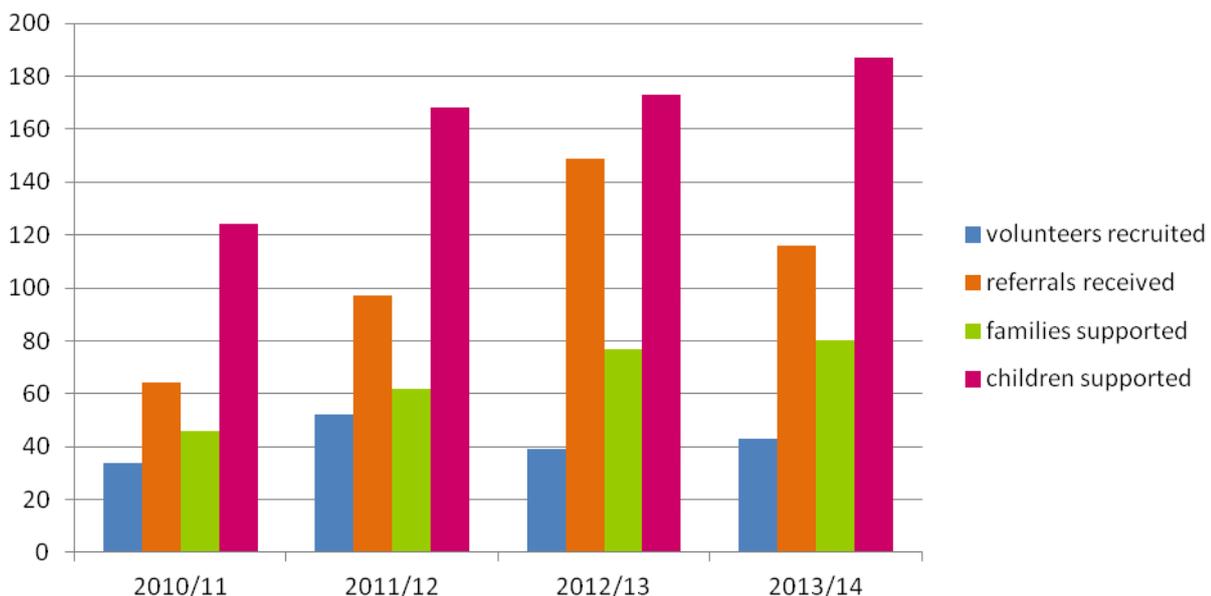
92% of those who had identified their children's behaviour as a problem said that this had improved

96% of those who had wanted to be involved in their children's learning and development said they now were

85% of those who had said they were struggling to cope with their own physical health needs said that this had improved



Home-Start Lambeth since 2010



Matching work

This year across all projects 80 families were supported by a volunteer. These families comprised 187 children. The average length of support during the year was between seven and nine months. This is slightly longer than the previous year where support averaged six and half months.

The co-ordinators assess the needs of each family at an initial visit and match them with a volunteer who they think will be able to work well with the family. Progress is assessed at regular review visits to the family and through supervision sessions with the volunteer.

Volunteers visit families in their homes for 2-3 hours each week. Support includes help to access local services and Children's Centres; attend medical and other appointments and to get out of the home more easily. Volunteers also support families with parenting, behaviour management, positive play with their children, money management and looking after the needs of the parent, as well as being a listening ear.

Family support groups

We have continued to work with London Borough of Lambeth to deliver support groups in Children's Centres. During the year we have set up and run three groups for parents. Each has been very different, assuming its own character in response to the needs of the parents attending. Co-ordinators and volunteers have provided support and information for families on subjects such as parenting, child development, escaping domestic abuse and ensuring they are receiving all benefits.

A more general function of the groups has been as a source of peer support for parents, allowing them to meet others in their area in similar circumstances and aiming to help them feel less isolated. The groups have facilitated parents getting involved in creative activities (learning to knit or crochet etc) whilst they talk and get to know each other.

'Home-Start, really good especially for me and my daughter and I feel more confident about parenthood. I get more help with other parents and I have time for myself even just for an hour. I learned knitting and crochet. And less stressed when I come every Tuesday. Hopefully will continue next year! Thank-you so much Home-Start! X'

The Start-Right Project

This successful project has carried on into this year and continues to receive a good number of referrals for young parents. For most their support needs are complex and with high levels of need. The support tends to be quite long term and highlight a high number of potential outcomes for the family and volunteer to work towards together.

Volunteers work with the families with an emphasis on developing children's early speech and language skills and school readiness. We continue to work closely with a local Speech and Language Therapist to provide parents with activities and strategies to help their children develop early communication skills and knowledge and also to measure outcomes for the children in order to evaluate the project.

This year Start-Right has been funded by Walcot Foundation, The Mercers Charitable Foundation and The Four Acre Trust.

Domestic abuse project

As a result of the high number of referrals we receive where the family has been subject to domestic abuse and has specific support needs as a result, we applied for funding to run a project specific to this work. This year we secured funding from the J Paul Getty Charitable Trust to pilot a project to support these families and to help them as they rebuild their lives in Lambeth. We recruited an experienced domestic violence support worker, who has 15 years of providing support to families. The project is progressing well and the work is providing us with learning to apply for further funding. In addition we have been able to work in partnership with London Borough of Lambeth staff to run The Freedom Programme – a course for women aiming to help them feel less isolated, understand the experiences they have been through and the effect it might have had on their children and to avoid potentially abusive relationships in the future.

Family mentoring contract for Lambeth

Now in its third year we have continued to deliver this project for London Borough of Lambeth. It provides support to families where there is either a Child in Need status or a Child Protection Plan in place with the aim of moving them towards the point where the Plan/CIN can be removed. Initially support for families is for three months. This is extended to six if all parties feel there is more useful work to do and outcomes to be achieved. Most families supported through this project are kept for the extra three months.

Volunteer training

This year volunteer recruitment has been a challenge. We are competing with a large number of other volunteering opportunities. At the same time people who would like to do voluntary work are finding that they are under increasing pressure to find paid work and are therefore not able to. We have also lost a higher number of volunteers than expected for the same reasons.

However, we have continued to work with the Children's Centres using the training facilities at Stockwell to deliver the Volunteer Preparation Course. During the year we recruited and trained 43 volunteers. All are resident within Lambeth and all have parenting experience. They are a diverse group, reflecting the population of the borough. They bring a wide variety of experience but all have a strong commitment to supporting local people. We know that for many their time with Home-Start gives them valuable experience, new skills and greater confidence which they often then use to access work or training opportunities.

A family's story

Home-Start Lambeth received a referral for a young single mother with a 3 year old son. She had low self-esteem, had been diagnosed with depression and was on medication. She was living with her mother and brother but there was domestic abuse within the family home. She was isolated and not accessing other sources of support in the community and was struggling with parenting skills such as setting boundaries and knowing how to stimulate and play with her child to encourage learning and development.

Home-Start Lambeth matched the family with a volunteer who visited once a week for 6 months. The mum felt that the volunteer listened and understood her, and she sought her advice regularly. The volunteer role modeled positive play, getting 'down on the floor with the son and directly engaging and calmly communicating with him'. As a result mum bought some age appropriate toys and followed this example between visits. The result was improvements in her son's speech and language development and her own confidence as a person and parent. The volunteer also accompanied both mother and son to the park, getting them out of the house.

The mum has taken great strides in changing the way she parents and the home environment feels calmer. The relationship between mum and her son is developing well. He is happy and healthy and meeting his developmental milestones and is now attending nursery. Mum says that since the volunteer has supported her she feels 'more self-confident' and that she benefited from the practical and emotional support.

“Having a volunteer has been a great support. She helped me play with him. They had a bond. It's been good to have someone to talk to and accompany me to activities. I feel more confident and calmer.”
Mum

“Home-start engaged Mother well and ensured there was a second phase of work when needed, issues were identified and targeted. Mother found the service very helpful and it is a shame that it had to end!”
Child Protection Conference Chair

“I enjoyed supporting C and her son. We built up a good relationship. C is much more relaxed. Instead of shouting she is giving positive praise to her son. Her son's speech and language is very much improved. C is going out in the community a lot more, she's much more confident.”
Volunteer

At the last case conference the child remained on the Child Protection Plan. The family had made great progress and the case was to be reviewed in 3 months to see if these changes had been maintained and whether the Plan can be removed.

Statement of financial activities, year ended 31 March 2014

	Unrestricted Funds £	Restricted Funds £	Total Funds 2014 £	Total Funds 2013 £
INCOMING RESOURCES				
Incoming resources from generating funds:				
Voluntary income	102,203	61,285	163,488	128,772
Investment income	<u>38</u>	<u>-</u>	<u>38</u>	<u>14</u>
TOTAL INCOMING RESOURCES	<u>102,241</u>	<u>61,285</u>	<u>163,526</u>	<u>128,786</u>
RESOURCES EXPENDED				
Charitable activities	(89,235)	(58,978)	(148,213)	(126,371)
Governance costs	<u>(1,920)</u>	<u>-</u>	<u>(1,920)</u>	<u>(1,800)</u>
TOTAL RESOURCES EXPENDED	<u>(91,155)</u>	<u>(58,978)</u>	<u>(150,133)</u>	<u>(128,171)</u>
NET (OUTGOING)/INCOMING RESOURCES FOR THE YEAR/NET (EXPENDITURE)/ INCOME FOR THE YEAR RECONCILIATION OF FUNDS	11,086	2,307	13,393	615
Total funds brought forward	<u>60,557</u>	<u>14,683</u>	<u>75,240</u>	<u>74,625</u>
TOTAL FUNDS CARRIED FORWARD	71,643 =====	16,990 =====	88,633 =====	75,240 =====

Balance sheet 31 March 2014

	2013 £	2012 £
FIXED ASSETS		
Tangible assets		2
CURRENT ASSETS		
Debtors	1,427	1,353
Cash at bank and in hand	<u>139,907</u>	<u>77,770</u>
	141,334	79,123
CREDITORS: Amounts falling due within one year	<u>52,703</u>	<u>(3,885)</u>
NET CURRENT ASSETS		<u>75,240</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		88,633 =====
FUNDS		
Restricted income funds		14,683
Unrestricted income funds		<u>60,557</u>
TOTAL FUNDS		88,633 =====

The information on this page is an extract of the Trustees Annual Report and Accounts for the year ended 31 March 2014. Copies of the financial statements and report, approved by the Board of Trustees on 15 July 2014 are available from our registered office and have been delivered to the Registrar of Companies and the Charity Commission.

Key statistics

Poverty has a significant impact in Lambeth. The borough is placed 10th amongst London Local Authorities with the highest number of children and young people in poverty, and 15th in the UK.

The latest Government figures show that 59.1 % (59,000) of children and young people are living in poverty in Lambeth. That is children and young people who live in families in receipt of out of work benefits or tax credits where reported income is below 60% of the national median income. This is 13.6% higher than UK and 7.6% higher than London.

At least 38% of the population of Lambeth is from black and minority ethnic (BAME) communities and more than 130 languages are spoken. 72% of our volunteers come from BAME communities and very well placed to support the diversity of families in Lambeth.

Home START

Support and friendship
for families

Staff

Liz Ranger

Scheme Manager

Sarah Parkhouse

Scheme Manager (Maternity cover)

Melissa Nicholas

Family Co-ordinator

Jenny Cunniffe

Family Co-ordinator

Tania Turner

Family Mentoring Co-ordinator

Deborah Jordan

Family Co-ordinator (DV)

Abe Sampson

Administrator

Trustees

Chair: Stephen Bellas

Vice Chair: Frances Bates

Treasurer: Kim Duong

Trustees:

Bridget Beilby

Sian Sinclair

Sheila Boswell

Shubulade Smith

Volunteers

Thank you to our volunteers
during 2013-14

Abeba

Angela

Ann

Cathy

Cecila

Cheryl

Claire

Danny

Dionne

Dorota

Elaine

Emma

Ena

Esimi

Eva

Evgenia

Hasna

I'lesha

Jenni M

Jenny K

Jenny M

Jessica

Joanna

Joyce

Julia

Karen

Kay

Kerry

Linda

Lorna

Malvia

Marit

Mary

Maxine

Morlyn

Nadia

Natasha

Nathalie

Nina

Rebecca

Roshni

Sasha

Shahaira

Shane

Sharon

Shikira

Sophia

Stephanie

Suad

Sue

Syreeta

Theresa

The London Community Foundation



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WALCOT FOUNDATION
Changing Lambeth Lives

HYMANS  **ROBERTSON**