



Support and friendship
for families

Home-Start
Lambeth

Annual Review

Home-Start Lambeth 2014-2015



Chair's report

This has been another year of increasing need in the Borough of Lambeth. Home-Start Lambeth has been able to respond by increasing its provision of support for vulnerable families with young children across the borough.

This was the third year of our current commissioned contract with the London Borough of Lambeth's Children and Young People's Service. This has enabled us to continue our core work with vulnerable families in the borough. We continue to work very closely with the Children's Centres and a wide variety of local professionals and other voluntary organisations. We deliver one-to-one support visiting families in their homes and also targeted support through facilitating groups in the Children's Centres.

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

We have run four groups for parents needing support. These have been held at Children's Centres which also provided a crèche for the children. The focus of each group has been led by the parents attending and has been very different but each has provided parents 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.

Despite the funding from The JP Getty Jnr Charitable Trust coming to an end, the domestic violence project has developed over the course of the year. The need for this across the borough is very clear, with a steady stream of referrals. During this year the opportunity arose for our DV co-ordinator to work in partnership with one of the Children's Centres to deliver the Freedom Programme for survivors of domestic abuse. This has gone well and is something that we are aiming to deliver in other parts of the borough as the project continues. We continue to seek more funding to enable this clearly needed project to become a securely established part of the scheme's work.

Volunteer recruitment has proved a challenge this year. We continue to find that current and potential volunteers are under increasing economic and time pressure and are finding it more and more difficult to be able to volunteer. We have spent more time this year trying to find and recruit volunteers who are able to make a commitment of several months in order to provide ongoing support to vulnerable families. This will continue to be a challenge that we will need to focus on in the forthcoming year.

This year we have been successful in securing core funding from the Henry Smith Charity which has greatly increased our stability and ability to attract other funding. We have been successful in securing three-year funding from the Lloyds Bank Foundation for the DV project and from the Walcot Foundation for the continuation of the Start Right project, allowing us to continue to meet specific needs which we know are endemic in the borough.

We have enjoyed a fifth year being supported by Hymans Robertson, who once again arranged a fantastic Christmas party for our families. Again it was refreshing to see many of the families we had supported through the year enjoying themselves and the wonderful entertainment that the Hymans Robertson team organised. We look forward to continuing our relationship with them through the coming year.

Our volunteers continue to rise to the challenge of providing support to families in tough times. They are a diverse and talented group and are our greatest asset, allowing Home-Start Lambeth to provide such vital support to very vulnerable families.

We look forward to another year of challenges and successes as we try our best to respond to Lambeth families in need.

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.

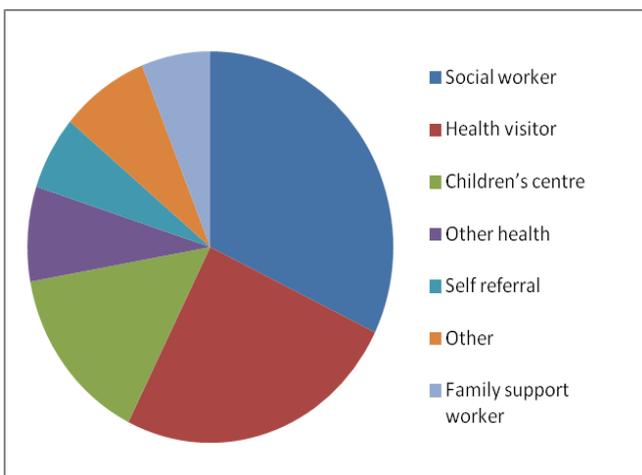
Home-Start Lambeth supports parents to grow in confidence, strengthen their relationship with their children and widen their links to the local community. Volunteers model positive methods of behaviour management, ways to improve children’s early learning and development and spend time listening to parents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

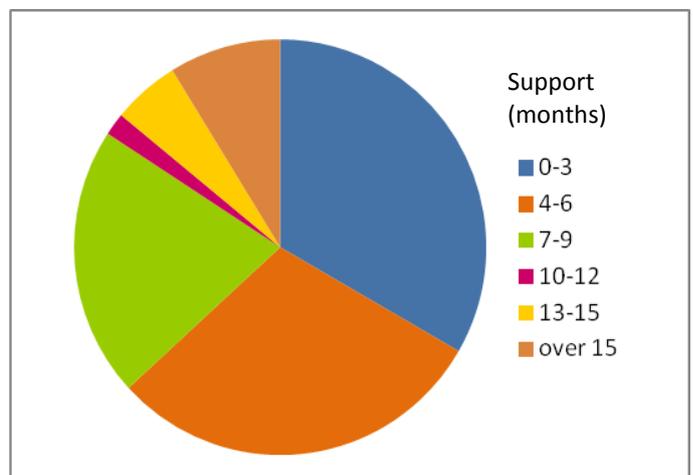
Key statistics

- ⊕ The scheme received 115 referrals for families needing support (116 in 2013/14)
- ⊕ 84 families were supported by volunteers visiting (80 in 2013/14) and 208 children (187 children in 2013/14)
- ⊕ 25 volunteers were recruited and trained (43 in 2013/4)
- ⊕ We raised £75,882 through awards from trusts and donations from supporters (£75,631 in 2013/14)
- ⊕ Of referrals received 29 (25%) were Child in Need or Child Protection status
- ⊕ Of referrals received 34 (29%) were for families which had experienced domestic abuse

Source of referrals



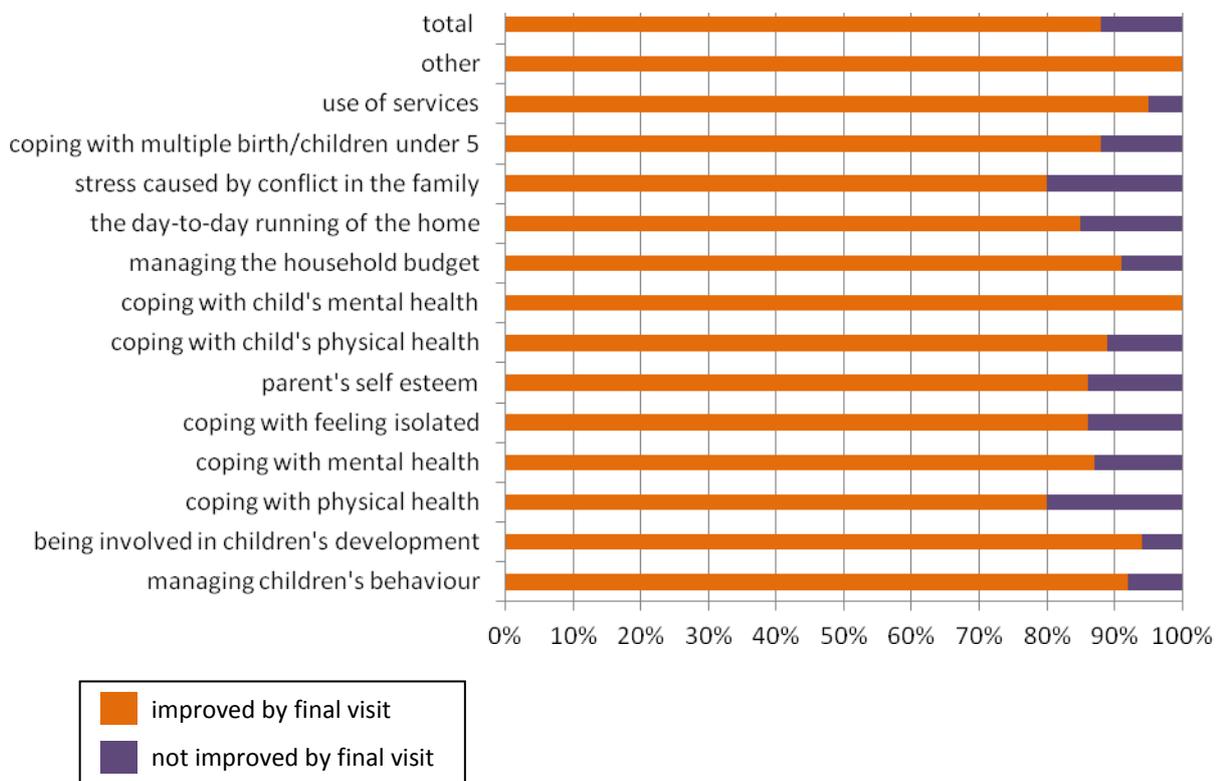
Length of support for families



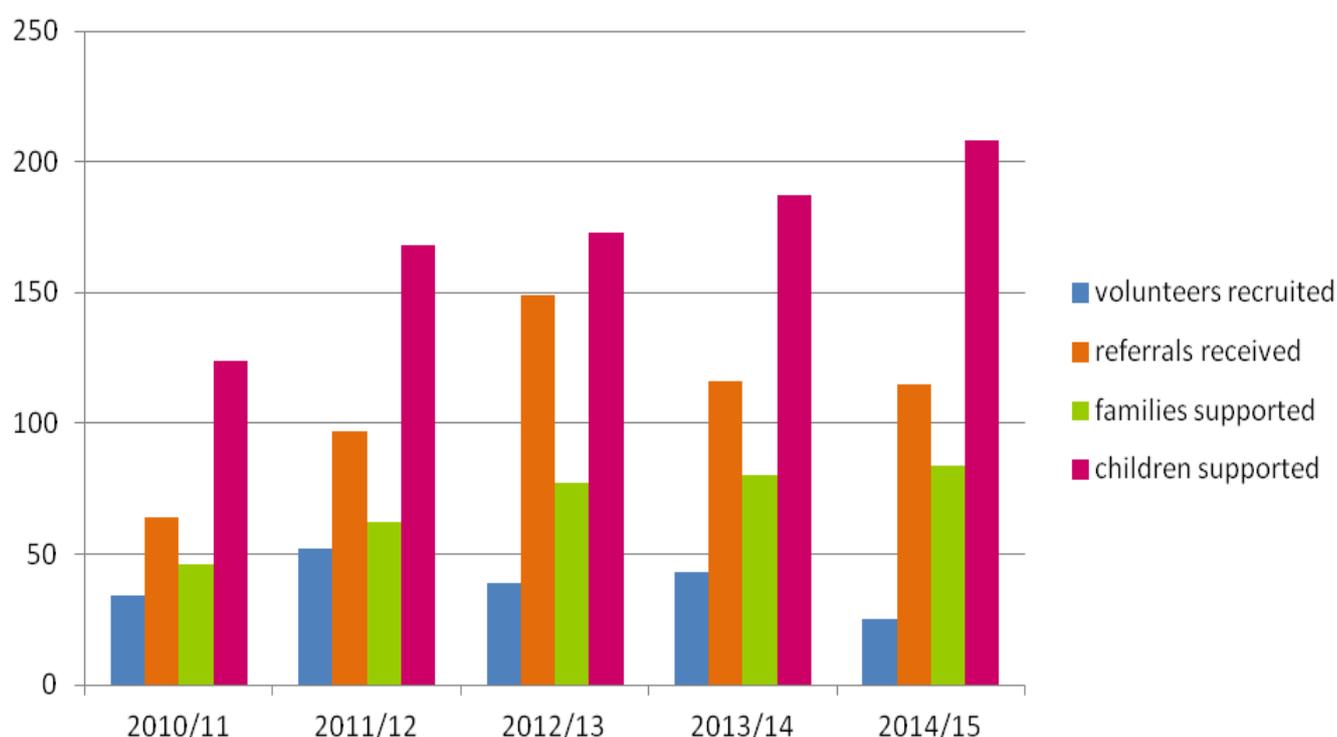
Outcomes for Home-Start Lambeth supported families

In year 2014/15, after having a volunteer visiting just some of the outcomes for our supported families were:

- ❖ 86% of those who were initially isolated were less isolated
- ❖ 95% of those who had needed help with accessing local services were using more services
- ❖ 86% of those who had identified their own mental health as an issue stated that this had improved
- ❖ 87% 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
- ❖ 89% of those who had identified that coping with their child's physical health was an issue said that this had improved
- ❖ 100% of those who had identified that coping with their child's mental health was an issue said that this had improved
- ❖ 88% of those who had identified issues coping with multiple births or multiple children under 5, said that this had improved
- ❖ 94% of those who had wanted to be involved in their children's learning and development said they now were
- ❖ 91% of those who had identified managing their household budget was a problem said that this had improved



Home-Start Lambeth since 2010



Comments from our supported families

'I love you guys, I would advise anyone to go for it. I have told people about it because it's a good experience. You get a lot of support. I feel confident in myself as a person. You are someone I will never forget.'

'It was something to look forward to at the end of the week: meeting someone who had the time to chat and cared about our family. Our volunteer was a bright ray of sunshine in a dark time for our family.'

'Some days I spent two hours just talking with the lady who visited us. Other days she helped me with my child's doctors appointments. And sometimes our volunteer enabled me to do basic things I simply didn't often get the time to do - have a bath or make an important phone call.'

'My volunteer was amazing and really helped me following PND and extreme anxiety. I still have anxiety but it is managed more. She was someone to talk to without emotional involvement (not family or friends). Building my confidence and enabling me to live more normally. My volunteer from Home-Start was a companion to stand alongside myself and my family in a really dark time. She enabled me to build confidence as a mother.'

This year's news

Matching work

This year 84 families (208 children) were supported by a volunteer. The average length of support during the year was 4-6 months. The co-ordinators assess the needs of each family at an initial visit and we match them with a volunteer who we 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 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. Support is also aimed at ensuring families are making use of local services, in particular making sure they are linked in with their local Children's Centre.

Family support groups

This year we have worked in four different Children's Centres running peer support groups for parents. The Children's Centres have provided a crèche whilst the groups have run. They have catered for a wide variety of parents with a range of support needs. Co-ordinators have provided support and information for families on subjects such as domestic violence, housing, finance and benefits, parenting and weaning.

Family Mentoring contract for Lambeth

It has been another successful year for this project, working closely with Lambeth Social Care department, and the project has once again been extended. The project continues to support families where there is either a Child in Need status or a Child Protection Plan in place, and as a result of the support we continue to see families have their CIN status coming to an end or Child Protection Plans being downgraded to CIN.

The Start-Right Project

The project continues to target families in the greatest need and receives a steady stream of referred families. Volunteers work with the families with an emphasis on developing early speech and language skills and school readiness.

Domestic Violence Project

Our pilot year for this project came to an end in the autumn and despite some delays with new funding it has continued. During this year the DV co-ordinator has been working closely with Lambeth Children's Centre staff to deliver the Freedom Programme within the borough. This aims is to help women who have experience domestic violence to make sense of and understand what has happened to them, helps them to recognise potential abusers and empowers them to make different decisions in the future. The need within the borough is clear and we remain committed to trying to support these families through specialist support.

Volunteer training

The recruitment of volunteers has continued to prove a challenge this year, and this is reflected in the reduction in the total number of volunteers we have trained. The pressures on people who might have been interested before seem to be mounting and there are fewer people applying to us. However, those that do apply are very committed, bring a wealth of experience and insight and are our most valuable asset.

Although not officially beneficiaries of the work of Home-Start, many of our volunteers report that they gain a huge amount from their volunteering experience. Many have not worked for several years since they had their first child, or have very limited work experience. We know that approximately 90% leave us because they go on to further training or education or find work.

A family's story

Home-Start Lambeth received a referral for a mum who has episodes when she faints for a few minutes and also has post traumatic stress disorder following a very difficult early life. At the time of the referral she had two boys of 4 and 2 and was 3 months pregnant. She was attending college when she could. Her partner was not always reliable, although this had been improving. They had just moved into a new area, and the flat was very cold.

Our volunteer explains how the support worked:

“ When I started visiting Mum was worried and unhappy about her parenting skills. The 4 year old had just started school in Reception and the 2 year old attended nursery on some days. As Mum had no immediate family and felt that she did not know how to be a parent, I was quickly able to reassure her that she was doing well as a parent, and encouraged her to sign up for some parenting classes which she did and which helped very much. She also saw how I interacted with the children, and learned how to play with them, take them to the park and really have fun with them, rather than just staying indoors and not doing very much. She needed some reassurance that the children have reached their correct developmental goals, and I was able to help with this too. This was all backed up by the school and an outreach worker.

Mum had multiple appointments due to her ill health and pregnancy, and had to see a social worker regularly. I was able to help by getting her a calendar, and we wrote down all of her appointments and I tried to help her to be more organised.

As time passed Mum was more confident about parenting, her medical issues had got better and the pregnancy was progressing well. I helped by accompanying her to hospital and could look after the children while she saw the doctor.

After a few more months, there was a difficult period of time as Mum's partner went away for 3 weeks, and during this time her benefits were cut off. I helped by getting food bank vouchers and also we sat together and put her documents together so that she could try to get her benefits re-instated. As Mum is an asylum seeker this is quite complex as it involved the Home Office.

Once the baby was born, Mum did very well, and was happy and relieved that the birth went fine. I was able to help with getting some baby's equipment from Home-Start and another charity called Birth Partners provided help and a cot and buggy. Also I was able to look after the children while she rested.

Once the baby was 3 months old, it was clear that Mum was really much better. Her mental health was a lot better, and they had managed to sort out the problems with the flat and re-sign the lease for another year, so she felt much more stable. In relation to the flat I also spoke to Shelter on the phone who were extremely helpful with advice.

For me volunteering with Home-Start Lambeth was a fantastic experience. I spent 9 months with the family in total, and got very close to them, and the hardest part of the experience was saying goodbye, but it was the right time to leave them. I learned that I am able to support families and this gave me confidence in myself, and that being a volunteer at Home-Start was a role that I really enjoyed. I learned a great deal about how people in difficult circumstances in Lambeth really struggle against the odds. While there are some excellent professionals around such as outreach workers and health visitors who are invaluable in the community, people struggle with issues such as housing and benefits. ”

Statement of financial activities, year ended 31 March 2015

	Unrestricted Funds £	Restricted Funds £	Total Funds 2015 £	Total Funds 2014 £
INCOMING RESOURCES				
Incoming resources from generating funds:				
Voluntary income	4,225	160,585	164,810	163,488
Investment income	<u>36</u>	<u>-</u>	<u>36</u>	<u>38</u>
TOTAL INCOMING RESOURCES	<u>4,261</u>	<u>160,585</u>	<u>164,846</u>	<u>163,526</u>
RESOURCES EXPENDED				
Charitable activities	()	(155,857)	(155,857)	(148,213)
Governance costs	<u>(2,490)</u>	<u>-</u>	<u>(2,490)</u>	<u>(1,920)</u>
TOTAL RESOURCES EXPENDED	<u>(2,490)</u>	<u>(155,857)</u>	<u>(158,347)</u>	<u>(150,133)</u>
NET (OUTGOING)/INCOMING RESOURCES FOR THE YEAR/NET (EXPENDITURE)/ INCOME FOR THE YEAR RECONCILIATION OF FUNDS				
	1,771	4,728	6,499	13,393
Total funds brought forward	<u>71,643</u>	<u>16,990</u>	<u>88,633</u>	<u>75,240</u>
TOTAL FUNDS CARRIED FORWARD	73,414 =====	21,718 =====	95,132 =====	88,633 =====

Balance sheet 31 March 2015

	2015 £	2014 £
FIXED ASSETS		
Tangible assets		2
CURRENT ASSETS		
Debtors	857	1,427
Cash at bank and in hand	<u>112,827</u>	<u>139,907</u>
	113,684	141,334
CREDITORS: Amounts falling due within one year	<u>18,554</u>	<u>52,703</u>
NET CURRENT ASSETS		<u>95,130</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>95,132</u> =====
FUNDS		
Restricted income funds		16,990
Unrestricted income funds	<u>73,414</u>	<u>71,643</u>
TOTAL FUNDS		<u>95,132</u> =====

The information on this page is an extract of the Trustees Annual Report and Accounts for the year ended 31 March 2015. Copies of the financial statements and report, approved by the Board of Trustees on 5 October 2015 are available from our registered office and have been delivered to the Registrar of Companies and the Charity Commission.

Key statistics

Nearly a third of a million people live in Lambeth: it is one of the most densely populated places in the country. It has a complex social and ethnic mix with large African and Portuguese populations in particular.

Approximately 140 different languages are spoken by families in the borough, with the most common languages after English being Portuguese (7% of pupils), Spanish (5%), Somali (4.5%), French (3.7%), Yoruba (3.6%), Akan/Twi-Fante (2.8%), Polish and Arabic (both 2.4%) and Bengali (1.5%)

The latest deprivation data is from 2010, which ranks Lambeth as the 8th most deprived borough in London and 14th most deprived in England. (Overall deprivation levels have increased over the last 3 years with the borough going from 19th to 14th most deprived.)

One in three children attending Lambeth schools is eligible for free school meals (31% for primary and 31% for secondary). This is comparable with inner London but higher than nationally. Around a third of children in Lambeth are estimated to live in poverty.

Home Start

Support and friendship
for families

Staff

Liz Ranger

Scheme Manager

Kathryn Beatham

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:

Sian Sinclair

Sheila Boswell

Shubulade Smith

Volunteers

Thank you to our
volunteers from 2014-15

Audrey	Jayne	Mariam
Ann	Jemila	Marit
Beverley	Jenni M	Mary B
Cecilia	Jenny K	Mary R
Cheryl	Jenny M	Maxine
Christina	Jessica	Michelle
Claire	Joanna	Morika
Dionne	Julia	Morlyn
Dorota	Kadene	Naomi
Elaine	Karen	Nina
Ena	Katya	Pansy
Esimi	Kerry	Patience
Evgenia	Laura	Penny
Helen	Lidia	Rebecca
Hilary	Lisa	
Jacqueline	Lucie	

Home-Start Lambeth

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Company limited by guarantee: 5363089

**The London
Community
Foundation**

J PAUL GETTY JNR
CHARITABLE TRUST



Lloyds TSB Foundation
for England and Wales

WALCOT FOUNDATION
Changing Lambeth Lives

HYMANS  **ROBERTSON**

**The
Henry Smith
Charity**

founded in 1628



**THE
MERCERS'
COMPANY**