



Support and friendship
for families

Home-Start
Lambeth

Annual Review

Home-Start Lambeth 2015-2016



Chair's report

Through 2015/16 we have continued to see the level of need increasing in the borough – reflected in increasing numbers of referrals and an increasing complexity of the needs of families. During the year our current commissioned contract with the London Borough of Lambeth Children and Young People's Service came to an end and we put in a bid for a new contract but were unsuccessful. We are now working with a range of different funders in order to meet the high levels of need within the borough.

The Family Mentoring project continued throughout the year, working with families with children where there were safeguarding concerns. This has provided support to families with complex needs and in-depth support required to try and improve parenting and family situations. The year closed with all contracts with Children's Social Care coming to an end. There was no replacement tendering process. Unfortunately, this brought our child protection work for the borough to an end.

We continue to work closely with the Children's Centres and referring agencies across Lambeth to ensure joined-up working, synergies and good information sharing.

Now funded by Lloyds Bank Foundation and Trusthouse Charitable Foundation, the Domestic Abuse project has continued to develop over the course of the year. The need continues to be very clear, with a steady stream of referrals for support. As part of this project, delivery of the Freedom Programme has continued and is now well established in the borough, with continued requests from Children's Centres to host the courses. Outcomes are positive, and referrers have given us feedback about changes to families where the mother is attending.

Although volunteer recruitment remains a challenge, this year we have significantly increased the number of volunteers recruited and trained, running four preparation courses and training a total of 36 volunteers. This will enable us to increase support for families in the coming year back up to our previous levels. We continue to find that volunteers and potential volunteers are under increasing economic and time pressure and are finding it more and more difficult to be able to volunteer. In response to this we continue to increase the resources we invest in this vital part of the Home-Start model of support and have recently allocated targeted resource to address the issue.

Funding from the Henry Smith Charity continues to provide us with stability by meeting many of our essential core costs. This has enabled us to attract funding from other sources and we continue to further diversify our funding base and investigate other possible sources of support.

We have enjoyed a sixth year of our association with Hymans Robertson, who once again arranged a fantastic Christmas party for our families. As always this went down very well with both adults and children and it was good to see so many there and enjoying the wonderful entertainment.

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 next year of meeting the challenges which arise and responding with the high quality support for which Home-Start is known.

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. 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 and practical support.

A nurturing, loving and stable family and home environment strongly determines a child's future life chances. But being a parent isn't easy. Children whose parents are struggling to cope often miss out on the love, routine and support that are vital for their future.

Members of the small, but highly experienced team are responsible for running the comprehensive training courses for volunteers. Other projects they manage include the Freedom Programme which aims to help women who have experienced domestic abuse.

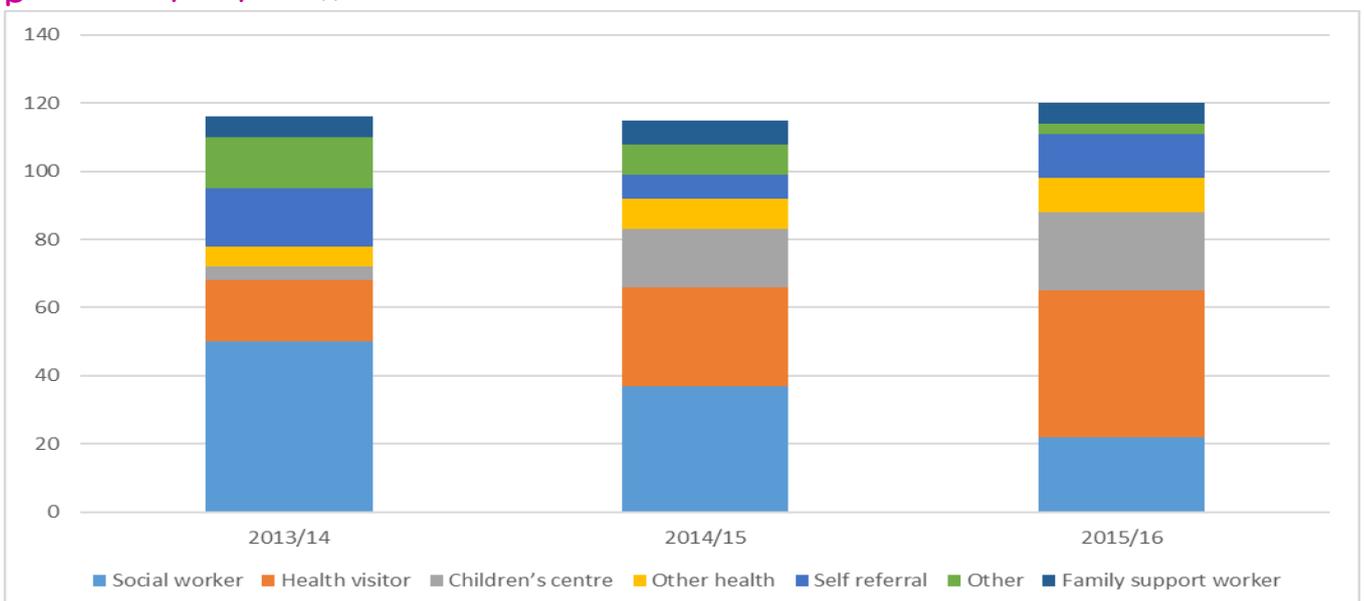
Home-Start helps parents build better lives for their children, aiming to transform the life chances of some of the most socially excluded children and families in Lambeth. It believes that it is important to uphold the rich cultural diversity which exists within Lambeth and to provide support and friendship for parents which fully recognises this.

Home-Start Lambeth this year

Key statistics

- The scheme received 120 referrals for families needing support (115 in 2014/15)
- 58 families were supported by volunteers visiting (84 in 2014/15) and 138 children (208 children in 2014/15)
- 36 volunteers were recruited and trained (25 in 2014/15)
- We raised £91,078 through awards from trusts and donations from supporters (£75,882 in 2014/15)
- Of referrals received 21 (18%) were Child in Need or Child Protection status
- Of referrals received 19 (16%) were for families which had experienced domestic abuse
- We ran 6 Freedom Programmes supporting 57 women

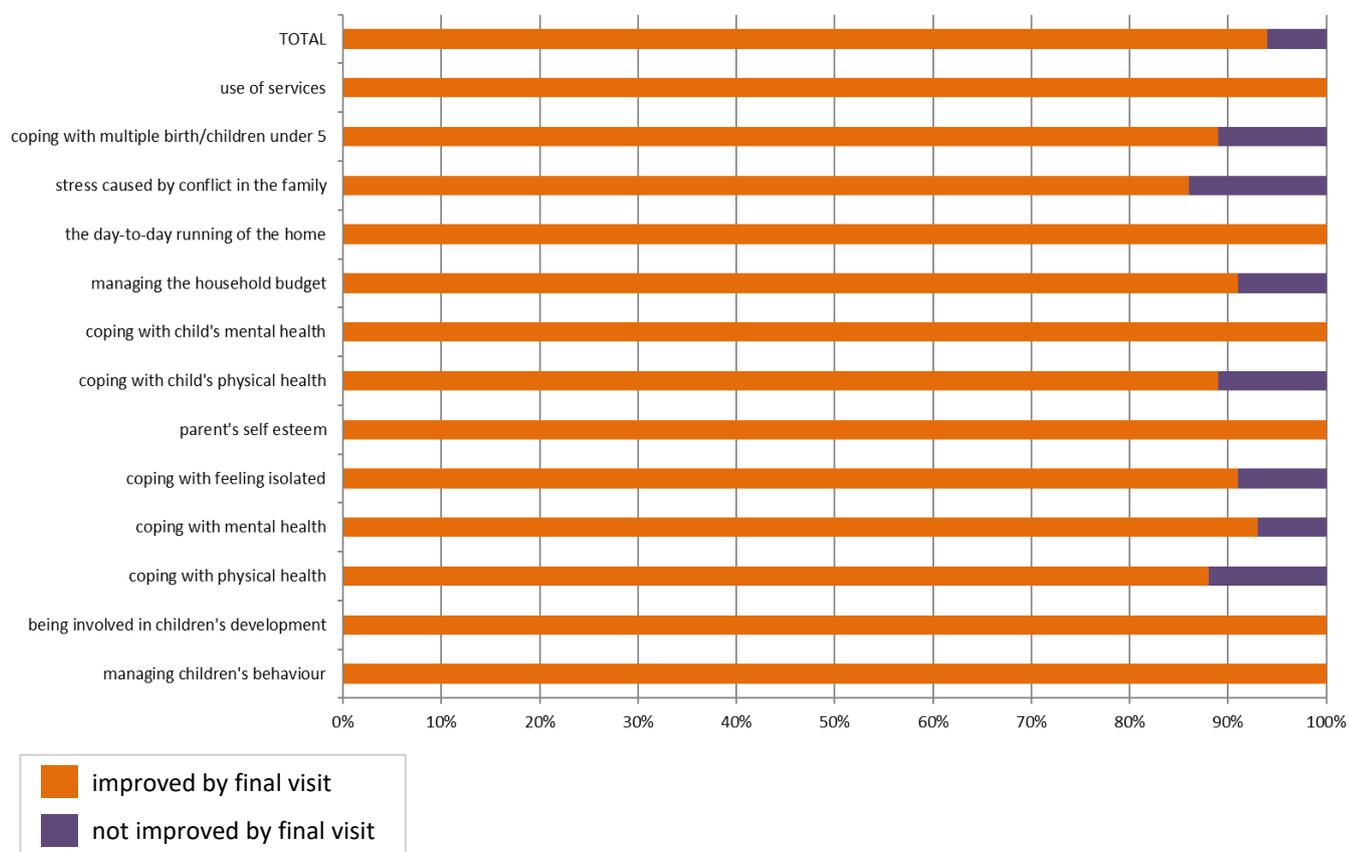
Source of referrals

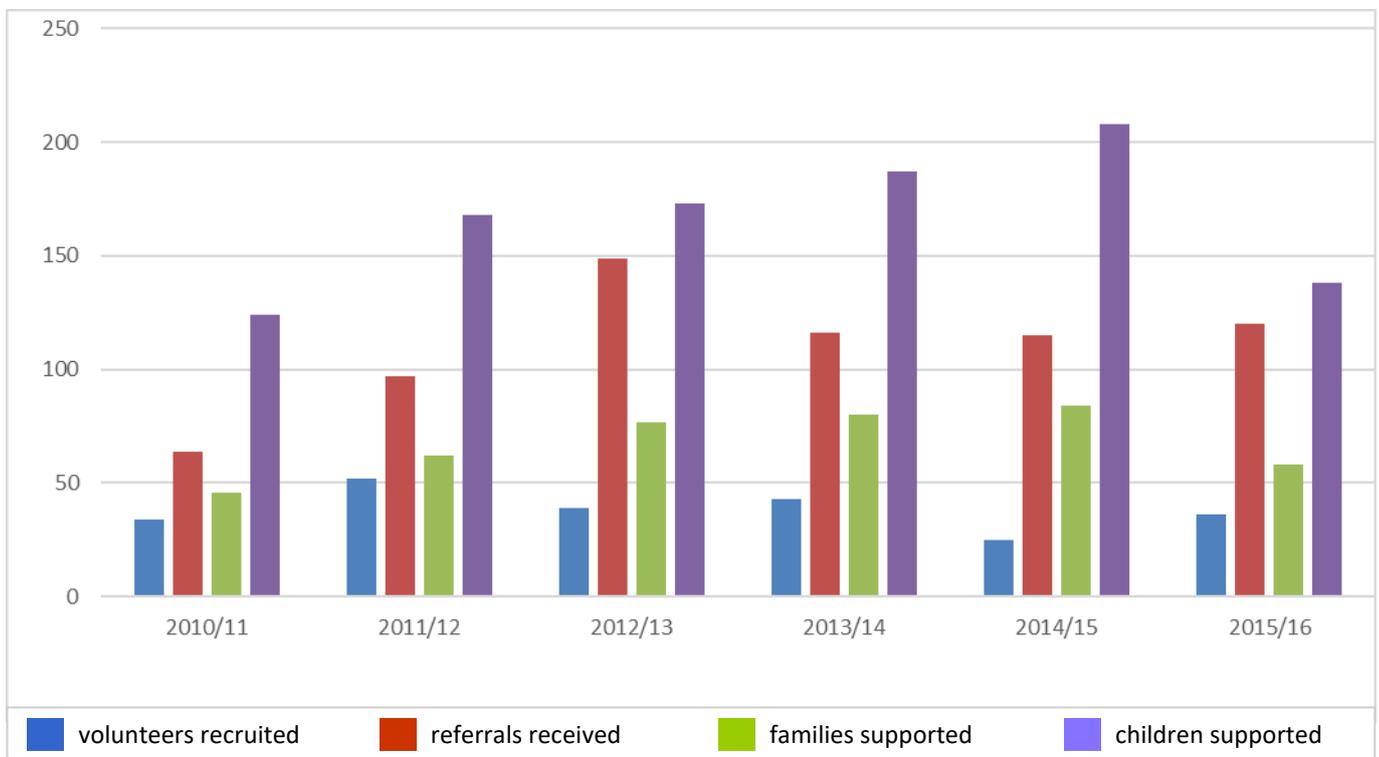


Outcomes for Home-Start Lambeth supported families

In 2015/16, after having a volunteer visiting some of the outcomes for our supported families were:

- 100% of those who had needed help with services were using more services
- 89% of those who had difficulties coping with multiple births/children under 5, said that this had improved
- 86% of those who identified stress caused by conflict in the home as a problem said that this had improved
- 100% of those who had identified the day to day running of the home as a problem said that this had improved
- 91% of those who had identified managing their household budget was a problem said that this had improved
- 100% of those who had identified coping with their child's mental health as an issue said that this had improved
- 89% of those who had identified coping with their child's physical health as an issue said that this had improved
- 100% of those who had identified their own self esteem as a problem said that this had improved
- 91% of those who were initially isolated were less isolated
- 93% of those who had identified their own mental health as an issue said that this had improved
- 88% of those who had identified that coping with their physical health was an issue said that this had improved
- 100% of those who had wanted to be involved in their children's learning and development said they were now
- 100% of those who had identified their children's behaviour as a problem said that this had improved





This year's news

Volunteer training

Although remaining a challenge we are delighted that we have been successful in increasing our recruitment of volunteers this year. We continue to target this as an essential piece of work, vital to the ongoing success of Home-Start Lambeth. Although not officially beneficiaries of the work of Home-Start, many of our volunteers report that they gain a huge amount – including a boost in confidence and help towards opening new career paths - from their volunteering experience.

Matching work

This year our ability to match families for support was limited by the reduced number of volunteers we had available. This in turn was due to the problems we had had recruiting in the previous year. Additionally, the average length of support increased dramatically this year, meaning fewer volunteers became available to support a new family. In 2014/15 the average length of support was 4-6 months. This year it has been 10-12 months, likely because of increasingly complex needs of the families being referred to Home-Start Lambeth.

The support is shaped by initial discussions with the families but changes depending on their needs. Generally there is a focus on 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 often aimed at ensuring families are making use of local services, in particular making sure they are linked in with their local Children's Centre, but also with other services which will be of benefit to the particular circumstances of the family.

Family Mentoring contract for London Borough of Lambeth

This project has continued our close working with Lambeth Social Care department supporting families where there is either a Child in Need (CIN) status or a Child Protection Plan in place. This is a complex area of work requiring a higher proportion of co-ordinator time per family. However, as a result of the support we have continued to see families having their CIN status ending or Child Protection Plans being downgraded to CIN. It is with regret that we heard that this contract will not be renewed.

The Start-Right Project

The project continues to receive a steady stream of referrals. Volunteers work with the families with an emphasis on developing early speech and language skills and school readiness. Although their needs are often quite complex many of these families are not working with other services and Home-Start Lambeth might be the only support they are receiving. We continue to see really positive results for both parents and children. This year this project was funded by Walcot Foundation, Children in Need and The Drapers Company.

Domestic Abuse Project

Funded jointly by Lloyds Bank Foundation and Trusthouse Charitable Foundation, this project has become more established within the borough. As well as maintaining support to families through providing volunteers the DA co-ordinator has continued to work closely with Lambeth Children's Centre staff to deliver the Freedom Programme within the borough. This programme helps women who have experienced domestic abuse 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. It is particularly effective in helping survivors recognise methods of psychological and coercive control and the impacts that these can have on them. The need within the borough remains very high and there are currently no other providers running the course in Lambeth. It is also attracting families from neighbouring boroughs.

Working with other Charities

We would like to thank Buttle UK for accepting applications we made on behalf of two supported families. A family on a low income required beds for their two young sons under age 3, who were sleeping on a double mattress with their parents. A second application was for a lone mother of three children who had no recourse to public funds, allowing her to purchase a washing machine.

Thank you also to the Al-Mizan Charitable Trust with whom we have worked with to distribute new baby packs containing essential items to families in need to support them through the early months with their new baby.

A family's story

During this year Home-Start Lambeth received a referral for a single mother with three children (ages 7, 2 and 8 months). She had depression and an ongoing health problem that required surgery. She had been in three abusive relationships.

The volunteer encouraged the mother to use positive parenting strategies and also role modelled clear communication and child-led play with the children. Mum was advised to reduce the time that J spent watching television. The volunteer also modelled some strategies for managing sibling rivalry. The co-ordinator attended meetings with the family and other professionals. Time was spent applying for a nursery place and nursery staff were included in the meetings.

The 2-year-old has started nursery and settled in well and Mum reported that his behaviour is calmer at home and he is starting to engage in a variety of activities. His concentration is improving and his vocabulary has increased. Mum is enjoying being with her daughter and appears to have a good bond. She no longer feels depressed and feels more confident spending time with all of the children and taking them out. As a result of the parenting strategies, the boys are not fighting so much and the home is calmer and more controlled. Mum recognises the importance of making one-to-one time for each child and building this in to their routine.

Previously Mum's mental health had been a big issue as she struggled with depression. Through the support this has improved. She is now more engaged with the children, has hope for the future and her relationship with her parents and siblings has improved. The children now see, and have good relationships with, their grandparents and aunts and uncles.

There had been a history of domestic abuse. Through the support Mum recognised this, and the impact that it has had on the children. She has ended these relationships and is planning to attend the Freedom Programme in the autumn.

Since I've had Home-Start in my life things have been better because I've been able to communicate more. I've been able to get out and about. I feel more hope and less fear about the future.

The volunteer has been consistent for a long time. The children like her and get along with her very well.

Without Home-Start I don't know where I'd be right now. They are understanding and don't judge. They listen to what I have to say.

Parent, 2016

Being involved with Home-Start Lambeth has been a valuable experience both professionally and personally. Personally, I have enjoyed building a relationship with the family. It has been a privilege to earn the mother's trust and to feel that the time we spend together is useful to her. I have really enjoyed watching her gain in confidence through the year that we have known each other. I also feel that the gain has been far from one-sided – I too have grown in confidence as I have faced new situations.

Professionally, I am in the process of changing careers and am heading towards working in clinical psychology. My time with Home-Start has provided insight into a wide variety of psychological and social challenges. It has also helped me gain some understanding of how agencies and statutory bodies – including mental health professionals – work together to care for families and young children.

The chance to have regular supervision with one of the Home-Start co-ordinators has been both thought-provoking and worthwhile. I have appreciated being given the opportunity to reflect on the experience of working with a family and to gain from the support, wisdom and knowledge of my supervisor.

Volunteer, 2016

Governance Statement

Legal status and objectives

Home-Start Lambeth is a company limited by guarantee and a registered charity. The charity was incorporated in 2005. The Board was established so it can conduct its business in line with its Memorandum and Articles of Association. Our principal objective is to safeguard, protect and preserve the good health, both mental and physical, of children and parents across the Borough of Lambeth. The trustees have a duty to report how the organisation has met its principal objectives which is set out in this report.

Governance framework

The board of trustees is made up of 10 trustees, including the Chair, who bring with them a range of experience from the private, public and voluntary sectors. The terms of the Articles of Association do not specify a length of service for trustees, they can continue in their role until they resign or their membership is terminated.

The trustee board has ultimate responsibility for the governance and strategic direction of Home-Start Lambeth, ensuring that the charity upholds its purpose and delivers its objectives. All trustees abide by Home-Start Lambeth's code of conduct and legal obligations imposed on them by charity law. The trustee board held seven meetings in 2015/16 and considered a number of matters including:

- The policies of Home-Start Lambeth
- The strategic direction and objectives
- Membership of the Board
- The audited Annual Report and Accounts 2014/15
- Regular reports on funding matters
- Regular reports on projects and volunteer recruitment
- Regular reports on financial matters

Trustee recruitment and training

Home-Start Lambeth recruits trustees with particular skills who have an interest in safeguarding, protecting and preserving the good health, both mental and physical, of children and parents across Lambeth. A skills audit of the trustees is used to identify any gaps in experience and representation at board level and forms the basis for recruitment. All new trustees are provided with a structured induction and training programme depending on their knowledge and experience. The new trustees receive a comprehensive induction pack on Home-Start Lambeth and guidance on their responsibilities. They are also provided with the opportunity to attend appropriate training events. We offer trustees internal and external guidance relating to the charity's operations and strategic direction. Trustees hold regular planning meetings with the Home-Start Lambeth Scheme Manager and staff.

Statement of financial activities, year ended 31 March 2016

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £	Total Funds 2015 £
INCOME FROM				
Donations and legacies	25,913	-	25,913	2,825
Charitable activities	-	163,614	163,614	161,985
Other trading activities	59	-	59	-
Investments	45	-	45	36
TOTAL INCOME	<u>26,017</u>	<u>163,614</u>	<u>189,631</u>	<u>164,846</u>
EXPENDITURE ON				
Charitable activities	2,040	153,605	155,645	158,347
TOTAL EXPENDITURE	<u>2,040</u>	<u>153,605</u>	<u>155,645</u>	<u>158,347</u>
NET INCOME/(EXPENDITURE)	23,977	10,009	33,986	6,499
Transfers between funds	-	-	-	-
Net movement in funds	23,977	10,009	33,986	6,499
RECONCILIATION OF FUNDS				
Total funds brought forward	<u>73,414</u>	<u>21,718</u>	<u>95,132</u>	<u>88,633</u>
Total funds carried forward	<u>97,391</u>	<u>31,727</u>	<u>129,118</u>	<u>95,132</u>

Balance sheet 31 March 2016

	2016 £	2015 £
FIXED ASSETS		
Tangible assets	<u>2</u>	<u>2</u>
Total Fixed Assets	<u>2</u>	<u>2</u>
CURRENT ASSETS		
Debtors	939	857
Cash at bank and in hand	<u>174,654</u>	<u>112,827</u>
Total Current Assets	<u>175,593</u>	<u>113,684</u>
LIABILITIES		
Creditors: Amounts falling due within one year	<u>46,477</u>	<u>18,554</u>
NET CURRENT ASSETS	<u>129,116</u>	<u>95,130</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>129,118</u>	<u>95,130</u>
Total Net Assets	<u>129,118</u>	<u>95,132</u>
THE FUNDS OF THE CHARITY		
Restricted income funds	31,727	21,718
Unrestricted income funds	<u>97,391</u>	<u>73,414</u>
Total Charity Funds	<u>129,118</u>	<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 2016. Copies of the financial statements and report, approved by the Board of Trustees on 12 September 2016 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. 26 % of the population is born outside the EU.

Approximately 140 different languages are spoken in the borough, with the most common languages after English being Portuguese (7%), 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%).

Deprivation data ranks Lambeth as the 9th most deprived borough in London and the 29th most deprived local authority in England. Data for child poverty ranks Lambeth as the 12th most deprived borough in London with a rate of 34% of children living in low income households. The borough is ranked 1st for underage pregnancies.



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

Deborah Jordan

Family Co-ordinator (DA)

Bolu Heather

Family Co-ordinator

Abe Sampson

Scheme Administrator

Trustees

Chair: Stephen Bellas

Vice Chair: Frances Bates

Treasurer: Kim Duong

Trustees:

Sian Sinclair

Shubulade Smith

Mary Bell

Eva Wickham

Jacqueline Mair

Lucy Alexander

Volunteers

Thank you to our

Volunteers from 2015/16

Abeba	Hilary	Mary B.
Aleasha	Ibtisam	Michelle A.
Audrey	Jacequeline	Michelle F.
Beverley	Jenni M.	Morika
Cathy	Joyce	Morlyn R.
Cecilia V.	Julia J.	Nadia
Celestine	Kadene	Naomi
Christina	Katya	Nina
Danny	Laura B.	Sharon
Dionne	Lidia	Sophia
Dorota	Lisa	Stephanie S.
Ena	Mary A.	Vanetta

Home-Start Lambeth

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Company limited by guarantee: 5363089



al-mizān
charitable trust



LLOYDS BANK FOUNDATION
England & Wales



WALCOT FOUNDATION
Changing Lambeth Lives

HYMANS ROBERTSON