

Annual Report

Home-Start IOW Annual Report 2018-19

Supporting Island families for 22 years

Helping parents be the best they can be. There's no judgement, just compassionate, confidential help and expert support. Starting in the home, our approach is as individual as the families we work with.

Statutory Accounts are available on request



Home-Start – because every parent should have the support they need to give their children the best possible start in life

Home-Start IOW was established in 1997 and supports families across the Island, working in partnership with other voluntary and statutory organisations. This year the work of Home-Start has been supported by 6 members of staff, 8 Trustees, 2 Advisors, 40 volunteers and Judi Griffin MBE continues to be our Local Patron. We receive training, information and guidance from our national body, Home-Start UK.

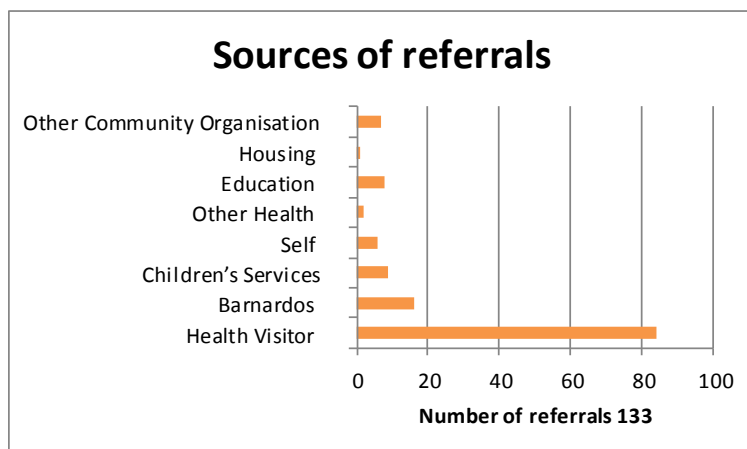
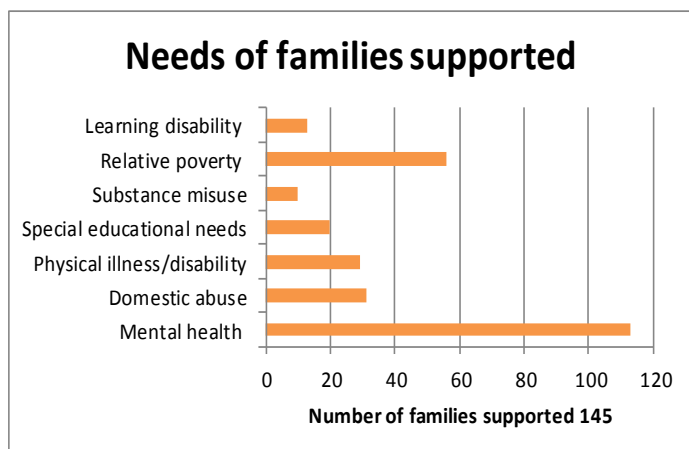
A message from Margaret Rylands Chair of Trustees

I am delighted that Home-Start IOW has had another very successful year and that even more families have been supported with home visiting or attendance at our groups throughout the Island. I am so proud of the team and the way in which they have moved forward so positively to build on Shahida's legacy and further develop the ways in which we can make a real difference

The Trustees really value all the efforts of Alison, Claire, Sarah, Rachael, Kelly and Shantel who work so well together; and we also need to highlight the skills, compassion and dedication of our volunteers. I personally want to thank my fellow Trustees for their support over the past year and reiterate a warm welcome to the newest members of our Board.

Facts and figures

Between April 2018 and March 2019 Home-Start IOW supported 145 families with 300 children: 209 under 5 years and 72 over 5 years.



Following a referral either Alison or Sarah visit the family to discuss the difficulties parents are facing and establish the most appropriate source of support for them. Families may be matched with a home visiting volunteer or invited to attend a Family Group. Some families receive both sources of support.

Home visiting

Practical and emotional support is provided for parents and children in their own homes, decreasing isolation, promoting self-reliance and strengthening family relationships. Families are also supported to access services and activities in their communities. Volunteers, who have parenting/caring experience, are vetted, trained and supervised and visit families on a weekly basis, providing long-term support. Staff also carry out home visiting.

- During the year 64 families were supported in their own homes.

“Without your help I'm not sure how I would cope. I generally use the time to have a few hours to myself, whether that's having a shower and doing housework or just putting clean washing away, as my life is hectic and sometimes my only break is when Sharon comes in. Mentally it helps me a great deal, I'm able to feel refreshed and ready to take on what life brings. I can't thank you enough”.

Family Groups



Groups are by 'invitation only' for families referred to Home-Start. This keeps the groups small for those parents and children who struggle to attend mainstream activities. Shantel, Kelly and Rachael provide a warm welcome and will do all they can to support and encourage parents who are anxious. This year we have run weekly, term time group sessions at Family Centres in Cowes, East Cowes, East and West Newport, Shanklin, Ryde and Sandown.

- **During the year 117 families have attended Family Group sessions across the Island.**

“The group has helped a lot. It helped me get out and meet other people and it was good for my girls to have somewhere to play with other children. It has helped us all make friends”.

Holiday activities

This year there was a full programme of holiday activities with a focus on things which are free or low cost. Staff and volunteers supported families to attend picnics, walks, fun at the beach, the bus museum, visiting the cows at Bridesford Farm and the donkeys at the IOW Donkey Sanctuary. We are encouraged that the numbers of families attending increase each school holiday and we look forward to a really exciting summer this coming year.



“The holidays are always hard because I really struggle to go out on my own with all the kids. Being able to go with my volunteer was brilliant, After we went to the first picnic the kids wanted to go to everything. They all had so much fun at the farm. We would of never done that on our own”.

Special Projects

- **Strengthening Families Programme** – We are very pleased to have a small contract with the Local Authority to provide support through the Strengthening Families programme (known nationally as ‘Troubled Families’). This project focusses on those families with complex difficulties. Staff and volunteers work with the whole family to help address the difficulties they are facing and support them to take the steps towards a better future for themselves and their children.
- **School Readiness** – Thanks to funding from Sovereign Housing Association we ran a programme of sessions during the school summer holidays aimed at those families with children due to start school in September. Families were offered a variety of sessions including family cooking, support with toilet training, bedtime and morning routines and activities to do together at home.

Special Thanks

Judi Griffin, her daughter Chris and the team at Bluebells cafe, Briddlesford Farm, hosted their annual fundraising cream tea in July. As always the event was well attended and the cream tea was delicious.

The afternoon was a lovely opportunity to invite along friends and supporters and it was great to be able to take a little time out to reflect and celebrate our achievements. A huge thank you to Judi, Chris and everyone who helped make this event such a success. We very much look forward to seeing you again on 15th July 2019!



Rachael Brodie, our Family Support Worker set herself a challenge to learn to crochet. This beautiful blanket was the result of her efforts! The blanket was raffled to raise funds. A fantastic £473 was raised. Pictured, Rachael presenting Evie Hutton with her prize.



We are delighted to have been voted Island Roads, Charity of the Year 2019. Staff voted to support us and will be organising events to raise funds throughout this year. Thank you Island Roads!

Huge thanks and appreciation

The achievements of Home-Start IOW would not be possible without the support of many other organisations and generous individuals.

As always funding is an ongoing challenge.

We are very grateful for the support we receive to help us reach as many families as possible.

- To Barnardo's, for financial support as part of the Isle of Wight Council's Early Help offer and for the use of venues for our Family Groups.
- To JMC Plant Hire, BBC Children in Need, Isle of Wight Council (Strengthening Families Programme), Isle of Wight Freemasons, Bluebells Cafe, Dunelm, Sovereign Housing Association, Seaview Yacht Club, Ryde School, Ryde Co-operative Funeralcare, St James's Foundation, Island Roads, IW Interest Group, the teams of fundraisers in Cowes and Seaview who organised Bridge events, and all those individuals who have donated or supported events throughout the year.

Thank you also:

- To those who have referred families to Home-Start.
- For the support from Home-Start UK.
- To all our other colleagues!

Saving the best until last...

*Thank you so very much for the commitment of our dedicated team of volunteers and Trustees who have given over 1735 hours to Home-Start IOW during the Year!
The lives of children and families on the Isle of Wight are better because of you.*

Ali, Anna, Anne, Ben, Beth, Brenda, Emma, Cherry, Chloe, Claire, Eleanor, Emily, Frankie, Fred, Genny, Helen, Helena, Jane M, Jane P, Jenny, Jo, Julie, June, Karen, Karla, Kate C, Katie F, Kelly, Keith, Kim, Kirsty, Lauren, Lesley, Linda, Lucy, Maggie, Mary, Margaret C, Margaret R, Monica, Poppy, Rosie, Sally, Sammi, Sarah D, Sarah W, Sharon J, Sharon L, Shell, Shirley I, Shirley T, Tabitha, Terry, Therese, Trish and Wendy.

*"I have thoroughly enjoyed my time with Home-Start. I most enjoyed the relationships I established with the families I have supported over the years and watching the children grow up. I would recommend anyone to volunteer with you".
(Monica, who volunteered for 11 years)*



Could you help Home-Start IOW make a difference to an Island family?

- Become a home visiting volunteer
 - Join our Board of Trustees
 - Support with fundraising
- Give a talk about us at your local group
- Display a poster or information leaflets
 - Help at one off events

If you feel you have some time or expertise that could support Home-Start, please contact us:

Home-Start I.O.W, Exchange House, St Cross Lane, Newport,
I.O.W, PO30 5BZ.

Tel: 01983 533357 Mobile: 07511859577

Email: admin@homestartiow.org

Website: www.homestartisleofwight.org.uk

Facebook: www.facebook.com/homestartisleofwight