

Starting Young

Starting Young is a 3-year partnership project between Home-Start and Sainsbury's focusing on finding practical ways to help parents give their children healthy, active lifestyles.

As a scheme, we asked one of our families to enter a recipe for the 'Best Recipe Award', which will be used to create an internet cookbook for schemes to download and share with volunteers and families.

We are pleased to say that we have been successful and thanks to Andrea and her family with their recipe "*Two Mushroom Risotto with Rocket*", they have won £100 for the scheme.

This money will be used to buy buckets and spades for all the children who go on this year's summer outing to the sea-side. Thank you, I know that it will give the children hours of fun.

Easter Party Time!



On 6th April 2010 Home-Start Uttlesford hosted an Easter Party for the families that helped us with the recession project. This was to say a big thank you to all the families for the input that they gave us during the project, over a period of six months. 26 mums, nans, children and one volunteer attended. The children were able to play in the climbing and softplay areas for an hour and then all sat together to have a healthy tea party. Once again thank you to all those that helped with this event.



Home-Start Uttlesford

Staff Changes

Linda and Christine have been job sharing since 7th June. "Welcome Christine to your senior post and Linda enjoy your free time now you have reduced hours"

Maria Furlong joined the team on 7th June as Family Group Co-coordinator. She has settled in well and volunteered for 18 months for the scheme prior to joining the team. Maria has a wealth of experience working with families and her lively friendly personality will stand her in good stead.

Nicola Richardson left us on 4th June. She had been with us for two years as Family Group Playleader. Nicola has done some lovely 1 to 1 work with the children over this time and introduced scrap-books to the group to use as an ending present for the families. Nicola will be missed for her calm approach to difficult situations. We would like to wish her well as she moves on to expand her work at the County High.

Sadly we say goodbye to **Susan Millar** from the Family Group as Family Group Play Assistant. She will be missed by all the families for her warm openness and caring nature to the parents and children over the years. Good luck Susan and keep in touch.

In September we welcome to the Family Group **Jill Harris** as Playleader. Jill has been one our volunteers for 2 years and has a background in Nurseries so the experience she brings to the team is invaluable. **Louise Cairns** will join us as Assistant Playleader. She is new to the scheme and comes with experience of parenting and working in the local school. "Welcome to the team"

Friends of HomeStart Uttlesford

The high quality "Go Green" clothes sale took place for the second year at Anser Gallows Farm on 26th/27th March. The preview evening where the entrance price included a glass of wine, was a great success and a profit of £2450 was made over the two days. We are very grateful to Kerry Braithwaite and Brian Hedges who so kindly let us use the barn again, free of charge.

A very enjoyable Bridge Evening was held on 28th April. We are pleased that £1365 was raised at this event.

Volunteer Thank You Day

Volunteers recently attended a thank you day run by Christine and Debbie. A session was held on Lone Working and those attending found it useful. One volunteer said *"This was a good reminder of what to do if I find myself in a difficult situation"*.



Afterwards, volunteers joined in with an Egyptian Belly Dance Class by Samirah. Volunteers were able to learn the basic moves of this ancient art form. Comments from volunteers included *"very, very enjoyable"* and *"I really enjoyed the dancing and it wasn't as scary as anticipated"*.

100 Club Winners

February – John Whitehead, Christine Grierson, Ros Pritchard

March – Sheila Chambers, Beverley McNally, Lou Symes-Thompson

April – Prue Lambert, Beverley McNally, Lou Symes-Thompson

May – Chris Rayner, Rosemary Tusa, Deborah Gilder

Congratulations to Volunteers

Home-Start Uttlesford recently celebrated with 3 of their volunteers in recognition of their time spent supporting families in the Uttlesford area.



Jenny Wyatt has been a volunteer with Home-Start for 10 years, Barbara O'Brian and Adele Atkinson for 5 years. All 3 are hoping to continue in this role to help meet the demand for support in the Uttlesford area.

HomeStart Uttlesford is part of a national charity which supports thousands of families with pre school children across the UK. These families are struggling to cope for many reasons; including illness, disability, bereavement and social isolation. Home-Start volunteers, who have parenting experience themselves, work to build the confidence and encourage the independence of these families. The charity relies on 16,000 trained volunteers throughout the country. Without your support this good work would not be possible

If you are interested in becoming a volunteer with Home-Start or would like to make a donation or would simply like to find out more about our organisation then please visit our website at www.homestartuttlesford.org.uk or call 01799 520728 or e-mail homestartuttlesford@btinternet.com