

In 2008/9

**103** Families  
and **228** children were  
helped by  
**60** Home-start  
Uttlesford Volunteers

*Thank you*

# Home START

Support and friendship  
for families

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Home-Start Uttlesford  
Annual Report 2008/2009

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## Our Philosophy . . .

### A Vision of . . .

a community in which every parent has the support they need to give children the best possible start in life

### A Mission to . . .

train staff and volunteers to visit families with at least one child under 5 at home and offer practical, sensitive support

### An Approach that . . .

serves the community of Uttlesford and has a lasting positive impact on the development, health and welfare of children and families that we support



celebrating  
25 years

Our Contacts:

Home-start Uttlesford 37,  
Fairycroft Road, Saffron Walden,  
Essex CB10 1ND 01799 520728  
[www.homestartuttlesford.org.uk](http://www.homestartuttlesford.org.uk)

Home-start Uttlesford,  
a company  
limited by guarantee.  
Registered Company no 4689133  
Registered Charity no 1097508

*The statutory services are often driven by crisis and fail to provide a preventative service . . . Home-Start is a key worker in prevention . . . Conducting the Climbé enquiry has demonstrated how important it is to use the community to try to prevent crisis"*

*The Lord Laming CBE*

## A year to Celebrate

Helen Wood: Chair

Home-start Uttlesford was conceived and set up 25 years ago, the first AGM being held on September 25th 1984 so it is a privilege to be Chair in this Silver Jubilee Year. Congratulations to Linda Robinson, who completed 25 years service with us in March and Christine Grierson, who completed 10 years in May. I would like to thank Elfreda Tealby-Watson for her commitment as previous Chair, particularly for her work on finance and commissioning.

I welcome as Trustees, Ann Simmons, a parent, a volunteer and now our Families/Volunteers member and Clem Earle, with experience of working with emotionally damaged children: he supports on Complex Cases. Trustees take an active lead on specific aspects of our work and the delivery of the 2009/12 Business Plan. Along with completing a Quality Assurance Review, the strategic direction for the next three years will focus on Working with our Partners, Continuity and Progression, Financial Planning, Marketing our scheme and Future Security.

The Board of Trustees meets five times per year, with a focus on specific areas of the Business Plan. A new venture this year was the launch of a Website and publication of a quarterly Newsletter. Thank you to Jim Duvall and Jacqui Innes.

Our Staff work hard on developing and supporting Volunteers to meet the needs of our families. Preparation courses in Gt Dunmow and Saffron Walden, and a programme of ongoing training ensure that we can support parents and children through home visiting, the family groups and other activities such as the Summer Outing.

Sincere thanks to all staff, volunteer home visitors and trustees, who make our scheme a success. I particularly welcome the opportunity given to us by our families to assist them in their role as parents, and thank them for investing their trust in our staff and volunteers during the past 25 years.

## Working to support families

Linda Robinson: Senior Coordinator

I cannot believe it is 25 years since Home-start Uttlesford began. We always knew that the concept of Home-start could not fail. One parent supporting another has to be a recipe for success. I have been privileged, past and present, to have worked with so many dedicated people from Chair, Treasurer, Management Committee, Volunteers and of course my colleagues. Everyone has made my 25 years so rewarding.

As anyone who knows me, my real passion is the families – over the years I have learnt so joy to watch so many parents and children come through difficult times and the challenges of life.

Home-start has changed so much during 25 years.

In the early days I might give out my telephone number, or take a child home to give Mum a break. We have learnt by experience the need for clear boundaries and Policies are now in place so that volunteers and families know and understand the reasons why that kind of flexibility is not the best way to offer support. Admittedly I did find this difficult to begin with, but now I see this as the right way forward to safeguard Staff, Volunteers, the Management Committee and above all families and children.

Over the last 25 years the scheme has expanded successfully due to everyone who has committed their time and energy. I know the scheme will go on for many years and we will continue to put hope back into families' lives.

## Statistics April 2008 – March 2009

### Families

- 53 New referrals
- 103 Families supported during the year
- 228 Children supported

### Referrals

- 35 new Referrals from Health Visitors
- 8 new Referrals from Social Workers
- 6 Self Referrals

### Volunteers

- 21 Volunteers with us for two years
- 12 Volunteers with us for two – five years
- 12 Volunteers with us for **over five years**
- 4 Volunteers with us for **over TEN years**

## Through the eyes of a Health Visitor

Alison Warwick

I have been working in Saffron Walden as a health visitor since the scheme began 25 years ago.

It is a unique service that all health visitors working in this locality value highly. We have very few agencies that assist our work with families in this area; Home-start provides support and back up for the families we visit.

Over the last few years we have encountered more families with complex needs, so Home-start has had to

embrace these issues within their daily work: volunteers work tirelessly giving up their time to provide support to the families they visit. A further valued provision is the weekly the Family Groups. Organisers and volunteers create a safe environment for parents and children who attend.

Home-start is a service that, as health visitors and nursery nurses, we will continue to use and hope that it grows and develops into the future

## Family Group News

Christine Grierson: Coordinator

Both family Groups, in Saffron Walden and Great Dunmow, have continued to give valuable support to families. The two groups have benefited this year from new parent and child activities, which have been a success as it has given an opportunity for parents to share in a craft activity with their child, such as decorating a pot together.

The Playleaders, Nicola and Susan, continue to offer play activities, both fun and educational, with craft work being collected to make a 'leaving' scrapbook which the children are so proud of.

We visited Centre Parcs in Elveden Forest for a day. This gave families a day out to enjoy each others' company. One boy said "It was the best day of my life". A Christmas Party was enjoyed by all, with entertainment by 'Buttons the Clown' and a visit from Father Christmas, who brought gifts for everyone.

Finally, many thanks to the volunteers who have supported the family Groups over the last year. Their hard work is very much appreciated.

## Volunteer perspectives

### What does it mean to be a Volunteer?

It makes me Proud

Confidence for new challenges

I am Lucky

Satisfaction

I have learnt new skills

I can relate to other parents

### What do we give to families?

Support

Reliability

Time

Commitment

a Listening ear

### How do we support our volunteers?

"Home-start supported me with kindness, patience and sympathy, leavened with a dose of wry humour and the occasional flash of exasperation!"

### How can you Volunteer?

We have six part time paid staff running the scheme; but our volunteers are essential to the success of Home-start Uttlesford. You could:

- apply to become a Home Visiting Volunteer. When trained, you would visit a chosen family regularly, generally weekly, be part of a support group, and receive additional training each year to enable you to provide the best possible support for the family.
- volunteer to become a member of our Board of Trustees, who maintain an oversight for the Finance and Policies that support our scheme and ensure that our work as a Charity is well managed.



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## Friends Report

Camilla Lethbridge: Trustee

Friends have had a busy and successful year with events tying in with our 25th Anniversary celebrations.

A 'drugs awareness' talk given by Karen Richards and her daughter Georgie, being a reformed addict herself, was not easy listening, but it was well received with a long Q & A session at the end.

The annual Christmas Lunch was a sellout. In May, a Preview evening at Sworders Auctioneers, Stansted was very well attended. Wine, canapés and an interesting talk by Guy Schooling were followed by an opportunity to peruse the exhibits, with the help of a catalogue. Later in the month we were lent Anser Gallows Barn for our 'Beat the Blues..Go Green' sale of donated high quality second hand clothing and soft furnishings. There were additional sales of refreshments, a raffle and a later 'day sale' in Saffron Walden, courtesy the

Goddard family. Altogether Friends have raised an amazing £10,500 for Home-start funds.

### How you can help...

#### Donations

These supplement our core funding and enable us to provide more opportunities for our families and volunteers.

#### You could:

- make a one-off payment or an annual Standing Order, which you may be able to Gift Aid
- join the One Hundred Club for £12 per annum and a chance to win a cash prize each month.
- run a fundraising event, such as a Garage Sale, a table at a Fete or Boot Sale.

Funding from Statutory grant bodies, West Essex PCT and Essex County Council, is the foundation of our income, but after three years of review/change and development of commission based funding within ECC, we are still in a transitional phase with our principal grant allocated over a 12 or 18 month period. However, following hard work by representatives from a number of Home-start schemes in Essex, including Elfreda and our new Regional Coordinators, Sophie Donnelly and Petra, Home-start has been designated a priority provider by Essex County Council with funding at a level of 29.17% of core costs. NHS West Essex (previously West Essex PCT) contribute

approximately 18.2% Currently a joint three year contract is being negotiated between NHS West Essex and the three schemes in the area (Harlow, Epping Forest and Uttlesford)

A proportion of core funding is stable and a small surplus was achieved this year, but active fundraising remains a priority: we need to raise up to half our annual expenditure from additional grants, donations and fundraising activities so many thanks are due to our Senior and Junior Friends committees, local organisations, Parish Councils and our many individual supporters. Information on our funders is posted regularly on the website.

### Financial Summary 2008 - 2009

#### Income

Total Grants £63,419

Other Income £32,162

**Total Income £95, 581**

#### Expenditure

Total Expenditure £91,811

**Net Surplus for year £3,770**

#### Funds

Unrestricted Funds £42,814

**Total Funds £42,814**

The above information was extracted from the annual accounts for 2008-2009, which at the time of writing, were still subject to audit and possible adjustment. Full, audited accounts will be sent to the Charities Commission, will be available at the AGM and can be read via our website after that date.

#### WITH MANY THANKS TO:

Anglia Parents Club  
 The Army Fund  
 BAA Stansted  
 Braintree and Uttlesford Partnership  
 The Catholic Womens's League  
 The Eight Bells  
 Essex Community Foundation  
 Essex County Council  
 Kevin Henry Estate Agents  
 Local Network Fund  
 The Mulberry Trust  
 Ridgeons Ltd  
 Rotary Club of Saffron Walden  
 Saffron Walden United Charities  
 St James's Place  
 St Mary the Virgin, Lt Chesterford  
 St Peter's, Duxford  
 Snowball Committee  
 Snow Walker Associates  
 Spangles Children's Centre  
 Uttlesford CYPSP  
 Waitrose  
 West Essex PCT

#### PARISH COUNCILS:

Barnston  
 Broxton  
 Elmdon and Wendon Lofts  
 Hatfield Heath  
 Hempstead  
 Little Easton  
 Little Hallingbury  
 Saffron Walden Town Council  
 Sampfords  
 Thaxted

#### FRIENDS OF HOME-START SENIOR AND JUNIOR COMMITTEE and SUPPORTERS

#### AND – NOT LEAST

Many individual donations of money and time that make Home-start Uttlesford a continuing success

*"Home-start is a very impressive organisation as it supports parents, which has a huge impact on their children. Home-start supports the interaction between parents and children, which aids child development and increases children's self esteem.*

*I want to congratulate Home-start for all it is doing especially in nurturing children who are our future*

*Professor Lord Winston*