

# Home Start

Support and friendship  
for families

## Home-Start Kernow

### Annual Report for the AGM 1st May 2015



*One of our  
families said:*

*“The support we  
receive has gone  
above and beyond  
anything we could  
have expected.....*

*...Our  
volunteer  
has been  
an absolute  
angel.....*



*....She has been a  
tower of strength  
for me, my husband  
and a ray of  
sunshine every time  
we see her.”*

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www.homestartkernow.org.uk

Home-Start Kernow, a registered charity in England and Wales  
(1159948) and a company limited by guarantee, registered in England  
and Wales (9335453)

*“As a volunteer led charity, Home-Start works directly in the homes of the families they support. They work alongside families for however long they need Home-Start for, until they feel strong enough to cope on their own. If you can spare just a couple of hours a week, and have parenting experience of your own, please consider volunteering for your local Home-Start”.*  
Kirstie Allsop, Ambassador of Home-Start UK

## Home-Start Ethos

Home-Start believes that children need a happy and secure childhood and that parents play the key role in giving their children a good start in life and helping them achieve full potential.

We also believe that the best people to help parents are other parents, who have themselves experience of bringing up children and are able to provide the kind of support that only another parent who has 'been there' can.

Our service is provided by trained and supported volunteers who give flexible, confidential support to families in their own homes specific to their individual needs. Volunteers help by:

- ◆ Visiting families at home once a week for as long as the family needs them
- ◆ Offering emotional support to help parents find ways of coping
- ◆ Playing with children, listening, reading, having fun together
- ◆ Providing practical help, with budgeting, shopping, cooking, getting to appointments
- ◆ Encouraging parents to get out and about
- ◆ Helping parents access advice and local resources

## Volunteers

### *Special thanks to all our volunteers*

*Alice, Anita B, Anita, M, Anne, Barbara, Chelsey, Chris, Claire, Fiona, Hannah, Helen F, Helen M, Jane B, Jane T, Janet, Jenny P, Jenny T, Jill, Julie, Kelly, Kim, Laura, Libby, Lin, Lindsey, Liz A, Liz B, Louise, Marea, Margaret, Maria D, Maria H, Marilyn, Marjorie, Michelle, Philomena, Ros, Rosie, Ruth, Sam, Sarah, Sophie, Shirley, Taite, Tamsyn, Tanya and Tina*

*We send our best wishes to all those who have left during the year.*

*Alison, Carol, Caroline, Catherine, Diane, Laura, Margaret, Roisin & Susan.*

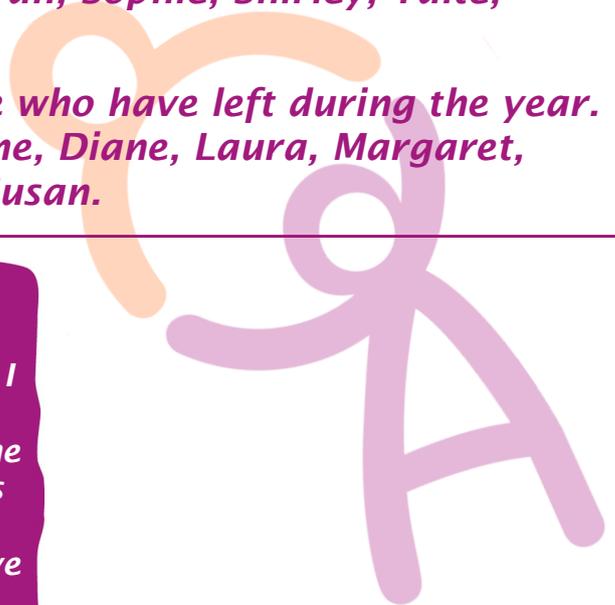
*Volunteers have said the Home-Start Preparation Course helped them:*

*"Realise how I can help. And to realise that I will become a valuable volunteer".*

*"Feel confident in going into someone's home and acting in an appropriate way in various difficult situations".*

*"Understand the amount of knowledge I have to share and help families".*

*"Understand the role of a Home-Start volunteer".*





## Report from Chair of Trustees (Steve Fowler)

The last year has been full of highs and lows - thankfully not in that order. We have so many people to thank for the fact that Home-Start Kernow is still in business and starting to re-build capacity to support families. This is an extremely challenging time for charities financially. The economic situation has seen an increasing number of families seeking the help of Home-Start. We remain at the heart of Cornwall's communities only through the support people have given us.

I don't wish to dwell too long on the difficulties through much of 2014 except that it is a testament to the belief, tenacity and generosity of staff, Home-Start UK, volunteers, supporters, trusts and funders. The list is very long so forgive me for not mentioning you all. The staff team Alyson, Julie and Jayne have remained intact despite long periods on half-rations or less. A positive decision from the Big Lottery Reaching Communities Fund eventually came in August just a few days away from complete closure. Success in securing this grant enables us to continue our work with families here in Cornwall until October 2017. However, this grant funds just eighty per cent of the schemes work and we must raise the remaining twenty per cent through local initiatives. We are working with the Lloyds Foundation and the Duchy Health Charity to cover part of this. Every donation large or small, counts - replenishing our depleted reserves.

We have welcomed a number of people to the organisation. Michelle, a volunteer family visitor, is now a very useful addition to our small trustee group. Helen, brings a wealth of experience as our new coordinator for mid-Cornwall. We are pleased to have appointed Steve Allman Ltd to conduct an independent evaluation over the life of the Lottery project. We have to say good-bye to Derek as our extremely able trust fund writer although he thankfully remains as our financial administrator. Jayne has just set up office space in Wadebridge 3 days a week to establish and build our presence in North Cornwall. Generally the team has been busy recruiting and training more volunteers, matching families and supporting existing arrangements.

The staff and trustees have been developing our strategic priorities and action plans with an eye to sustainability beyond 2017. It has taken 6 months to complete the transition from a charity to an incorporated charity limited by guarantee. Our funding strategy needs to help us focus on small, medium and large sources. We have begun gathering evidence for our Quality Assurance assessment due to be conducted by Home-Start UK in August 2015. Our outdated desktop computers have been replaced with laptops and staff have smart phones to keep them in touch on the move. Remember you can sign up to receive newsletter alerts: [www.homestartkernow.org.uk](http://www.homestartkernow.org.uk) and use our feedback form which helps us shape the best service we can.

We wish to encourage any volunteers or families to become involved in the running of Home-Start Kernow in any way you feel comfortable. Fundraising is always appreciated - we are now registered with Givvy and Ebay for Charity. Last Summer Laura arranged a cake sale and coffee morning, a much needed morale booster at that time. Another family came along to our launch event in January and Gemma gave a lovely speech about what Home-Start Kernow meant to her. All are very welcome to come to our committee - just as a visitor and consider being an advisor or trustee.

As an organisation we have learnt many new ways of working and there are many challenges ahead. However the basic values and vision of Home-Start Kernow remains the same: to give children the best possible start in life by supporting families with our great volunteers.

## Thank You To All Our Funders

Big Lottery Fund  
 Duchy Health Charity  
 Crowan Parish Council  
 St Enoder Parish Council

Lloyds Bank Foundation  
 Inner Wheel Club Penzance  
 St Mary's Catholic Primary School



## Our Team

Steve Fowler Chair  
 Tina McGrath Treasurer  
 Andrew Law (to 20 September 2014)

Carol Hogg  
 Michelle Gould

Vice Chair  
 Trustee

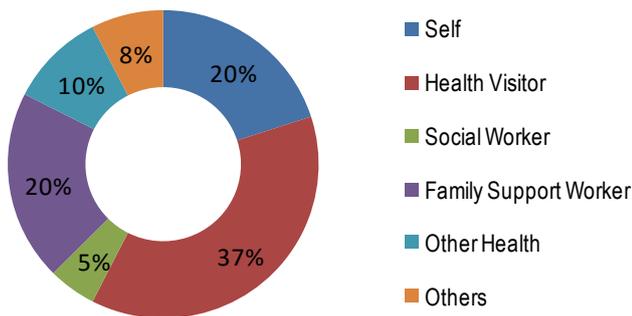
### Staff

Alyson Smith Senior Co-ordinator  
 Helen Vickers Co-ordinator  
 Julie Stallworthy Admin Assistant

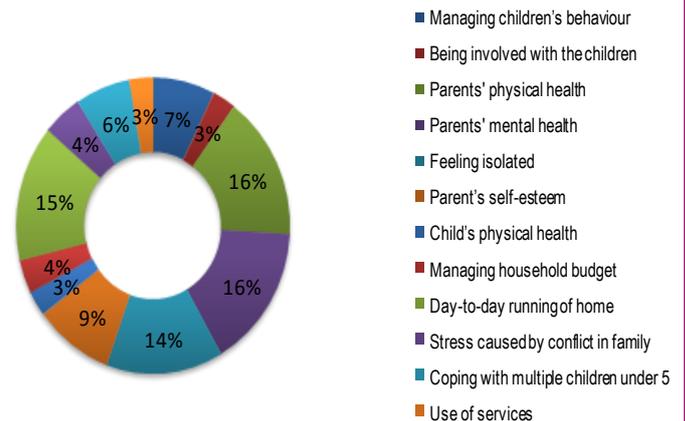
Jayne Robinson Co-ordinator  
 Derek Green Bookkeeper

## Statistical Information April 2014—March 2015

Source of Referrals



Reasons Families Need Home-Start



### Make a difference to a local family and volunteer for Home-Start.

#### Reasons for volunteering:

- \* Give something to the community
- \* Boost confidence
- \* Share parenting experience
- \* Prepare to return to work

Volunteers are needed from all parts of Cornwall. You can find out more about becoming a home visiting volunteer by contacting us.



### We're asking.....you to become a Home-Start trustee

Trustees are men and women who help guide local Home-Start schemes and contribute to their leadership and direction. Contact us for more information or an informal chat about being a trustee.