

Newsletter: Home-Start North West Hampshire, Rucstall Community Centre,
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Company No.: 5604443, Registered charity no. 1112233

Date: May 2021

Issue no: 17

Community Newsletter...

Welcome to our Spring Edition



Exciting News! Continuation of the Mental Health Project

We are delighted to announce that our joint Mental Health Project with Home-Start Hampshire has been funded for a further 3 years by the National Lottery Reaching Communities Fund.

Over the last three years, this project has worked with families in Basingstoke and Deane through both home-visiting and attendance at our Wellbeing Group. We are so pleased to be able to continue to work with families managing their mental health and improving their wellbeing. The continuation project will also help us to work with families whose mental wellbeing has been impacted by the global pandemic.



Thanks to the Big Lottery Fund for continuing to support our work!



***Images from Well-Being Group
Left - relaxation session by Kath from Relax Kids
Right - Art class by Armadillo Arts***

Groups:-

With the easing of restrictions in April we were finally able to welcome back Groups into the main Hall at Rucstall Community Centre, starting with Well-being Group on Monday the 19th April 2021. It was lovely to see so many happy faces & welcome back both old and new families.

Multiple Birth Group now has two sessions running every Tuesday morning, one at 9:30am-10:30am and one at 11am-12pm. This is working really well in keeping families covid safe by limiting numbers but also giving them the opportunity to attend weekly rather than pre-pandemic fortnightly. The hall & toys are fogged between each session to ensure the environment is covid free before the next group starts.



The return of Multiple Birth Group!



Until September, Basingstoke Family Group is being held outdoors in a different location weekly. The sessions run on Wednesdays alternating each week at the Splash park in Popley, the park behind Asda at Brighton Hill and the Memorial Park. Dawn operates a weekly booking system for families to confirm their attendance and to keep an eye on numbers.

Families are enjoying a variety of outdoor activities including bug hunting, building a bird feeder & planting! Dawn took pots, seeds & a bag of compost to the Memorial Park where families had fun planting Sweet Peas. After planting the children took their potted plants home to watch their progress.



Family Group - building a bird feeder (above) and Parachute fun (below)



Members of Dads Club finally got to meet each other for the first time face to face since it started virtually last October. Dads are enjoying chatting, giving each other support and advice on a range of topics from how to stop your child crying, sharing recipe ideas and how to put your daughter's hair in a pony-tail!

Dads Club meets every Wednesday from 11:15am-12:15pm here at Rucstall Community Centre.



Dad's Club "Making Paper Aeroplane Day"

We are excited to announce the start of our Young Parents Meet Up which started on Thursday the 6th May 2021. The Group runs every Thursday, 12:30-2pm at The Safe in Winchester Road. Those attending the first week feedback that it was the best group that they had been to and were very keen on doing craftwork activities at future sessions.



We welcome to the team sessional Group Worker Danielle McGuinness who facilitates the Young Parents Meet Up.

Courses:-

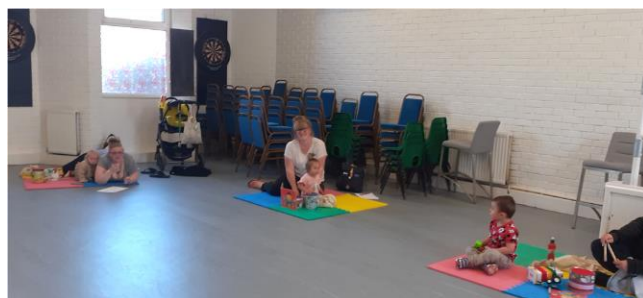
Boogie Mites



7 of our families took up the opportunity to attend this free 5 week music course funded by Hampshire County Council. The course started on the 22nd April 2021 facilitated by Lizzie Locke who had run a one-off session for our families last December.

Boogie Mites is aimed at helping parent and child to weave the brain-boosting power of active music-making in everyday life by using engaging catchy songs, making home-made instruments, using

actions & movement and exciting themes to support all areas of a child's development.



Fun at Boogie Mites

Preparing for School Course (Big Hopes Big Future)

This was due to run in six separate Schools after half-term, but due to on-going restrictions, the majority of Schools have opted for the course to run via Zoom instead.

Dawn is in the middle of co-ordinating with the Schools their attendees and organising 50 resource packs to be made up and delivered to Schools for their distribution to families prior to the start of the virtual courses.

Club/Course membership

To request membership for a group or course, families can now complete a much simpler registration form, which can be done with or without referrers. Families who register using this form will not have home visits from a member of staff from Home-Start and our work with the family will be within group sessions only. If the family would like to work with a 1:1 volunteer, a full request for support form will be required.



Are you interested in a volunteer role with us? Our next Course is due to start **Thursday 10th June 2021**. Come & join our team of Volunteers.

We are looking for:-

- Home Visiting volunteers
- Family Group helpers
- Trustees
- Fundraising Volunteers

BECAUSE CHILDHOOD CAN'T WAIT!



This can be done by a referrer or as a self-referral with help from a Home-Start staff member or volunteer in group if required. Where a group is oversubscribed, we will hold a waiting list and offer membership as places become available. Families will need to engage regularly to maintain their membership, this will be at the discretion of our team but especially applicable for oversubscribed groups.

We will not simply remove families for non-attendance as we realise that sometimes there can be valid reasons but we need to be fair to other families who may be eager to come to a group. We will always give families the opportunity to go on the waiting list and get the chance to re-join when a space becomes available.

Jools Anderson – Scheme Manager

Trustee News

We bid a sad farewell to Trustee Karin Jardine-Brown who has retired from the Board after 7 years valuable service. Karin was instrumental in setting up our successful 200 Club lottery and more recently was involved in our Mental Health project funded by the Big Lottery Communities Fund.

We are sorry to lose a valuable member of the team and wish Karin all the best in her retirement.

Janette Hewitt-Chair



Volunteer News

The newly formed Volunteer Forum has met twice virtually. The forum has been set up to give Volunteers an opportunity through their experiences of working alongside HSNWH to have a say in making changes that will benefit the organisation in the future. Topics discussed so far at the Forum:-

- Recruiting future volunteers – how to attract new volunteers
- Looking at the current Volunteer Leaflet - what language to use to appeal to more people.
- Volunteer Training – including refresher training to be made available if required.
- Communication of information to Volunteers

The next topic up for discussion is “Volunteer Roles” and how they have changed. Further details will be emailed shortly to volunteers including notes from the meeting held on the 27th May 2021.

A Big Thank You to Node4

Staff were surprised to receive in the post Treat Boxes from the Node4 company! We had been nominated by Claire’s husband Alan, for the work we carried out during the Lockdowns. The Team were totally blown away at their generosity:-



Thank You
for your Kindness

Save the Date:-

AGM – Friday 24th September 2021

Dates for your diary:-

Volunteer Drop In- Tuesday 8th June 2021 @1-2pm at Rucstall Community Centre.

Volunteer Prep. Course starts Thursday 10th June 2021

Ramble –Postponed until Spring/Summer 2021

Number Crunching

43

Active home Visiting/Group Volunteers as of 31st May 2021

267

Children supported since 1st April 2020-31st March 2021

62

Requests for support received since 1st April 2020-31st March 2021