



Annual Report 2018-19

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Note: Images in this report do not relate to individuals referred to, unless stated.

Home Start Southwark

TRUSTEES

Chair – Sarah Messenger	Vice Chair – Pippa South
Honorary Treasurer - Alice Gardiner	Trustee – Jill Bell
Trustee - Paul Baddeley	Trustee - Maggie Kaipah-Milne
Trustee - Danna Johnson	Trustee - Clare Cary
Trustee - Christopher King	Company Secretary - Sandra Powell

STAFF

Director	Cheryl Rhodes
Team Manager	Cheryl Parkinson (until 19/6/19)
Family Support Co-ordinator	Odette Ellis
Family Support Co-ordinator	Mavalyn Bonsu
Family Support Co-ordinator	Becca Jones
Bump to Babe Project Assistant	Serena Dyett (until 30/5/19)
Bump to Babe Project Assistant	Natalie Jackman (until 16/10/18)
Team Manager & Volunteer Co-ordinator	Juliet Thompson
Business & Finance Manager	Sandra Powell
Information Officer	Leonardo Greco
Child Development Practitioner	Alison Henry

MISSION

To provide practical and emotional support to struggling parents enabling them to create happier lives for their children.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Home-Start Southwark is a children's charity working in the London Borough of Southwark. The scheme became incorporated as a company limited by guarantee on the 23 Sept 2004 (company number 5239322) and is registered as a charity with the Charity Commission (registration number 1107413). The charity was established in July 1995 and was previously registered with the Charity Commission under the registration number 1048969. The directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles of Association are known as members of the Board of Trustees.

Chair's Report

Despite the ongoing challenges of achieving long term sustainability and meeting the reporting and compliance requirements of funders and statutory bodies, this has been another successful year for Home-Start Southwark. Our focus, as ever, is on the families we support and our brilliant, hard-working staff team and volunteers who continue to deliver important and powerful outcomes for our families. As a Board, we are immensely proud of what they do and the difference they all make.

I was very pleased to be elected as Chair of Home-Start Southwark at the AGM in 2018. I have been a Trustee since 2015 and I've always been immensely impressed by the impact that such a small organisation has on the families we support. We understand and care deeply about the disadvantage and challenges our families face and our highly professional staff and committed volunteers work tirelessly on their behalf. The Board is fortunate to be made up of a group of equally committed and talented Trustees who recognise the important role we play in enabling the organisation to function effectively and to provide an environment that allows our staff and volunteers to thrive. With that in mind, I want to pay particular tribute to the former Chair, Pippa South, who led the organisation with such distinction prior to me taking over the Chair. Pippa has a long standing association with Home-Start Southwark as both a Trustee and volunteer and her leadership is a big factor in the achievements we have made in recent years, including the transition we had to make once our funding from the London Borough of Southwark was removed. I am so pleased that Pippa continues to be a Trustee and Vice-Chair of the organisation.

After a period of uncertainty in terms of the Scheme Director role, we were delighted that Cheryl Rhodes agreed to become our Interim Director in June 2018. Cheryl brought a wealth of experience and expertise into the organisation and has made a significant contribution in terms of the strategic and managerial responsibilities of the role. We also welcomed Serena Dyett and Alison Henry as new members of staff and they too have done a great job for us. I also want to pay tribute to and thank Sandra, Cheryl Parkinson, Juliet, Becca, Odette, Mavalyn and Leonardo for their excellent work and the support and advice they have provided to us as Trustees.

Whilst we are grateful to all our funders, I wanted to mention our long-standing relationship with United Saint Saviours (USS) whose funding has been so important to the work we do in the local community. One of our Trustees, Clare Cary, was very pleased to attend their Charity celebration in May 2018 which commemorated the 100th anniversary of Women's Suffrage in the UK. It is a relationship we value very highly, and we hope will continue in the years to come.

We recognise the importance of continuing to explore and develop collaborative working relationships with a range of appropriate partners. We have done that throughout the year and will continue to do so to ensure we take every opportunity to operate efficiently and maximise our effectiveness for the families we support.

Throughout the year, we have continued to be active participants in Home-Start London, and we remain very appreciative of the support, advice and funding they and colleagues in Home-Start UK provide for our work.

Sarah Messenger

Director's Report

The last year has seen Home-Start Southwark continue to build upon our work with children and families in our community. We have met or exceeded all our targets in terms of training volunteers, engaging families and meeting our purpose of making a positive difference to children and their families lives so they are able to thrive.

I would personally like to thank our volunteers who are intrinsic to everything we do. I have been privileged to hear testimony from a parent where her relationship with her children was transformed by having support from one of our volunteers. She shared how she had previously had family interventions from a range of different professionals over the years, but this had not changed anything as she always felt powerless and 'done to'. When she began working with our volunteer, she felt she had a friend who understood her circumstances and showed her how to parent without ever being judgemental or imposing her views. Her relationship with her volunteer has been the most powerful and positive relationship she has had as an adult and has changed her life and the lives of her children. This is how Home-Start Southwark's model of professional peer support can reach people and change lives for those who would otherwise be lost in the system.

We have a highly skilled staff team and have further grown this by employing Alison, our Child Development Practitioner (a qualified Teacher) who has extended our Big Hopes, Big Futures project into a rolling group programme aimed at improving nursery/school readiness; she is also providing additional training for the team and volunteers to support child development strategies in the home. We are always looking to review our practice and change how we do things in order to meet the needs of our community.

The Leadership team and our fantastic group of Trustees have worked on a range of initiatives over the last year aimed at providing stability, ensuring quality and developing sustainability of the programme by:

- Reviewing practice to ensure interventions and projects are delivering high quality work that meet the outputs and outcomes agreed with funders
- Working with the team to develop skills, knowledge and experience by having team building days and workshops
- Developing working relationships with our children's centre partners teams where our support team have joint reflection meetings to learn with other practitioners
- Accessing external Clinical Supervision for the team to facilitate continuous professional development for staff as well as ensure families and children have high quality interventions
- Developing a strategy for recruitment and retention of volunteers, as well as exploring other roles volunteers could take on in the organisation
- Developing relationships with statutory partners in health to facilitate training for staff and volunteers in improving speech & language for young children, as well as supporting families with strategies to reduce childhood obesity
- Delivering aspects of a volunteer training to other local charities to support community learning
- Designing and delivering a training module for health professionals to better understand the Bump to Babe project and referral pathways to access this

As a charitable organisation we continue to be a key part of early intervention and prevention services for children and families in Southwark and are looking forward to building upon this with our partners, volunteers, funders and wider community over the coming year.

Cheryl Rhodes

Performance

Since 1995, Home-Start Southwark has supported 2,707 families and 7,526 children with a range of complex needs and recruited and trained 644 local volunteers. We are very proud of our achievements and continued engagement in the local community which are only made possible through the dedication of our volunteers, staff, Trustees and funders.

2018-19 delivery:

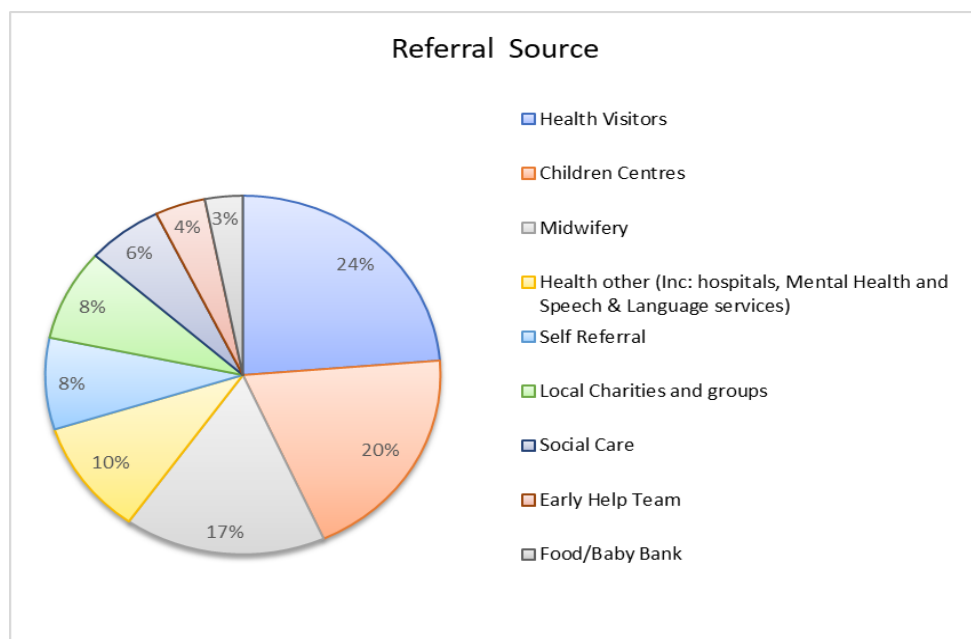
During this financial year, Home-Start Southwark worked with 184 families, which had at least one adult and one child under the age of 5. Of these:

- 62 achieved their outcomes and have been closed during the monitoring period
- 52 were supported by a volunteer or a Family Support Co-ordinator
- 10 received interim support from a Family Support Co-ordinator as they wait for a volunteer
- 60 were supported through our Twins and Multi-Birth group. The group offers play activities and a social environment for parents to interact and share with other parents

There were an additional 25 families whose referrals were received and were waiting for initial visit, and a further 31 families which were closed with no service being delivered, due to the family moving out of the area, being ineligible, declining the service or not responding to communications from us.

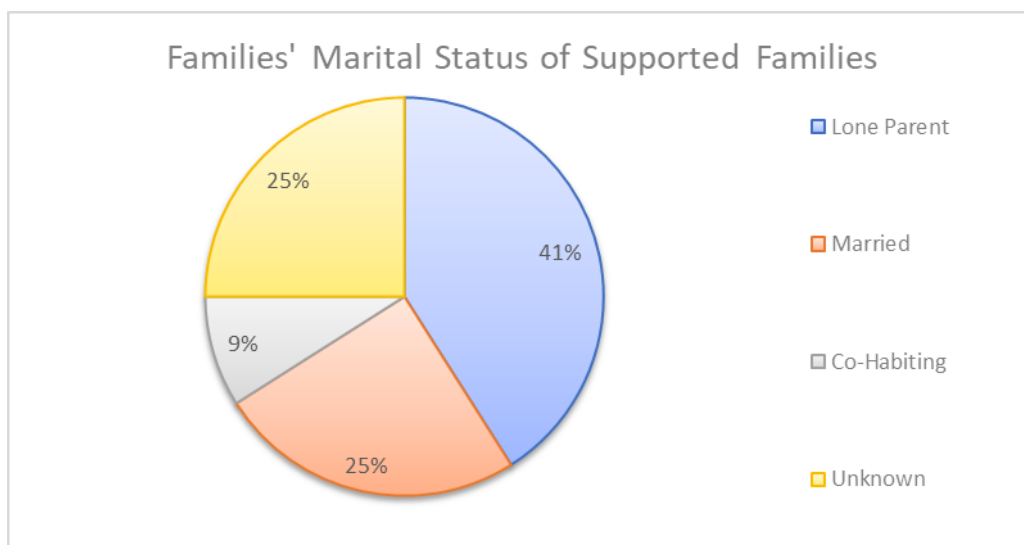
Referral Sources

In 2018-19, the scheme received 98 new referrals, of which 70 received a service and 28 were closed with no service for being ineligible or declining the service after an initial contact due to changes in their circumstances. Families were referred to Home-Start principally through Health Visitors, Children's Centres, midwifery and other health provider organisations which together accounted for 68% of referrals.



Marital Status

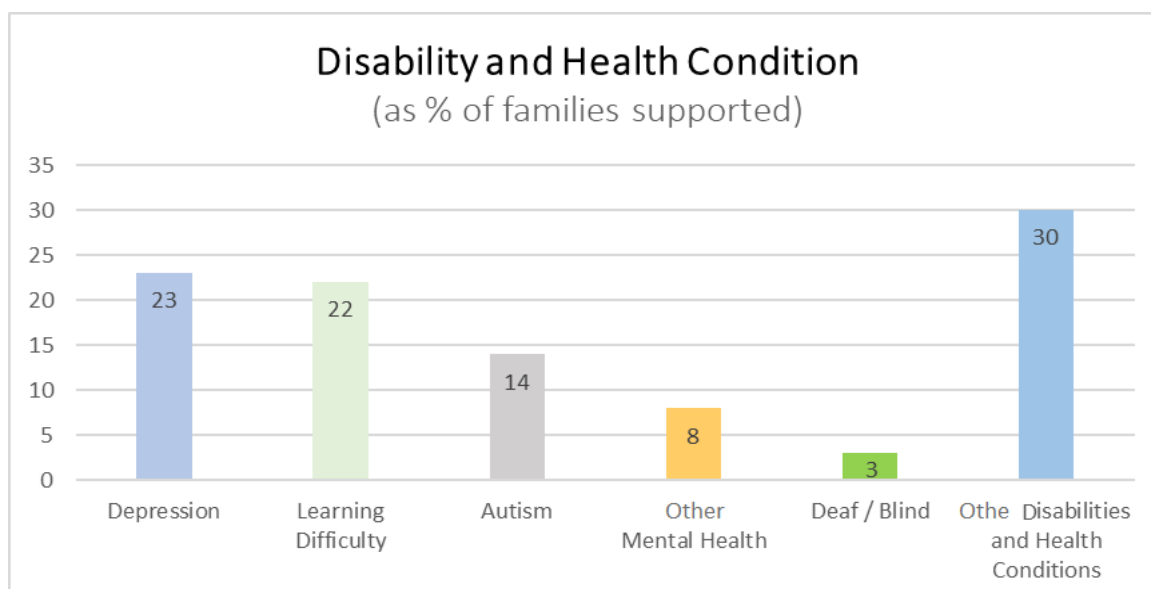
41% of the families supported were lone parents looking after one or more children, while 25% were married and 9% were co-habiting. A quarter of families worked with did not disclose their marital status.



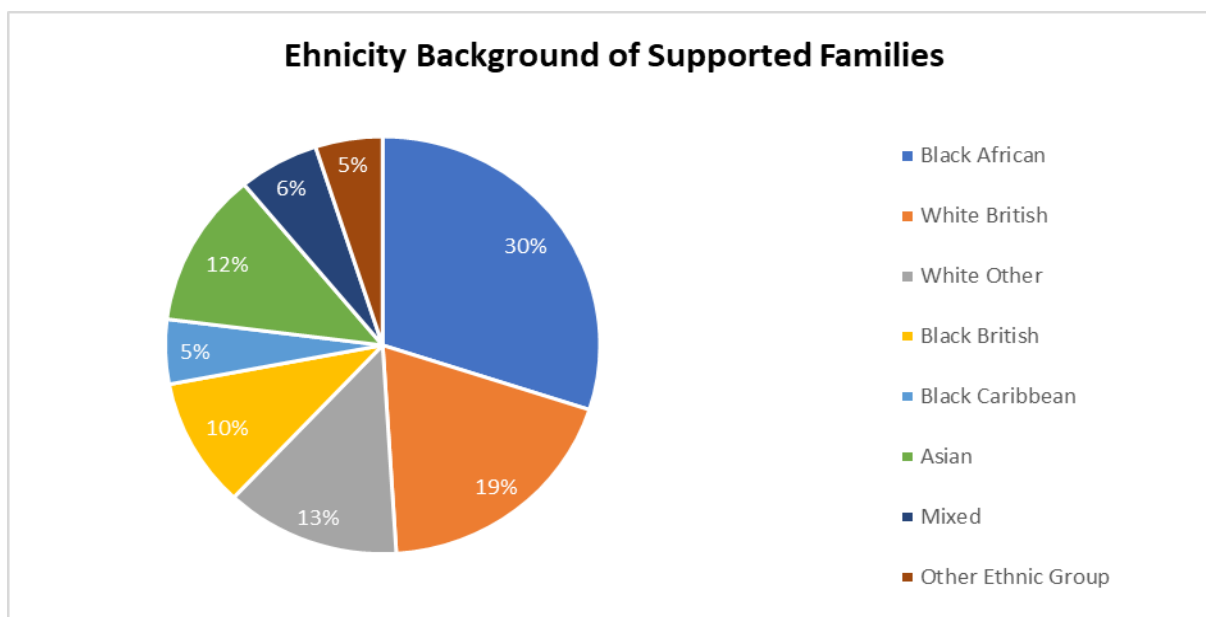
Disability, Health Conditions and Ethnic Background

The disability and ethnic breakdowns continue to remain reasonably constant over the years reflecting the borough's ethnic profile and the circumstances of our families.

52% of families supported in 2018-19 disclosed one or more disability or health condition, affecting the parent and/or a child. The most common conditions were autism, mental health and learning disability.

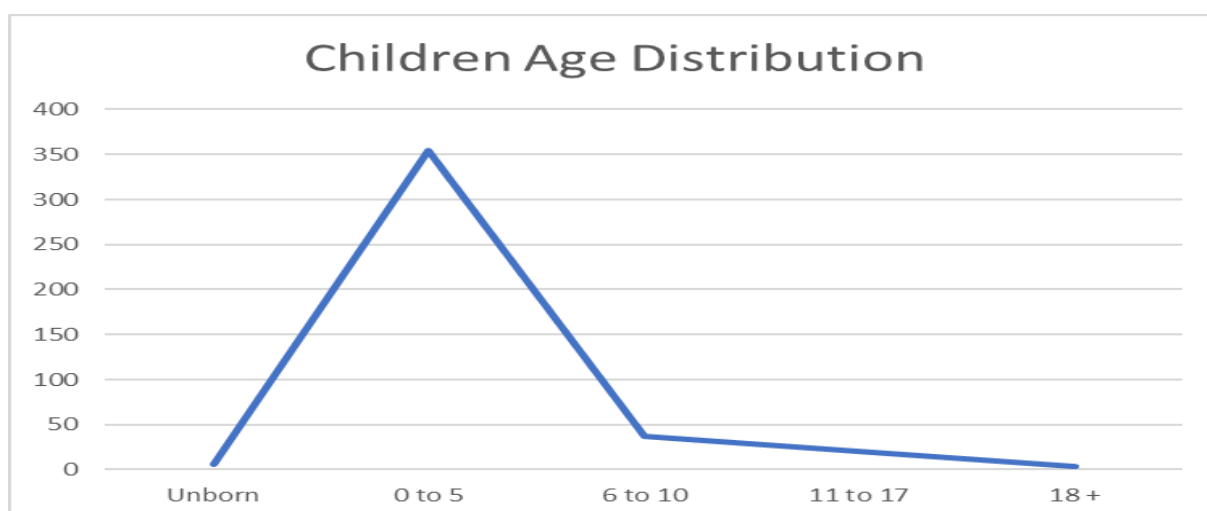
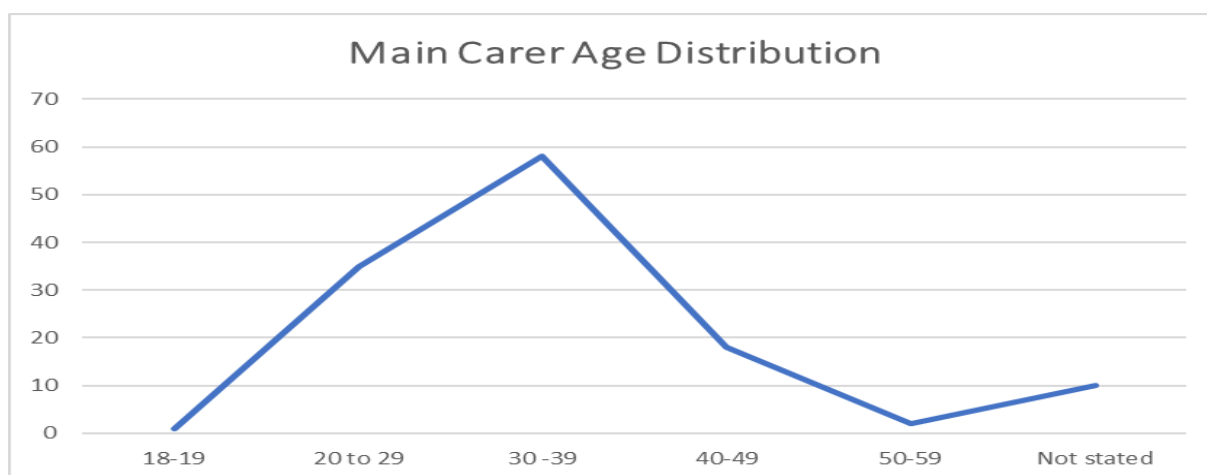


Black African still represents the largest ethnic group followed by White British.



Main carer's and children's age distribution

The tables below show the age groups and age distribution for main carer and their children in the families worked with in the period.



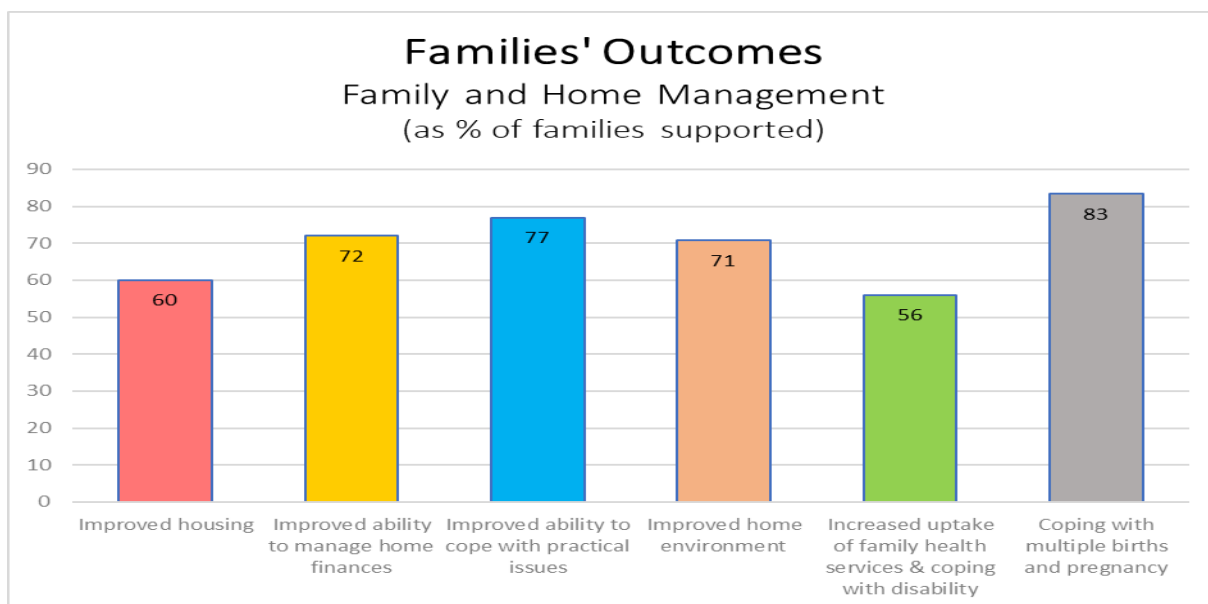
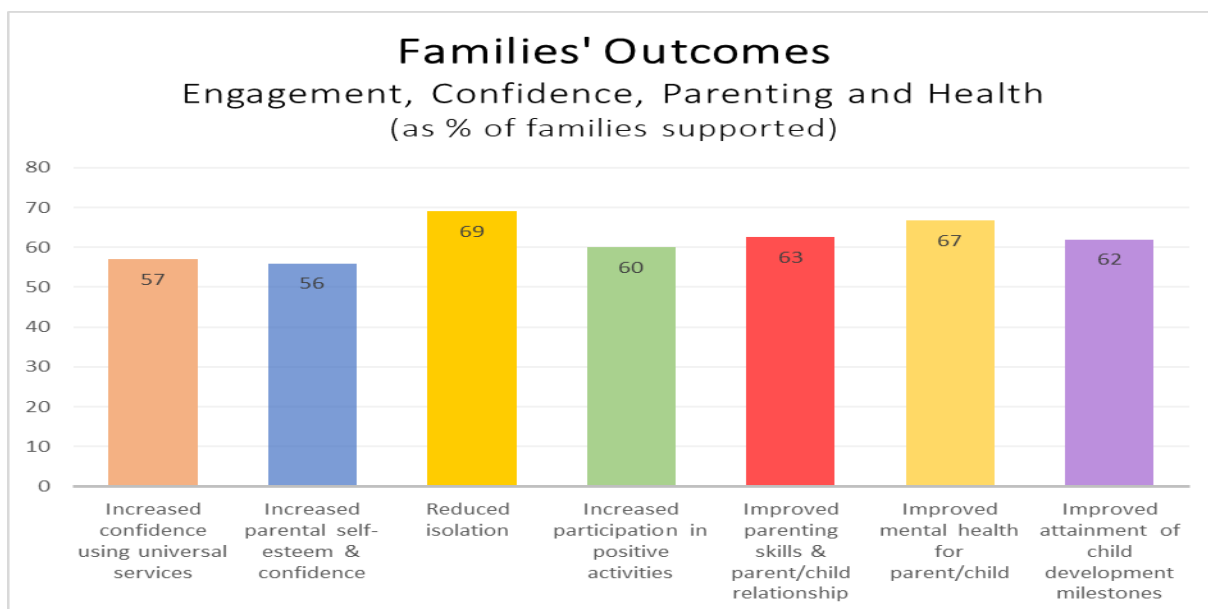
* During 2018-19, we supported a total of 421 children (354 under 5s and 67 over 5s)

Outcomes for Families

Families benefitted from our tailored programmes that were matched to their specific needs, including the Home Visiting service, Bump to Babe, Big Hopes Big Future, and Made of Money. These programmes enabled families to increase their participation in positive activities, increase their confidence in parenting, and support children to demonstrate improved social and emotional behaviour.

- 43 families with 92 children received the Bump to Babe service
- 32 parents benefitted from the Made of Money programme: 57% evidenced improved debt and money management, and 82% reported less stress and conflict in the home related to money problems.
- Our Big Hopes Big Future supported 28 parents with 44 children: 78% of children evidenced improved attachment, confidence and nursery/school readiness, and 88% of parents improved their parenting skills.

The graph below illustrates the outcomes achieved by families around engagement, confidence, parenting and health while the second graph illustrates outcomes achieved by families in relation to family and home management.



A family story

Home-Start Southwark received a referral for a two-parent family with two children who are two and three years old. The family live in a small ground floor bedsit in a block of flats. Both parents work but receive a low income and struggle financially to provide for the family. Due to the cramped conditions and limited space within the home the parents were struggling to implement routines, boundaries and play for the children. The lack of learning and play conditions within the home was impacting on the children's emotional, social and physical development.

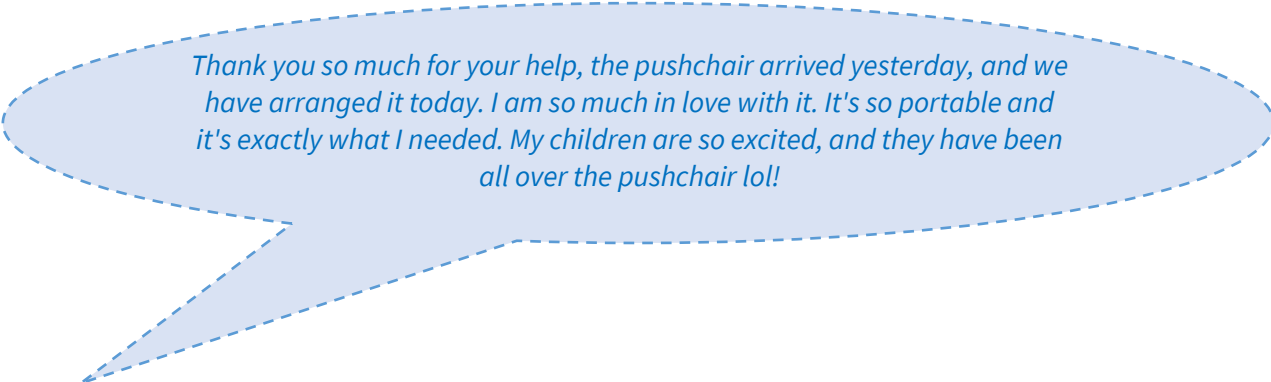
Mum had low self-esteem and confidence. She suffered from anxiety and worried constantly. Mum avoided going out and attending local Children's Centres sessions due to not having the money to purchase a double pushchair to travel safely with the children. It was difficult for her to supervise and keep the children safe whilst in the community. Consequently, Mum was stressed, exhausted and often had very low moods which affected her sleeping, eating and parenting.

Home-Start began working with the family in 2019 to improve the parents' ability to manage the children's behaviour, implement routines and boundaries. The focus was on providing the parents with strategies and techniques to use when the children's behaviour became challenging. Also, to improve Mum's confidence, self-esteem and resilience along with her ability to cope with her mental health.

On the first few visits the volunteer accompanied Mum to access local positive activities to improve her involvement and participation in the children's development and learning. The volunteer also supported the family to attend speech and language therapy sessions to help improve the children's communication and listening skills.

On occasions the volunteer delivered the 'Big Hopes, Big Futures' programme by bringing toys, books, games and activities and guiding the mother on how to interact with her children. The volunteer continues to support the parents to improve their participation with the children by accompanying them to the park and accessing positive local activities. Both parents are now more confident and resilient in parenting.

Home-Start have also been successful in receiving a grant to purchase a double pushchair for the family. This has improved the family's ability to reduce their isolation and attend local services, groups and activities. In an email to her Family Support Co-ordinator Mum said:








Thank you so much for your help, the pushchair arrived yesterday, and we have arranged it today. I am so much in love with it. It's so portable and it's exactly what I needed. My children are so excited, and they have been all over the pushchair lol!

Bump to Babe

The Bump to Babe project provides support to pregnant women in their third trimester and families with babies under a year old. Support is received through home-visiting from volunteers and staff who receive enhanced training on perinatal support, or through our Mellow Babies parenting programme. In 2018-19, 43 families, with 92 children received Bump to Babe support. Excellent outcomes achieved by the project under previous funding from BBC Children in Need and Trusthouse, ending in May 2018, resulted in a successful further grant application to BBC Children in Need to develop the project further over the next three years. We also have continued our work in North Southwark and Bermondsey during the second year of our grant from United St Saviours, which has funded traineeships for local residents to join the team as Bump to Babe Project Assistants – Natalie from February- October 2018, and Serena from October 2018- May 2019.

With our support, Bump to Babe families have achieved a great deal this year, including:

-  Increased interaction and improved attachment between parents and babies.
-  Improved their nutrition through continued breastfeeding and informed introduction of solid food.
-  Resolved financial, housing and immigration issues.
-  Increased parental self-esteem, confidence and resilience resulting in increased capacity to parent.
-  Decreased isolation through improving social networks and accessing services and activities.

I don't know why, but it's so easy to talk with B (volunteer); she understands and always knows the right things to say. I'm always feeling better after she visits, and the children always have smiles on their faces. D (11 months old baby) even said her first word when we were looking at books together!

Thank you so much for all you've done for us. I don't have anyone else I can be open with. J (volunteer) has made me feel like a good mum when I've been feeling really low.

In October 2018 we were excited to develop a project in partnership with South London and Maudsley Perinatal Mental Health teams, Home-Start London, Home-Start Lambeth and Cocoon, with funding from the South London Health Improvement Network. We have co-designed a training package to be delivered next year to mental health teams, maternity teams and Home-Start teams to increase our knowledge and capacity to work effectively with women with mental health conditions. This project also enabled us to gain valuable feedback on how women with mental health issues experience our services. One parent told us:

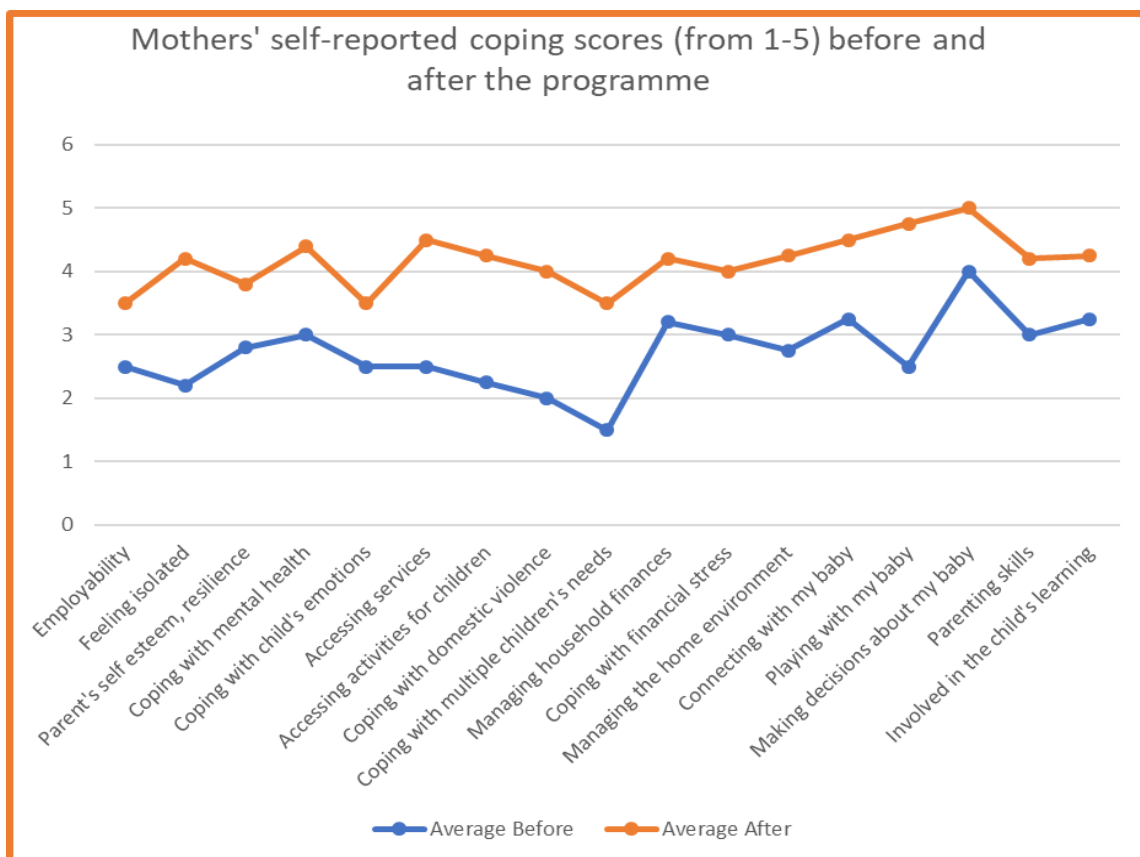
"I felt more comfortable with Home-Start. I felt listened to and had time to talk, without feeling rushed. My benefits and housing were big stressors, [Home-Start] helped me prioritise and access advice which decreased my stress. Weekly visits kept me focused on the things I needed to do".

The Mellow Babies course, an attachment-based early intervention programme that focuses on promoting parent-child relationships, was delivered between February and May 2018, and January and March 2019 at Ellen Brown Children's Centre to a total of 17 families. All the mothers involved reported an overwhelmingly positive experience and impact on their future parenting, as shown in the graph and quotes below.

The biggest lasting impact for me was that Mellow opened doors to why I found it hard to parent. I've been able to connect the dots and try new things.

It's continued to give me the confidence to trust in myself and my parenting ideas.

It absolutely strengthened my relationship with my baby and made me more aware of looking after other relationships in my life.



* Figures relate to mothers attending Mellow families

Bump to Babe Project Assistant

Serena's Story

I had just completed my BSc (Hons) Sociology degree at London South Bank University and saw an advertisement for the Bump to Babe Project Assistant and decided to apply for the post. I had done a bit of research on Home-Start Southwark and thought that the support they gave to families in many different circumstances was amazing.

I had the opportunity to take part in the Volunteer Preparation Course which prepares you for supporting families by identifying important aspects and daily challenges that families may experience.

I found this very interesting, especially when covering topics such as safeguarding. I thought allowing the family to make their own decisions is very important as it helps the family to build their confidence and self-esteem, it also allows them to be in control. The course also gave me more confidence as I had gained a stronger knowledge of how I would apply my skills to support a family.

When I had to take on my first family as a Co-ordinator I felt ready as I had been prepared with essential skills and practical support at a high level to support a family. I found working with families to be an amazing experience, for a family to feel comfortable with you can be challenging, as everyone's individual needs are different. To give a family a sense of belonging made me feel good, to know that a family could trust me and had someone they could talk to made me feel happy.

Within a short space of time of being with Home-Start Southwark I was trained to use the database; this was a new experience for me. The rest of the team were welcoming and gave me opportunities to shadow their work. This gave me an insight of how families were assessed and the importance of detailed recording keeping.

My time at Home-Start Southwark has been both interesting and rewarding. Knowing that I had made a positive change to a family's situation filled my heart with joy. The experience gave me the mindset to explore how I would forward my career after Home-Start.

Since leaving Home-Start I have started working at Southwark Pensioners Centre, where I have previously volunteered, as an Engagement and Outreach Co-ordinator for Older people. I'm still doing home visits, signposting and encouraging older people to be in control of their well-being. I'm enjoying the work so far, but I do miss my Home-Start 'families'.







Serena Dyett

A Bump to Babe Story

Chantel was referred to the Bump to Babe project when she was 38 weeks pregnant with her fifth child, Zion. The older children were living with extended family, and Chantel stated that Zion was like her first child, as she feels she wasn't "awake and listening" with her previous children, due to long-term mental health issues connected to childhood trauma.

Chantel and Zion received home-visiting support from a volunteer and attended our Mellow Babies programme.

The family experienced the following differences as a result of the support they received:

-  As Chantel interacted and bonded more with Zion through modelling and guidance from her volunteer and developing her understanding of parent-child relationships at Mellow Babies, she gained the confidence to begin rebuilding her relationship with her older children.
-  The family experienced decreased stress and conflict between Chantel, her children and extended family members through improved relationships and boundaries.
-  Improved nutrition for Chantel and Zion through meal-planning, budgeting, continued breastfeeding and informed introduction of solid food at the correct age.
-  Improved home environment through resolving housing issues and obtaining grants for essential household equipment.
-  Reduced isolation and more interaction with other babies and children, as Chantel made friends and had greater confidence in holding conversations with other mums.
-  Increased access to services – Building up a trusting relationship with her volunteer enabled Chantel to open up and reach out for support from other services, which she had previously rejected, enabling her to access appropriate support for her mental health, and reduce the negative impacts on her children.

You guys are human. I feel like other professionals are sometimes just doing a job and ticking boxes, but it feels like you really care, and you want me to be better. I feel like I'm ready to fly on my own now because you've made me feel like I can do it, and I am enough for my kids as a single mum.

Twins & Multiple Birth Group

This year we supported 60 families and 147 children. The Twins and Multiple Birth Group continued to provide a welcoming environment for parents and carers of twins and triplets. They can meet other parents and share experiences while the children enjoy the soft play and other activities provided. The group is run jointly by Home-Start Southwark and Camberwell and Dulwich Children's Centres.

This year we have developed our joint working with the Children's Centre and in March we ran a volunteer training session to prepare them to support the Group. Our plans for future cooperation include jointly running a Big Hopes, Big Futures group in the Albrighton Centre.

Big Hopes, Big Futures

We were delighted to welcome our new Child Development Practitioner, Alison Henry, to the team in December 2018. Alison's expertise has been invaluable in developing our Big Hopes, Big Futures programme. She has revised the BHBF training that we provide to our volunteers to ensure they are fully equipped to support families in preparing their children for nursery.

The BHBF programme has increased the likelihood of children reaching their developmental milestones such as speech and language development, social skills and competencies, self-regulatory skills and practical daily living skills. These skills make the transition to nursery and eventually school much easier for children and parents alike.

The programme is delivered by trained volunteers and staff who go into the families' homes and support them with activities that develop these skills. By modelling play with families and highlighting the benefits of play for children's learning and development volunteers and staff have seen a change in behaviour from parents who become more willing to engage in activities with their children as they are seeing the positive impact it has on them.



Volunteers

Our volunteers continue to provide non-judgemental, compassionate and confidential support to families in need.

At the end of March we had 48 active volunteers of which:

- o 24 were actively supporting a family
- o 14 were resting after having finished supporting a family for 6 months
- o 10 were waiting to be matched to a new family

There were also 11 waiting for references and/or DBS clearance to start their volunteering, 17 were attending the volunteer preparation course, 11 left the scheme to pursue employment, education and other personal goals and five were closed without being matched.

Volunteer Preparation Courses

This year we ran four Volunteer Preparation courses and trained a total of 35 volunteers which is our highest annual number so far. In line with our commitment to support families and recruit volunteers from all parts of Southwark we ran two of our courses in venues in the north of the borough - Ellen Brown Children's Centre in SE1 and John Keats Primary School in SE16. This also gave us an opportunity to build partnerships with other local organisations working with children.

Training

Once volunteers have completed the Volunteer Preparation Course we continue their professional development through an ongoing training programme. This year we offered:

- A Speech and Language workshop
- Autism training, run by an autism specialist from Evelina London
- Domestic Abuse training, run by the Domestic Abuse Champion at Home-Start Lambeth
- Unconscious Bias Training
- Twins and Multiple Birth Group Training

Support Groups

Our volunteers are often supporting families with complex needs and it is our priority to ensure that they in turn are well-supported by the Home-Start Southwark team. In addition to one-to-one supervisions with their Co-ordinators, and ongoing phone support, we also organise Support Groups where the volunteers can come together and share their experiences of working with families. It is a great opportunity for volunteers to get to know each other and for newer recruits to learn from more experienced volunteers. This year we ran three sessions, one of which was attended by a representative from the NHS Work Well team. We usually offer the volunteers breakfast at the Support Group and we were delighted that Christopher's Bakery in Herne Hill very kindly donated the croissants.

Social Events

We also organised two social events as our way of thanking the volunteers for the amazing work they do. In the summer we organised a lunch at a local pub where we gave certificates and flowers to long-serving volunteers, and at Christmas the Home-Start Southwark team cooked a Christmas lunch for the volunteers in the Albrighton Centre and distributed Christmas presents.

A Volunteer's Story

I had been aware of Home-Start for some time before I applied to be a volunteer. I learned more about Home-Start when a friend looked to them for some support when she was struggling with a toddler and a new-born having moved to an area where she didn't know anyone. The support they gave her was crucial in helping her to cope with a difficult situation. Having a child is incredibly challenging, so much of it is daunting and confusing. I received a lot of support from my family and friends, yet I still found things difficult. The opportunity to volunteer and be a friend to people who need some support is incredibly rewarding. I think it's so important for people know that they are not alone.

I think volunteers can offer something special. A volunteer's presence is a small act of kindness because a choice has been made by that person to give up their own time. I think it breaks down a barrier between the family and the Home-Start volunteer - the volunteer doesn't have to be there; they want to be there.

I really enjoyed the volunteer training course. I signed up knowing I had the right intentions and experiences, but not necessarily the specific knowledge or skills to help a family to the full extent that they deserved. The course taught me about confidentiality, the importance of being non-judgemental, safeguarding of children, skills like active listening, and practical information such as what the Home-Start Co-ordinators do to support volunteers. On a personal level I learned through the group sessions just how different we all are, in terms of our values and experiences, and how important it is to recognise this.

Although I visit my Home-Start family alone, after the initial match visit with my Co-ordinator, I do not feel alone. I feel as though Home-Start has my back; if I'm in a situation that makes me uncomfortable I know that my training has prepared me for that, and if I need further help or information my Co-ordinator or anyone else in the Home-Start Southwark office will be able to help me instantly. I met a lot of the staff during the training course and think that has helped me feel supported.

At first, visiting a family that I do not know, in their own home, who have complex needs outside of my own experience, made me nervous. I was worried I would offend them by accident, or that they would see me as an extra obligation that they'd prefer not to have. However, I got over this worry very quickly as my Home-Start family are very friendly, and I drew confidence from my training and the fact that my Co-ordinator had matched us. I really enjoy our visits and I am disappointed if they cannot happen for some reason. I think the visits are rewarding on both sides. I can see the family developing and overcoming issues that had seemed insurmountable to them, and as a Home-Start volunteer I've been a small part of that.

I've learned so much from volunteering with Home-Start. I see now that even though we all have very different lives with varying experiences we all worry about the same things when it comes to our children - their health, not enough sleep, healthy food, how to play, education choices, whether we are doing things the 'right way', feeling judged, feeling alone. I have enjoyed helping a family feel better about these things, without Home-Start we would have never met despite living in the same area.

Robyn

Successful Partnerships

Grants for Individual Families

During 2018-19, we secured over £1,935 in grants for individual families from the Glasspool Charity Trust and Buttle UK to provide essential white goods, beds, bedding, cots and single and double prams to some of our neediest families in Southwark. We also referred families to Southwark Food & Baby Bank and the local Community Fridge in the Albrighton Centre (sponsored by Sainsburys, Marks & Spencer, Lidl & Nando's).

Summer Trip

Thanks to a grant we received from the Co-op Community Fund, we were able to take two coaches full of families for a day out to Butlins, Bognor Regis in August 2018. All 49 seats were taken as families took the opportunity to have a great day out without worrying about the finances or arranging the trip. We were able to give families a £5 lunch voucher per child to spend at the resort.

Parents were able to relax on the beach, play with their children, watch the scheduled entertainment and socialise with other families. It was a beautiful sunny day, and everybody benefited from getting out of London and leaving their stresses and worries behind. On the coach home most of the children slept, thoroughly exhausted by a day of fun filled adventure and entertainment. Everybody agreed about what an amazing day out it had been.



Morrisons donated snacks for the coach trip



Two happy visitors!

Mother and Baby kits and 'Back to School' packs

The partnership with the Al-Mizan Charitable Trust continued in 2018-19, which provided 12 'Mother and Baby Essential Kit' boxes to distribute to expectant and new mothers who are financially disadvantaged and could not afford essential baby items. The programmes gave priority to families who:



- were homeless or living in sheltered accommodation or were seeking asylum
- were victims of domestic violent and abuse
- have a physical disability or long-term health condition

Morrisons (Peckham)

Our local Community Champion Rose Morgan donated food and refreshments for our summer trip with the families to Butlins, and drinks and party decorations for our Christmas party.

Christmas Joy

We had some amazing presents that the wonderful staff at Arcadia and students at Sydenham High School donated to the children at Home-Start Southwark. Many of the families we support can't afford to buy their children presents so we're incredibly grateful for their generosity.

Also, a special thank you to the staff at BT Open Reach and the Business and Planning Department for their donation of shoe boxes filled with Christmas presents.



Home-Start London Consortium

Home-Start London facilitated our involvement in two projects this year:

- a collaboration with SLAM Perinatal Mental Health Team, Home-Start Lambeth, and Cocoon to improve support to mothers with mental health conditions
- a collaboration with Clarions Futures and Home-Start Haringey to increase our service provision and recruit more volunteers from Haringey and Rotherhithe

End of Year Financial review 2018-19

We are pleased to report the Home-Start Southwark 2018/2019 results. Our total funding for the year was £268,037, a decrease of 5% compared to prior year, and our 'total resources expended' for the year was £304,351, an increase of 12% driven by increased headcount to support our restricted activities. Resultant 'net resources after transfer' for the year was (£36,484). Of this balance, £27,069 related to restricted activities and were financed by prior year underspends in funding from The Big Lottery Fund, United St Saviour's Charity and Trusthouse Charitable Foundation. The remaining £9,415 related to unrestricted activities and were financed by general unrestricted funds.

Our key grants this year included funding from the following charitable organisations:

Existing grants:

- The Big Lottery Fund: £115,601.
- The Henry Smith Charity: £34,000.
- The Peter Stebbings Charity: £21,519.
- United St Saviour's Charity: £19,949 to develop the Bump to Babe project

New grants:

- BBC Children in Need awarded us a further three year grant for which we received £39,867 this year.
- Home-Start London: £5,169

In addition to these grants, we are hugely grateful to our generous benefactors and private individual donors who recognise the ongoing importance of our work and continue to support us. Our special thanks this year go to an anonymous donor who donated £5,000, to Richard South who donated £4,200, as well as The Elizabeth Prince & Zaiger Trust and Celia Randell which each donated £2,000. We would also like to thank Ultramarine Ltd which donated £1,500, Terry South who donated £1,100, T Colclough who donated £1,200 and J Swedberg who donated £1,000.

Securing ongoing funding in this competitive landscape such that we can continue to provide high quality training to our volunteers and exceptional service delivery to the families in our community in need of our support remains our biggest challenge. Further funding and replacement funding (as grants draw to a close) is required in order for us to fully achieve both our near- and medium-term business plan goals and to secure our long-term future. With this at the forefront of our minds, we continue to seek to identify and apply for new sources of funding to cover both our project delivery and core costs whilst also maintaining close control of our expenditure.

Opening funds balance: £172,079;

Closing Funds Balance: £135,595

Alice Gardiner, Honorary Treasurer

Reserves

The Trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby a designated contingency reserve, comprised of unrestricted funds, is held by the charity to meet the charity's potential future contractual liabilities (including staff costs and working capital needs) in the event of an orderly wind-down of the activities of the charity. The level of the designated contingency reserve is reviewed by the Trustees on a regular basis. The level of this fund at 31 March 2019 was £81,800 (2017-18: £91,700).

Details of Home-Start Southwark's revenue and expenditure for the year under review and the previous year are shown on page 9 of the Financial Statements. (Full Annual Review & Accounts available on request)

Looking Forward

Sustainability

Sustainability is always a challenge and we have developed a funding strategy and clear plan and timeline for making new bids as well as working with existing fund managers to apply for continuation funding. A group of Trustees now review all bids and criteria for funding before submission to ensure they are robust and reflective of our key strengths. In addition to this we are:

- Researching opportunities to develop and strengthen the programme ensuring we are aligned with potential funders strategic priorities
- Creating a database of potential funders including timelines for applications with detailed criteria and key contacts to be used across the year
- Building external relationships with trusts, foundations, Southwark Council as well as key health and social care partners
- Exploring increased affiliation with our neighbouring Home-Start scheme

Volunteer Development

We will run two further Volunteer Preparation Courses to train more volunteers, one in November in East Dulwich and one in January in East Bermondsey. We will also provide ongoing support to our current volunteers through: regular one-to-one supervisions and telephone support from Family Support Co-ordinators; a Volunteer Support Group in November which will be attended by practitioners from NHS Talking Therapies, and a Volunteer Support Group in February which will be attended by a representative from Job Centre Plus; Mental Health Training from the Parental Mental Health Team; Speech and Language training from a Speech and Language Therapist from Guys and St Thomas's Hospital; Domestic Abuse training from Solace Women's Aid; and a Volunteer Christmas Lunch cooked by the Home-Start Southwark team.

Developing New Partnerships

We have also recently developed a corporate partnership with M&G Prudential and now have a package of support from a cohort of 5 of their Senior Leaders helping us to develop a toolkit to set us on a pathway to develop our future sustainability. We are currently working with them to re-engineer our bid process, improve how we use data, rationalise our systems and increase our visibility and profile.

Part of this project will include improving our use of data, so we demonstrate our impact through producing unit cost and cost benefit data. We aim to show the cost of training a volunteer, supporting a family for 6 months as well as for parents attending any of our group-based parenting programmes or targeted support programmes. This will help us in the funding bid process as well as lay the groundwork for demonstrating the cost benefit of our early intervention compared to if a family's problems result in involvement of a statutory service.











Funders and Supporters

On behalf of the families we would like to thank the following organisations and individuals who have helped us to provide our much-needed service. We are also grateful to all the individuals who have made donations but wish to remain anonymous.

Charitable Trusts & Foundations













-  Buttle UK
-  Save the Children – Eat, Sleep, Learn, Play
-  Al-Mizan Trust
-  Elizabeth and Prince Zaiger Trust
-  Henry Smith Charity
-  Peter Stebbings Memorial Charity

Private Individuals





-  Pamela & Howard Jacobs
-  Celia and Charles Randell
-  Amelia Howard
-  Pippa and Terry South
-  Kristen Frederickson
-  Thomas South
-  Chris and Charlotte King
-  Tina Colcough
-  Anna and Richard South
-  J Swedberg





Voluntary & Community Organisations

-  Community Southwark

-  Contact a Family
-  Citizen Advice Bureau
-  Solace
-  PACT (Parent & Children Together)
-  Kids Portage Home Learning
-  Advising Communities
-  Southwark Food Bank
-  Southwark Young Carers
-  Albrighton Community Centre
-  Southwark TimeBank
-  Bede House
-  Link Age Southwark

Statutory Agencies

-  Walworth, Borough and Bankside Children's Centres
-  Bermondsey & Rotherhithe Children's Centres
-  Camberwell and Dulwich Children's Centres
-  Peckham, Peckham Rye and Nunhead Children's Centres

-  Southwark Children's Services: Social Care & Early Help Teams
-  King's College and Guy's & St. Thomas's Hospital's Community Midwifery and Community Health Visiting Teams
-  Child & Adolescent Mental Health Service (CAMHS)
-  South London and Maudsley (SLAM): Parental Mental Health Team & Perinatal Mental Health Team

Others

-  Ultramarine Ltd
-  EasyFundraising
-  Morrisons (Peckham)
-  Arcadia
-  Christopher's Bakery
-  Where The Pancakes Are
-  Arcadia
-  Sydenham High School
-  John Keats Primary School





Support us

Everyone needs help at some time in their life

We depend on donations and grants to train volunteers and fund our work with parents and children. Every donation is truly appreciated because it enables us to make a real difference to a child's life.

You can donate by cheque, postal order, CAF vouchers or online at
uk.virginmoneygiving.com/charities/Home-Startsouthwark



You can also donate as you shop, at no extra cost, with



Find out more at HomeStartSouthwark.org.uk/donate



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HomeStartSouthwark.org.uk

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