

Home-Start Bristol Christmas Newsletter



Introducing our new Senior Coordinator.....

Hello, my name is Julia Harrold and I am the new Senior Coordinator for Home-Start Bristol. I have been working with families for about 9 years, through voluntary and paid work. I am also the mother of three boys and so I would like to think that I have some understanding of the issues and difficulties a growing family can bring. I enjoy playing Samba, books and films, as well as bargain hunting and ebay! I am really looking forward to working in and around Bristol, it'll be a huge difference to Cornwall where I have been working and I am sure it will bring many exciting challenges and opportunities in its wake. This is an exciting time for Home-Start Bristol and I am really looking forward to being part of the team that will be involved in that excitement.

Summer Picnic Wednesday, 17th August

The morning dawned dull and drizzly with the threat of heavy rain. Instead of sun screen we pushed jumpers into our bags, searched the boot of our cars for umbrellas and set off from the office thinking that it might just be us huddled under a tree with mugs of hot chocolate.

We should have known better, the sun didn't come out, the padding pool was freezing and we did need hot drinks but we were not alone: Volunteers, children, cousins, grandchildren and families turned out to make the picnic a happy and relaxed event.

We are always looking for new ways to enhance what we do so if anyone has any ideas for cheap, easy ways to get together and have fun do please give us a call in the office.



Home-Start families, volunteers and staff enjoying the Annual Summer Picnic at St Andrew's Park.

FREE Christmas Film Afternoon for Under 10's

Emersons Green Village Hall, Emersons Way, Emerson's Green, Bristol, South Gloucestershire BS16 7AP

Date: Mon 19th Dec 2011

Contact: Viv Roberts

Telephone: 01454 862182 **Email:** reception@egvh.org.uk

'She was like part of our family. She showed us love, care and support. She made us feel valued even though we felt at our lowest'.

Christmas Handprint Wreath

Trace the child's hand on a piece of green construction paper. Cut out the handprint. Make about 10 paper hands for each wreath.

Glue the hand prints together in a wreath shape, with the wrists overlapping a little bit.

Glue on a red ribbon bow (or make one from red construction paper)

Decorate your wreath with glitter or glitter glue (optional)



Ways to fundraise whilst doing your Christmas shopping!

Do you shop online? Then register with Easyfundraising and you can raise money for us at the same time. Simply select **Home-Start Bristol** as your cause and then go through the site every time you shop online. Hundreds of retailers support Easyfundraising, donating a percentage of every sale to your chosen cause. From Amazon to Zooplus, the list is enormous. And the great thing is, it doesn't cost you a penny extra.

Just visit www.easyfundraising.org.uk and support **Home-Start Bristol** today!

The Centre for Child Mental Health

'Empowering professionals and parents to enable children and young people to thrive'

The Centre runs conferences, training days and accredited vocational courses. For example, Certificate in Therapeutic Play, Diploma in Child Counselling, Enabling Children to Speak about Feelings through Storytelling, Puppetry and Sandplay.

Check out their website for more information. www.childmentalhealthcentre.org



Heuristic Play

Heuristic play was a term coined by a child psychologist Elinor Goldschmeid in the early 1980's.

Heuristic play describes the activity of babies and children as they play with and explore the properties of 'objects'. These 'objects' are things from the real world.

Using heuristic play with babies stimulates all the senses, creating a rich learning experience. Heuristic play with babies revolves around the use of the Treasure Basket which can be used with babies from the time that they can sit unaided to around 16-18 months during this phase the primary question a baby would ask if they could talk would be 'What is the object like?'

These 'objects' are made from any material but plastic, and come from a variety of sources in nature and around the house. It is through handling and exploring these objects that a baby develops contact with the outside world, and begins to make their own choices and decisions.

Suitable items to be included in Heuristic play:

Corks, pine cones, tins, boxes, cylinders, coins, hair rollers, beads, tape measures, metal chains, cotton reels, ping pong balls, toothbrushes, pom poms, rubber tubing, shells, keys, pebbles, buttons, metal jar tops, curtain rings, egg cups.



Sunday, 4 December - Creative Festive Workshop

11.30am-3.30pm, meeting place given on booking, £3 per child.

Create your own festive decorations and gifts. Suitable for children 3-12 years old, parents also welcome.

Contact Ashton Court Estate on 0117 963 9174

or email ashton.court@bristol.gov.uk

www.ashtoncourtestate.com

Volunteer Peer Support

Following on from the positive feedback we had from the volunteers who attended the first two Peer support sessions we have arranged another session at **Windmill Hill City Farm on Thursday 23rd February from 10 - 11.30 am.**

Peer support is a chance for you to meet up with other volunteers and discuss concerns, worries & issues you may be having in a confidential and supportive setting. It is also an opportunity to share good ideas and advice with one another and is a really good source of support.

The sessions are led by you; you set the agenda and have the space to talk about whatever is most relevant to you and your volunteering. We really look forward to seeing you; there will be coffee and biscuits too!!!

Help – trustees needed!

At the moment Home-Start Bristol is managed by 7 volunteer trustees who really enjoy working as a team and get a great deal of satisfaction from being part of such a great organisation. It would be good, however, to spread the workload! Two of the present trustees started off as family-visiting volunteers and, in the past, the mum of a family supported by us was a trustee. So – could you help in this way? We would particularly value help to take minutes, promote and market the scheme, raise funds – or share the work involved in Child Protection, Health and Safety or Human Resources. The more there are of us, the less work there is for any individual! If you could help we would be very grateful indeed. You could find out more by getting in touch with Alex in the office.

Volunteer Rep

Hi there! My name is Anna Thompson and I've recently agreed to become 1 of 3 Volunteer Reps for Home-Start Bristol. I did the Home-Start Preparation Course with Jill back in 2009 and have visited 3 families who have been coping with a wide range of challenges since then. I have 2 teenage children myself and would say in my personal and professional life there's probably not a lot I haven't come across!

If you have any concerns or needs, the first person to contact is your Coordinator, but as one of the Volunteer Reps I can present your point of view at management committee meetings and will always be glad to talk to you. I can be emailed on annathompson@blueyonder.co.uk or contacted via the office on 0117 9501170.

If you have any good ideas about what you'd like from your Volunteer Rep, after all we're there for you, then please do get in touch!

I look forward to getting to know you all!



Please help us with 'Giveacar'

Giveacar is a UK based fundraising organisation that specialises in donating unwanted and scrap cars to charitable causes throughout the world, including **Home-Start Bristol**. They provide a **FREE** service which is available throughout the UK, and can work with you hand-in-hand in the following ways:

- They can arrange the collection of the vehicle
- Depending on its age and condition, they can either send it for environmentally safe disposal and recycling at an Authorised Treatment Facility, or to a salvage auction

This means that a large portion of the proceeds are donated to a nominated charity of the vehicle owner's choice! Since Giveacar was set up in 2010, the organisation has already raised over £450,000 for over 500 charities! To arrange collection of a car, visit Giveacar.co.uk or call 020 0011 1664, quoting **Home-Start Bristol** as your preferred charity.

Frosty Leaves

You will need: leaves (real ones or cut out leaf shapes); glitter (silver, red and green); PVA glue and spreader.

Collect some nice leaves of different shapes and sizes. Clean off and leave to dry. Spread glue over one side of the leaf and sprinkle glitter onto the leaf. The silver glitter makes frosty looking leaves, use green and red glitter to make Christmas decorations, to decorate the fireplace or other suitable places at Christmas time. Allow to dry.



Refresher Day - Thursday, 6th October

Thank you to all the volunteers who came to our 2nd Refresher day on Oct 6th. We use these days to address some of the more challenging aspects our work and it gives us a chance to get together over lunch and have time to get to know one another a bit better. If you haven't managed to get to a Refresher Day or a VTE for a while we would love to see you they are very relaxed and can offer valuable insight and support.

Winter Wonderland Bingo

Tyntesfield, Wraxall, Bristol,

Date: Thu 1st Dec 11 to Sat 31st Dec 11

Telephone: 01275 461 900

Email: tyntesfield@nationaltrust.org.uk

Website: <http://beta.nationaltrust.org.uk/tyntesfield>

Walk, run, skip or jump around the gardens, keeping warm and looking out for all the signs that winter has arrived at Tyntesfield. Shout 'BINGO' if you spot them all!

1-31 December

10am - 6pm

£1 per trail



From left to right: Ted, Dianne, Cody, Caz and Zena.

VIP VISIT

On September 22nd we had a very special visitor – Dianne Thompson, Chief Executive Officer of Camelot. Her visit was part of a Camelot campaign to spread the word about the good causes they support and we were chosen because of our recent Big Lottery success – and because we are an outstandingly 'good cause'!

Dianne, with a retinue of staff and a photographer, visited the office in the afternoon to meet available trustees and staff. We explained our work and told her about some of our families and volunteers but the highlight of her visit was meeting volunteer Zena, mum Caz and baby Cody. Of course it was designed as a photo opportunity but, once photos had been taken, Dianne went on talking to Caz for quite some time and then wanted to find out more about Zena and why she was a volunteer.

Dianne was a complete surprise – very practical, compassionate and informal. She seemed to be really moved by the stories she heard. She said that she felt inspired. She certainly thought that Caz and Zena were both pretty wonderful! In the evening, trustee Jenny Harris went to a private dinner hosted by Camelot and could overhear Dianne telling other people in the room about Home-Start Bristol, giving the impression that her visit to us had been the highlight of her day. All in all it was a splendid occasion, with free publicity for us in newspaper advertisements and on Radio Bristol. Many thanks to Home-Start staff, volunteers and families who give us so much to feel proud of! (Please see photo above)

'Excellent, brilliant, unbelievable, wonderful, amazing. Words aren't enough to describe her. She came at a time when I really needed help'.

DREAM MAKERS HOLIDAYS

Dream Makers is a National Children's Charity that offers free holidays for families who would not otherwise be able to enjoy a family time away.

We were thrilled to be able to help arrange for two of our families to enjoy much needed breaks in lovely 5 star static caravans.

The feedback was that it was wonderful to be able to go away, it was so good to be together and for the children to take part in the children's entertainment with confidence. If you would like to talk with someone about a possible holiday then please phone Dream Makers direct on 01564 778121.



'Thank you a million times. I really appreciated the support I received from my volunteer and my life has now improved'.

Preparation Course Sept - Nov 2011

We have held our latest course in the Medical Centre opposite the office where we have enjoyed the lovely room complete with balcony and the support of staff there.

Although several people had to drop out of the course for medical and personal reasons we still have ten new volunteers ready to start visiting which is always exciting for us.

We decided to complete all references and CRB forms before the course started and this has meant less paperwork during the course, much easier for all and it also means that we can begin the matching process as the course draws to a close, instead of waiting. We look forward to working with these new volunteers and seeing the skills and qualities that they bring to Home-Start!



Our 10 new volunteers proudly clutching their certificates.



Congratulations to **Nicola**, one of our volunteers who married Adem on the 2nd July 2011

Next Course

Our next course will start on Wednesday 11th January and will be held in the Barton Hill Settlement.

As volunteers often move on from us to new jobs or training courses it is necessary for us to run regular, full courses to maintain a good number of visiting volunteers. So, should you know of anyone interested in this course or future ones then do please point them in our direction.

**The Editor's Desk, Home-Start Bristol
Unit 11, The Greenway Business Centre,
Doncaster Road, Southmead, Bristol,
BS10 5PY**

0117 9501170

admin@homestartbristol.org.uk

Beauty and the Beast

Come and join us for this traditional fairytale where Belle, whose father is imprisoned by the beast, offers herself instead and discovers her captor to be an enchanted prince.

This will be performed by a cast of top performers from the world of pantomime!

When? Wednesday 21st December 2011 at 1.30pm

Where? Filwood Comm Centre, Barnstaple Rd, Knowle West.

Cost? £1.50 per person

To book pop into Knowle West Health Association Office or phone Filwood Community Centre on 0117 9639569

Volunteers - Dates for your Diary!

Please put the attached 'Dates to remember' slip somewhere prominent, like your fridge door for instance, so you don't forget any important forth-coming Home-Start events.

Half marathon

In a moment of either inspiration or madness my husband Chris and I have signed up to run the Bath half marathon in March. We will be raising money for Home-Start Bristol so if you or anyone you know would like to donate please go to our **Virgin Money Giving** website at

www.virginmoneygiving.com/team/sophiaandchris

At the moment I am just aiming to finish the race but will let you know how I get on!!! **Sophia Rowe (Co-ordinator)**