



# Home-Start Bristol Summer Newsletter 2011

**Home  
Start**  
Support and friendship  
for families

Welcome to our Summer Newsletter! As always we are keen to hear from families and volunteers - your views matter to us! So if you would like to talk to me about how we can improve the service or you have a success story you would like to share please ring me at the office.

**Beverley Symonds (Senior Coordinator)**

## Summer Picnic!

(for families, volunteers and their families and the staff)

**Wednesday, 17th August 11.30am - 1.30pm**

(weather permitting)

**St Andrews Park. Bring a picnic.**

**We will meet on the grass near the pool.**

This is a lovely park with a safe enclosed (dog free area)

AND a great paddling pool (bring towels and a change of clothes!) There is also a recently renovated playground, ice

cream van, tea garden and toilets! A chance to relax with your family knowing other adults are there to help out.

**HOW TO FIND IT:** between Effingham and Somerville Road, St Andrews. A short walk from the bus stops on Gloucester Road and Montpelier Station. Call the office if you need more info on how to find it. Parking is on the surrounding streets.

*We are keen that as many people can join us as possible so if you are able to offer a lift or meet up with someone to make the trip easier give Maryon a call in the office and she will do her best to link people up with one another.*



## Gorillas come to Bristol

If you're in Bristol over the summer, expect to find a Gorilla on the streets.

Bristol Zoo is putting 60 life-size gorilla sculptures around the city, to celebrate their 175th birthday.

100 smaller ones will also be placed all over the region.

Go to [www.bristolzoo.org.uk/wow-gorillas](http://www.bristolzoo.org.uk/wow-gorillas) for more information and a map of where to find them all!!

## Funding News - Something to Celebrate!

We are tremendously happy and relieved that we can tell you that our recent application for funding from the Big Lottery has been successful. This will provide us with about £35,000 a year for 5 years - less than a third of what we need to continue at our present strength but a fine foundation on which to base other fundraising. Several trustees and Beverley have worked exceptionally hard to achieve this but we also owe a great debt of gratitude to Naomi, sister of our volunteer Zena, who gave us invaluable advice, and to Sophia, our Social Work 'placement' student, who carried out the research on which our application was based.

**Jenny Harris Vice Chair**

*A BIG thank you to Jenny for leading on this!*



### Interested in a FREE parenting course?

Children are rewarding and fun but looking after them can be stressful and challenging. A parenting course may help you to deal with those challenges so you can have a calmer, happier family life. Some have a crèche and invite you to bring a friend or relative (or your Home-Start volunteer) for support.

- **Strengthening Families** aims to help achieve a healthy violence free lifestyle for you and your family, learning along the way how to understand your own behaviour and build your confidence as a parent, how to influence your children's behaviour and improve your relationships and communication with them. *For more info contact Lynn Campbell 0117 951 4231 Bristol City Council Parent Support Team.*
- **Triple P** is a programme that suggests simple routines and small changes that can make a big difference to your family. It builds on the things you say, think, feel and do in new ways to help you manage common behavioural problems, build positive relationships with your children and help you take care of yourself as a parent and
- **The Nurturing Programme** is a new programme to help you understand your child's behaviour, explore approaches to discipline and develop co-operation in children.

*For more information on Triple P and the Nurturing Programme contact Family Information Service on 0845 129 7217 (or ask your Home-Start volunteer or Co-ordinator)*

### Rain or shine activities!

The new M Shed museum on the historic dockside in Bristol is a living museum, which tells the story of the City. Lots of interactive displays make it a fascinating fun place for children to learn. They can even take a ride on the cranes, boats and trains. **Entry is free!** Make the journey there an adventure by hopping on the bus to Temple Meads or Hotwells and catching the ferry. Kids will love it!

Visit the Scrapstore in St Werburgh's to try out the products on their Super Saturday Sample Sessions. They run from 11am to 12.30pm and from 1.30 - 3pm, 30 July, 13 and 27 August - **places are free** (available on a first-come-first-served basis)

Bristol Museum, Park Street - Visit the under 7s area where younger visitors can create and draw their favourite dinosaurs or fossils, listen to different animal noises from all over the world, tell stories in the crystal cave, act out a performance on stage, bring stories to life using puppets, make a pot or try the 'animuddle' game- just some of the activities for parents and children to enjoy in their own 'mini-museum'.

**And yes its free!**

Troopers Hill local nature reserve family picnic with storytelling and juggling 13 August 3-6pm

### Have you thought about becoming a Home-Start trustee?

If you have some time to spare and would like to be involved we would love to hear from you. We would particularly welcome mums or dads and existing volunteers with experience of marketing and PR, accounts and IT/networking skills. We also could do with a minutes secretary. If you would like to learn more, please call me on 0117 968 6666 or email:

[ken.booth@btinternet.com](mailto:ken.booth@btinternet.com)

*'Our volunteer knew instinctively what needed to be done and just got on with it'*

*'Invaluable support at a crucial time when I felt that I was beginning to go under'*

*'I greatly appreciated the volunteer's experience of having a family herself and some of her coping strategies'*

*'It was a real life line'*



## Long serving volunteers!

In recognition of volunteers who have been with Home-Start for 5 years or more we have introduced certificates to mark that achievement and to thank them for their time and commitment.

**Janet, Pom, Maggie and Beryl.**

In addition 2 volunteers have been awarded a certificate for their 'Outstanding Contribution' - having supported Home-Start families for 10 years or more.

**Renee has been a volunteer for 17 years and has supported 17 families!**

**Zena has been a volunteer for 10 years and has supported 21 families!**



**Ken Booth (Chair) presenting  
Renee with flowers at our AGM**

## Fire Safety

### Did you know?

Avon Fire and Rescue Service will visit you at home and provide you with free advice on fire safety. A smoke alarm will also be fitted during the visit if required, with fire service staff explaining how to maintain it correctly.

### Top Tip from the Fire Service

When doing the cleaning remember to dust or vacuum your smoke alarm regularly to ensure it will activate if you need it.

There is also a free reminder service where a text or email is sent to you on a regular basis so you don't forget to look after your smoke alarm. Go to [www.avonfire.gov.uk/Avon](http://www.avonfire.gov.uk/Avon) for more information.



## Circus Starr

On a lovely sunny Spring evening hundreds of excited children crowded into a big blue tent in Keynsham to experience the magic of a Circus Starr's performance. Children and adults alike were spellbound by the mix of top-flight acrobatics, breathtaking balancing and non-stop comedy, flashing lights and loud music. **Amongst the crowds were many Home-Start families enjoying the event for free, allowing many families to treat their kids to pop corn, candy floss and ice cream!**

One Home-Start mum took her four children aged between 10 years and 9 months and said "it was really good; all the children enjoyed it, a lovely evening out for all the family."

Circus Starr is an all human touring circus which raises much needed funds for community charities from the sale of tickets and sponsorship packages to local businesses. Local businesses buy the tickets and then donate them to charities like Home-Start, meaning that we were able to offer tickets to our Home-Start families and volunteers.



*'Our HS volunteer has also helped with many hospital visits'*

*'The children loved our volunteer and looked forward to her coming' 'Our volunteer has been a great source of support and advice'*

*'The children benefited having a different person to stimulate them and provide other play ideas'*

## VOLUNTEER PREPARATION COURSE

Last year we trained 47 new volunteers over 4 preparation courses. We will be embarking on another course on Wednesday 14<sup>th</sup> September which as usual will run for nine weeks. It will be held in the Southmead Community Practice just across the car park from our office. Although the course is filling up well, should you know of anyone who is interested in volunteering with us then please encourage them to contact us as soon as possible.

**Home-Start** has been endorsed in the **Munro Review of Child Protection** which was published on 10th May 2011.

"Organisations such as Home Start UK ... demonstrate the value of volunteers in communicating models of good parenting... Evidence submitted to the review indicates that their services are well received by parents that are struggling, because specific attention is devoted to those children with complex needs and the support is shaped to reflect the needs of children and families. Volunteers working with children and families require regular and skilled supervision."



## Volunteers....NEW!!

Peer Support Group for volunteers - an opportunity to get together to discuss issues and share experiences. Next date Thursday, 22nd September at the Greenway Centre, Southmead, 10 - 11.30am.

## VTE - Cultural Awareness

Volunteers, staff and trustees enjoyed learning about different faiths and cultures at **SARI** (Support Against Racial Incidents).

Sadly time ran away with us so we hope to book another session in the near future.



## Volunteers:

Don't forget to check out the website for dates of Volunteer Training Events, Peer Support Groups, Picnics etc...  
Diary sheets and expense forms can also be downloaded.

[www.homestartbristol.org.uk](http://www.homestartbristol.org.uk)

Welcome to **Louise Allen** who has joined the staff team as our admin assistant. You may already know Louise as our office volunteer and volunteer rep.

Our **Annual Review 2010/11** is now available to view at [www.homestartbristol.org.uk](http://www.homestartbristol.org.uk) on the 'About Us' page towards the bottom. Alternatively, if you would like a paper copy then please let Alex in the office know at the contact details below.

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## Are you a woman who is or has experienced domestic abuse by a partner or ex-partner?

The Freedom Programme is a 12 week support group for women, which aims to help women gain self esteem and the confidence to improve the quality of their lives. It explores the beliefs held by abusive men and the effects of domestic abuse on children.

The Freedom Programme is run from several venues across Bristol and as it is a rolling programme it means you can join at any point. There is no cost and a creche is provided.

**For more information contact Emily on 07990 558593/ [emily.moreton@novasscarman.org](mailto:emily.moreton@novasscarman.org)** or ask your Home-Start volunteer or co-ordinator.

**Platform 51 in South Bristol** is a new centre which will help more than 500 women and girls a year take control of their own lives. It will:

- provide support and advice in everything from education and employment to housing, legal or financial matters.
- help women improve their skills by focusing on effective communication skills, creating pathways to education, developing financial confidence and helping with CV writing, and interview tips and skills.
- help women who are vulnerable or isolated, or who may be in difficult social situations or feel they are facing discrimination.
- support women who are at risk of or are suffering from mild and moderate post or ante-natal depression through counselling, support groups, complementary therapies, yoga and various therapy sessions.

**For more information call 0117 963 8775**  
or visit [www.platform51.org](http://www.platform51.org)