

# Home-Start Bristol Easter Newsletter 2012

# Home Start

Support and friendship  
for families

Here we are again, on the edges of Spring and with Easter just around the corner. We have some really great things in this edition; the Food Bank in Chipping Sodbury, an item about our recent visit from our patron Charlotte Leslie MP, some exciting Easter crafts for all the family to enjoy, a focus on one of our Trustees and some interesting information about childhood illness and what to look out for and lots more. As the days get longer and those Spring evenings push in, we hope this newsletter gives you a little something to read and enjoy. If there is anything you would like to know more about, or if there is anything you would like to share with us, please do contact us – we would love to hear from you. Here's to a wonderful, warm and welcoming season.

**Julia Harrold—Senior Coordinator**

I am Beth Campbell and I have been a trustee of Home-Start Bristol for about 18 months. I am currently on a career break looking after my three children aged 6, 4 and 1. I am also a Parent Governor at Filton Avenue Children's Centre and it was here that I heard about the work of Home-Start and the value it can add to young families. I now enjoy helping wherever I can, but mainly within the area of Data Management.



*"The support that my client received was fantastic, it enabled her to become the parent she wanted to be thanks to the help and support of the volunteer"*



Everyone is feeling the pinch at the moment and it can be a time of real worry and uncertainty for families. The Foodbank offers short term support to people and families who are in short term financial crisis for whatever reason. Foodbank gives vouchers to partner agencies such as doctors, health visitors, social services, the One Stop Shop, housing associations, Job Centre Plus, other charities, churches and schools (and now also Home-Start Bristol!!) They become 'voucher holders'. The voucher holder can then give a voucher to a person or family who they feel is in real

need. The vouchers can be exchanged for tinned and packet food for three days of meals at the Foodbank. People receive a warm welcome and a chance to sit down with someone who can chat through their issues to see if there is other help the Foodbank can offer, such as budgeting advice, signposting (to other organisations/letter writing/form filling) for example. Foodbanks are run by local volunteers and the non-perishable food is donated by local churches, companies, offices, schools and by the public from collections outside the supermarkets. The Yate & Chipping Sodbury Foodbank is open on Tuesdays from 2pm to 4pm and Fridays from 10 to 12 at the Candle, 88 Station Road, Yate. There are other Foodbanks in Bristol, such as at the Community Cafe in Easton, which is open throughout the week. The Foodbank is open to anyone who for whatever reason needs support with food for a short period of time. It is a free, confidential and non-judgemental service open to everyone. I think you will agree this is a fantastic project and we at Home-Start Bristol are proud to be voucher holders. If you know of anyone who you feel could benefit from this service, **please contact us here at the office for more information.**

*"My volunteer was amazing, she helped me to go out and about, which I never thought could be done and to continue doing so without her help. She was also there to listen to my worries and concerns. She truly was an angel"*

## MP Visit

On Friday 2<sup>nd</sup> March, local MP Charlotte Leslie visited the Home-Start Bristol offices. Charlotte has recently taken on the role of Home-Start Bristol patron and we were delighted to welcome her to our offices. We were lucky enough to have two families and a volunteer here to talk to Charlotte and discuss the way in which Home-Start works with different families and for Charlotte to listen to the experiences of the families and their feelings about the type of support they had received, as well as the difference it has made to them as a family. Celia, one of our volunteer reps was able to discuss the work from a volunteers point of view, the challenges and the triumphs that go hand in hand with being a Home-Start volunteer – and ultimately the enjoyment and successes that make it worth doing. Charlotte stayed for over an hour and really enjoyed spending time learning about what we do and how we do it from the people who understand it. Welcome on board Charlotte!!



Charlotte Leslie (3rd from left) with 2 of our Home-Start Mums and their children plus Celia one of our many, much valued volunteers.

## Easter Family Fun Day at St Paul's Church in Southville

**St Paul's Church, Southville, Bristol, Avon BS3 1DG Date: Sat 7th April 12 Starts at 10.30am. 50p entry.** Bouncy castle and ball pool, **FREE** Easter craft activities, console games area, face painting and lots more! Come along and enjoy a cuppa and a cake while your little ones have fun! We advise that you ring before planning a visit to check all these details are up to date.

## Recognising serious illness in small children

Looking after children can be among the most rewarding and magical experiences in life. But children are not well all the time. Even if you're the best parent in the world, you'd be extremely lucky if your child didn't suffer from occasional coughs and fevers. Such symptoms are a normal part of growing up and are usually due to common viral infections. Illnesses like these help your child with building up immunity and will typically get better by themselves. But occasionally, such symptoms may be caused by more serious conditions, such as *meningitis*.

So how can you tell the difference? It's easy to worry that something serious may be going on, especially when you're tired and exhausted after yet another sleepless night,. Knowing what to do next can be tricky, and so being able to recognise symptoms and signs of serious illness in young children can go a long way in reducing your fears – and helping you decide what to do next.

The following symptoms and signs in a feverish child (more than **38°C/100.4°F** in babies **under 3 months**, or **39°C/102.2°F** in **3 to 6 month** olds) may suggest a more serious underlying cause – seek medical advice urgently:

1. **Skin colour:** Your child looks unusually pale or blotchy.
2. **Behaviour and response:** Your child doesn't respond to you in the normal way. Or you have to try quite a bit harder than usual to wake your child. Your child is much less active than usual, doesn't look content and doesn't smile. Your child just doesn't stop crying (particularly if it's high-pitched or weak).
3. **Breathing:** Your child's nostrils flare, and the breathing appears much more laboured and faster than normal (more than 60 breaths per minute in infants under 5 months, more than 50 breaths per minute in children between 6 and 12 months, or more than 40 breaths per minute in kids 12 months or older).
4. **Hydration:** Your child feeds poorly and has a dry mouth – and you don't get as many wet nappies anymore.
5. **Other signs of potentially serious illness:** Your child has a fever for five or more days. You notice a swollen limb or joint, or your child doesn't use a limb as normal.

**The tumbler test:** If your child is clearly ill and you notice a new purplish or red rash, press the side of a glass tumbler firmly against the skin. If you can see the rash through the glass, your child may be suffering from *septicaemia* (blood poisoning) – take your child to A&E or call 999.

Remember that most childhood illnesses are harmless – but trust your instincts. To find out about common childhood illnesses and what to do about them, it's worth checking out the *NHS Choices* website ([www.nhs.uk](http://www.nhs.uk)), which has tons of useful information in plain English. You can also find helpful patient information leaflets on various symptoms and medical conditions on the *Patient UK* website ([www.patient.co.uk](http://www.patient.co.uk)), which many GPs print out during consultations. If you suspect that your child may be seriously ill, don't hesitate to call **NHS Direct on 0845 4647** or your GP Surgery – or dial 999 in an emergency.

**Knut Schroeder, GP and Author, *Diagnosing Your Health Symptoms For Dummies***

## Prep Course Spring 2012

Congratulations to the 13 new volunteers who recently completed our preparation course at the Barton Hill Settlement. It was a fantastic group of individuals and we look forward to matching them with families across Bristol. This course was special as it included our first male volunteer Michael, who we hope to work with to encourage more men to join our scheme. We are always looking for more volunteers so if you know anyone who is interested, the next course is due to start in April and there are still spaces available. Thanks to all our new volunteers for being such a pleasure to work with over the last 9 weeks, and good luck with your first family – you will all be brilliant! **Sophia Rowe - Coordinator.**

## Prep Course Spring 2012

On January 11<sup>th</sup> of this year I joined an eager group of twelve individuals as they embarked on the Home Start training course at Barton Hill Bristol. As tentative new recruits on our first day, we gingerly wrote our names on sticky labels and attached them to our clothing. With a sense of anticipation we then gathered around the table and exchanged information about each other. From the outset it became clear that we had been recruited from diverse backgrounds. Our individual life experiences and knowledge bases were also varied. Yet despite our differences we shared a common bond. We were all parents and as such we had all cradled a crying baby in the middle of the night and nursed a sick child back to health. We could recall with clarity the sometimes desperate feeling of sleep deprivation, and the sense of being at the end of our tether. On the plus side we also remembered with fondness the love and joy of child rearing, the laughter of our children and the attainment of their milestones. The first time our children smiled, crawled, walked and talked were etched like indelible ink in our parenthood memory banks.

In addition to the common bond of parenthood both volunteers and trainers shared a common objective; a desire to improve the lives of parents with under fives. We shared a hope that we will be able to make a positive difference in our communities. As the training course progressed, from time to time, we were pulled out of our comfort zone in order to understand and empathise with the difficulties some parents face on a day to day basis. We confronted serious issues such as the importance of child protection, confidentiality, and self protection. A variety of possible household scenarios were presented to us, which helped us look at situations in a new light. As a bond developed between the recruits each individual shared their thoughts and memories. This process of bonding and sharing knowledge supported and facilitated learning on a fundamental level. Furthermore, our trainers were remarkable in the way that they encouraged and nurtured the group. Whilst imparting their crucial knowledge and experience they continually made us feel as though we were a valued member of the team. The training course was thorough, pertinent and expertly taught; and since both the trainers and new recruits had a good sense of humour we also had a lot of fun along the way! Now that the course is finished I know that my fellow volunteers would like to join me in extending a heartfelt thank you to our trainers. I personally have enjoyed each training session and feel that I have gained a lot of knowledge from both trainers and recruits.

**Penny (volunteer)**



11 of the 13 volunteers on the Spring 2012 course of preparation proudly clutching their certificates.

We would like to say a **HUGE** thank you to Asda at Cribbs Causeway for making us their 'Have a Heart' chosen charity in the run up to Christmas. As a result of all of the fantastic donations we received we were able to give toys and gifts to some of our families.

## Accreditation

Congratulations to Janet, Michelle and Juliet for passing their OCN Accreditation!  
If any volunteer wants to complete this nationally recognised qualification then please contact Jill in the office.

## Bath half-marathon

On a beautiful Spring morning I lined up with approx 12,000 other runners to take part in the Bath half marathon. The atmosphere was amazing with people raising money for hundreds of different charities, and the crowds were fantastic, keeping us going throughout the race. Although there were lots of very fit looking people, there were also loads of people like me who were new to running and just giving it a go.

I achieved my goal of not stopping or walking and am now a very proud owner of a medal (the kids say its gold!) having done it in a time of 2 hours 28mins. I would recommend it to everyone, I started running in November after 6 years of no exercise, and it is possible! Alex watched the race as her sister was running and has been inspired to sign up for the Bristol Half marathon in September. It would be great if you wanted to join us.

It's not too late to donate sponsorship, if you would like to please go to: [www.virginmoneygiving.com/team/sophiaandchris](http://www.virginmoneygiving.com/team/sophiaandchris)

**Many thanks, Sophia**

## Easter Holiday Family Activity Day

Long Ashton Community Centre, Keedwell Hill, Long Ashton, Bristol, N. Somerset BS41 9DR

**Date:** Tue 3rd Apr 12 **Contact:** Sarah Leong

**Telephone:** 01275 393570 **Email:** [laca@btconnect.com](mailto:laca@btconnect.com)

**Website:** <http://www.longashtoncommunitycentre.org/events.htm>

A fun day of activities for ages 0-16 from soft play to street dancing and music workshops to cooking. Register for individual sessions in advance or turn up on the day. Spaces limited for some activities. All day cafe. **£1 entry.**

**Various charges once in - nothing is more than £3. Some free activities.**

### Volunteers - Diary Sheet Reminder!

Could all visiting volunteers please remember to complete and return their **diary sheets** to their Coordinator on a **monthly** basis .

### Families and Volunteers - Date for your Diary!!

**Saturday, 7th July 2012** will be Home-Start Bristol's 25th Birthday! Please keep this date free in your diary and help us celebrate. Further details to follow shortly!

*"The volunteer filled the gap for support that Mum needed becoming a friend and provided outstanding and regular support both mentally, physically and practically"*

### Pop-up Eggs:

Begin by cutting out three identical egg shapes from card stock (ours are 8 inches tall). Crease the eggs by folding them in half lengthwise and opening them back up.

Cut card stock into strips of varying sizes from 3/4 to 1 1/4-inch wide and 9 to 12 inches long. Accordion-fold the strips so that there's about one inch between each fold.

Attach the ends of several strips along one edge of an egg using double-sided tape. Trim the strips so that they make a shallow arc across the egg's width, then secure the other ends in place.

When you've covered all three eggs, use double-sided tape to join their backs as shown. Between two of the sections, insert a loop of embroidery floss for hanging.

Tip: If the strips sag when you hang the egg, peel them off, shorten them, and reposition them.



### Give Action Guys a Ride!

Use your imagination and just about any kind of egg carton — or if you want to make our model, start with two cardboard cartons.



On the first one, cut flaps as shown to serve as hatches (the inside can be used to carry smaller figures or equipment), then paint it grey. Use the other carton for parts: we snipped off the tips of the interior dividers,

painted them red to make thrusters and running lights, and attached them to the transport body with glue dots. Place your guys inside and on top, and they're ready to defend the world (or at least the kitchen!)

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### Volunteers - Dates to Remember!

Please place the 'Dates to Remember' slip (attached to this newsletter) on your fridge or somewhere similar as a reminder of forthcoming volunteer training events.

### Easter Bonnets:

**What you need:** Digestive or rich tea biscuits, icing sugar, marshmallows and cake decorations.

**What to do:** Stick a marshmallow on the centre of each biscuit using a blob of **glace icing**.

Use more icing to decorate the bonnets, and to stick cake decorations over the marshmallow and biscuit.

### Easter Eggy Bread:

**What you need:** Sliced bread, Pastry cutters, Small amount of oil, Frying pan

**What to do:** Cut a shape out of the middle of a slice of bread, using a pastry cutter (ideally an Easter themed shape, but any shape will do). Lightly toast the bread on one side. Now place the bread (un-toasted side down) in a pan on a medium heat with a little oil in the hole. Break the egg into the hole and cook until set. If preferred, you can beat the egg first. Serve the cut out shape on the side to dip into the yolk. **An egg-citing way to eat eggs!!!**