

Home-Start Bristol Winter Newsletter 2012



BIG LOTTERY: As you will know we were delighted to be awarded a Big Lottery grant earlier this year. We immediately started work to develop our service in South Bristol and to extend it into East and Central Bristol. We are aiming to recruit more volunteers from BME communities so that we are better able to meet the needs of BME families. The Barton Hill Settlement is ideally situated for our training and we have been made very welcome by the staff. So far we have **matched 40 families** with volunteers and are in the process of matching a further 10 families – evidencing the need for our service in these areas.

FUNDRAISING

We continue on our mission to secure more funding to enable us to support families across Bristol and South Gloucestershire. There is no denying that with competition for pots of money increasing and those pots shrinking it is no easy task! But we like a challenge!

You may be able to help.....

Attached you will find our **NEW fundraising flyer** – telling people how they can raise funds on our behalf. Please let us know if you would like more flyers to give out to friends, put on your office notice board...and of course if you have a fundraising idea we will support you in any way we can!



Free Cakes For Kids is now up and running, baking for kids in Bristol. If you know of any family that might need help in providing a cake for their child's birthday, please

contact FCFK. The service is always free, friendly and confidential.

With over 20 volunteers located all across the greater Bristol area, FCFK is able to provide cakes to families in Bristol and South Gloucestershire. Volunteers are all home-bakers who want to help give a child a happy birthday. If you want to get involved or request a cake, please contact bristol@freecakesforkids.org.uk

Baking is great fun, but does not come completely free. We are entirely self-funding relying on the time and energy of volunteers. All donations are welcome from eggs and flour to cake boxes and cases, even gift vouchers for the local supermarket help us to make a difference. Please contact us if you are able to donate.

Have you filled in our online questionnaire? If you have a few minutes to spare we would love to hear your comments about how we are doing and any ideas you have to help us improve....

Please log on to our web site at:

www.homestartbristol.org.uk

and look for the link at the bottom of the home page.

Caroline Seyedi, an Autism Intervention Specialist & Parent Consultant is running 'Stay, Play and Learn' sessions for children with autism at the Greenway Centre in Southmead. The sessions are aimed at pre-school children, but parents with school age children with autism can come along too. These sessions are designed to create a network of support for parents as well as a place to learn techniques and strategies to help their children reach their full potential.

If you would like to know more please contact Caroline on 07711162122 or visit her website www.copingwithautism.co.uk

"My volunteer inspired me to think about being a volunteer when my children are grown up"

Have you bought your Christmas cards yet? Help us raise funds for Home-Start Bristol by buying Phoenix cards

For the past 3 years Janet (a HS volunteer for over 10 years) has been raising funds for Home-Start Bristol by selling Phoenix greeting cards and stationery.

All profit, around 30% of sales, goes directly to Home-Start Bristol - the total donated is now over £1,500. We are really grateful to Janet for doing this on our behalf.

The cards are lovely, very high quality and feature unusual original designs, so if you haven't bought your Christmas cards yet here's your chance to save yourself a trip to the shops and support the group at the same time!

To view the range of cards visit: www.phoenix-trading.co.uk and forward your order to janetl.leonard@gmail.com. Janet is also happy to bring a stock of cards to sell at coffee mornings (or evenings) – so if you'd like to host one please let her know – it's a great chance to catch up with those friends you haven't seen for ages. They don't need to be huge events – just a handful of friends and a packet of biscuits can easily raise £30 - £40 for Home-Start, with everyone enjoying a good chat at the same time.

Janet will even bring a homemade cake if that will help! And if your toddler group, W.I. meeting, art class etc. would be willing to host a card sale, please let Janet know.



"Our volunteer has been like our Fairy God-mother! She has been so kind and patient with me and my son loves her to bits"

Home Safety Checklist:

- Are hot drinks/meals kept out of reach of children? *Babies have very thin skin and can be burnt by liquids up to 15 minutes after boiling.*
- Are medicines and cleaning products stored in a secure cupboard? *Don't forget those tablets in your handbag!*
- Are all sharp items, alcohol and cigarettes kept out of reach?
- Do you have a working smoke alarm? *What about a carbon monoxide detector?*
- Do you have a fire escape plan? *Think about what exits you could use.*
- Are all windows out of reach or fitted with a lock? *Children love to climb onto window sills!*
- Are young children always supervised when in or near water? *Even a few inches of water in a bath can be dangerous...*

For low cost safety equipment e.g. cupboard locks, hair straightener pouches, door jammers contact your local **CHILDREN'S CENTRE**.



"I was really desperate for help....my volunteer brought ideas on how to spend time with my kids and helped me with appointments to the hospital or dentist"

Games Maker at the London Olympics 2012

After many months of planning, Games Maker recruitment began in September 2010 - more than 240,000 applications were received and 100,000 people were interviewed at selection centres across the UK. Only 70,000 applicants were successful.

After attending an interview in June 2011, **Sarah a Home-Start volunteer was offered** a position as a Games Maker in Event Services based at Wembley Stadium. Her role was to be a friendly and efficient host to spectators and other visitors to the Olympic Games.

Sarah had to attend at least three training sessions to make sure she was prepared as possible for her role. She worked 8 shifts over two weeks, and was lucky enough to have free accommodation in a house – most Games Makers were camping! She is now looking forward to Rio De Janero in 2014!



Bristol Museum and Art Gallery Christmas Fair

**Saturday, 1st December
10.30am - 4pm**

Carols, cakes, preserves, gifts, tombola and raffle, plus Christmas print and pack activity for children. Please come along and bring your friends. Organised by the Friends of Bristol Museums, Galleries and Archives.

Christmas Art Market at Trinity Centre, Trinity Rd Saturday 1 December 11am-6pm

Back for the 4th year, Christmas shoppers can buy original hand-crafted arts & crafts that cannot be found on the High Street.

From ceramics, jewellery, textiles, prints, glass and fine art, whatever your budget is, this is the ideal place to find unique and creative gifts. With a range of festive activities including live acoustic music, mince pies, mulled wine and cider to get everyone in the Christmas Spirit, to shop or simply soak up the atmosphere.



Autumn Volunteer Preparation Course

We have just completed another Preparation Course, which although rather lower in numbers than normal, was embarked upon with the same enthusiasm as previous courses.

What was even more thrilling for us was that all 6 signed up to do the Accreditation which is proving more popular than ever. It is even more exciting for us to learn that two members, not having done any studying for several years, have now found the courage to undertake further study in Maths, English and Open University courses. It is always great when anyone is able to further their studies and/or careers due in part to volunteering with Home-Start Bristol.



Would you or someone you know be interested in becoming a Home-Start Volunteer?

Our next volunteer preparation course starts on Thursday, 10th January 2013 at the Barton Hill Settlement. The course will run every Thursday for 9 weeks (breaking for any school holidays) from 10am - 2pm. The only criteria is that you are a parent and you have 2-3 hours spare per week to spend with a family.

For more information please log on to our website at www.homestartbristol.org.uk where you can also download an application form.

Hi! My name is Steve and I joined the Home-Start team as a volunteer this year. I found the training process enlightening and enjoyable. As the only male in the group I felt I brought another perspective to the subjects we covered which made for some in depth discussions and laughter at times! When the time came I felt confident about meeting with the family I would support. So far I have been lucky enough to help 2 families, the first for a short time to help with a house move. I am still with my second family. It is very rewarding to know that you can make a difference.

Go to www.quartetcf.org.uk Annual Review 2012 to read more about Steve and how Quartet has helped Home-Start.

Raise funds when you shop

Have you heard about 'easyfundraising' yet? It's the easiest way to help raise money for Home-Start Bristol. If you already shop online with retailers such as Amazon, Argos, John Lewis, Comet, iTunes, eBay or HMV then sign up for free to raise money while you shop. Ideal for hassle free Christmas shopping!

So how does it work?

You shop directly with the retailer as you would normally, but if you sign up to www.easyfundraising.org.uk/homestartbristol for free and use the links on the easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to us at no extra cost to yourself.

How much can you raise?

Spend £100 with M&S online or Amazon and you raise £2.50 for us. £100 with WHSmith puts £2.00 in our pocket and so on. There are over 2,000 retailers on the site and some of the donations can be as much as 15% of your purchase.

So what are you waiting for?

Sign up today and start raising money for Home-Start Bristol.



Note for volunteers:

All dates of forthcoming training events and peer support meetings are attached to this newsletter remember to check out our website at www.homestartbristol.org.uk for all of the latest, up to date information regarding training just go to the 'Diary' page.

Christmas at Old Down Estate - Tel. 01454 414958

Christmas Gift Fair in the Manor House Nov 25th 11am-3pm. **FREE** entry to the Fair, House and Formal Gardens with **FREE** children's craft activities.

Elf's Crafty Christmas in the café Dec 8th 10am-12pm. **FREE** Christmas Craft activities with Santa visiting us at 11.30am to sit by the fire and meet the children.

"My volunteer has been fantastic. My 2 year old in particular loved her and benefitted from the visits. Having a break meant I was able to think, talk things over and put things in perspective....my children love that they have their old Mum back again!"

Christmas Festivities at the M Shed – Saturday, 8th December (11am-1pm & 2-4pm)



Get creative and make your own Christmas ornaments, help decorate the M Shed tree and enjoy carol performances from some of the best voices in Bristol. **FREE. No need to book**

FOR SALE:

Canon Black & White Printer/Photocopier/Fax Machine. iR1024iF £50 ono
HP Color Laserjet 260n Colour Printer £35 ono

Please contact Alex or Louise at the office for more information.

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