

Home-Start Bristol Spring Newsletter 2013



Welcome to our Spring newsletter!

BIG FUNDRAISING EVENT – Sponsored Abseil Avon Gorge 29th June

This is an exciting 'first' for us and we would love you to share that excitement!

Maybe you have always wanted to have a go at abseiling, maybe you are a dare devil who likes a personal challenge or maybe you just want to help us to raise money. Whatever the reason it is going to be a FUN event. It will raise funding that will enable us to support families in need, so vital in the current financial climate when raising money is a challenge itself!

SO WHAT NEXT?

If you would like to join us and can raise at least £100 in sponsorship then all you need to do is return the slip at the bottom of the flyer with your registration fee of £15 and put the date in your diary! If you have not received a flyer or would like more information telephone the office on 0117 9501170 or e-mail us at abseil@homestartbristol.org.uk



If abseiling is not your 'thing' there is no need to feel left out! You can help us by spreading the word, encouraging a family member to take part, or by raising money on our behalf.

If you wish to donate go to www.homestartbristol.org.uk and click on the link 'Donate to the abseiling event now!' Every penny counts....

How are we doing?

Parents in Bristol and South Gloucestershire keep telling us that we are giving them and their children just the kind of support they need

'My son's first year was transformed due to HS. It went from being a stressful to a lovely time and it is impossible to put a value on it' I now have happy memories which are so important"

Our volunteer workforce increased to 84!

"The training was excellent and I enjoyed being able to visit families regularly which made a real difference to them being able to make some headway at a difficult time in their lives'

I have always worked with Early Years children but my volunteering has enhanced my awareness of vulnerable families"

A Perfect Match

FAMILY: Emma and I have a laugh! Emma has taught me how to cook - I no longer give Crystal jars of baby food. Emma has also helped me to make my flat safe for Crystal.

VOLUNTEER: I have been supporting Rachael and Crystal for several months now and I really look forward to our time together. We have achieved so much in such a short time. I am really proud of Rachael she has taken things on board that I have suggested with real enthusiasm and I look forward to helping her achieve even more in the coming months.



What do you think?

As you know we love to hear your views on how we are doing and welcome suggestions on how we can improve. You can do this online - just visit our website and complete the questionnaire

www.homestartbristol.org.uk or we can e-mail you a form to complete.

Children's Centres

We are delighted that our work with Children's Centres continues to flourish.

- We have so far this year supported 20 families within the Downs and Surrounds Children's Centre reach and 3 families within the Filton Avenue reach
- St Paul's Children's Centre are providing a room and a trainer for a volunteer training event
- We support Brentry and Henbury Children's Centre at their Information days - next one 7 June.
- We meet with local agencies at networking events at Southmead Children's Centre'

'The Bristol Home-Start team understand that there are periods of time for every family when outside help is vital to maintaining positive outcomes for children. The team understand the role children's centres play across all communities of the city and provide a discreet but effective service for the families we work with' (Downs and Surrounds Children's Centre)

Easton Families Project

Situated in the centre of the community, Easton Families Project is a busy hub for local families. We are currently exploring how we can work together and are planning a training event for volunteers on 'working with faith communities', particularly exciting as some of their families will be involved.

What do they offer?

- A Preschool Nursery where children can explore and learn through play in a diverse and multicultural setting
- Childsplay - stay and play sessions
- Sadaka - a group where Arabic speaking women can meet together in a safe environment
- Family Support
- Training courses
- Mrs Noah's Café
- Rooms for hire

For more information ring 0117 955 5877 or visit their website www.ecfc.org.uk

South Gloucestershire Faith and Belief Forum would love to hear from families as part of a project they are undertaking.

The proposed **aims** of the project are to:

- Support parents and their children from different faith and BME communities in South Gloucestershire.
- Enable parents and children of different faith communities to learn from each other, and inform agencies, about working with young people and children, as well as supporting their own families.
- Raise awareness of different faiths in order to promote community cohesion.

Increase the awareness of the contribution faith and BME communities can make to social well being in South Gloucestershire, while countering division and prejudice.

If you would like to be involved in the consultation with parents and their children from different faith and Black and Ethnic Minority (BME) communities, about what kind of community action should take place later in the year please contact the Project Consultant Mark Seed markseed64@yahoo.co.uk

The Chocolate Festival Dates:

Saturday 30 and Sunday 31 March 2013 (Open 10am-6pm)
Bristol's Harbourside will become a chocolate lover's paradise over the Easter holidays, with a selection of stands selling and showcasing chocolate in all its forms at Bristol's **Chocolate Festival**. There will be family-friendly activities and special chocolate-themed offers.



The **free event** has already become a local favourite in London, Oxford and Brighton and its debut in Bristol last year was very popular.

Food Banks

We are now registered with 3 food banks which means we can issue vouchers to families who are facing hardship because of benefit delays, redundancy and heating costs. They also welcome donations so if you can help get in touch with them directly.



Nature Reserve in Bristol!

Callington Road nature reserve is a wildlife oasis surrounded by urban development. It supports a rich mosaic of wildlife habitats including wildflower meadows, mixed scrub, regenerating woodland and a new dewpond which is replenished by rainwater. Visit in Spring to see primroses, cowslips, bluebells, hedgehogs and woodpeckers. An ideal time to visit.....



Located in Brislington, south Bristol on the boundary between Knowle and Brislington West.

Join us at the M Shed on 3 April

We have organised a visit to the M Shed for families and volunteers - and it's **free!**

For the first time, Bristol has a museum dedicated to telling the amazing history of the city, through the objects and stories of the people who have made the city what it is today.

From toddlers to teenagers, there are always lots of opportunities to get hands on at M Shed:

- Dress up and jump on board the double decker bus whilst listening to passenger's conversations
- Make your own music on the Bristol Sound interactive
- Experience being inside a World War II bomb shelter
- Find your home on the giant floor map
- Watch old film footage from the comfort of an original cinema seat!



Accreditation News!

Gaining Level 2 Accreditation

We are delighted that many volunteers take the the opportunity to work towards Level 2 Accreditation. One volunteer who describes herself as a mature student said 'It is great to get back to study' - it did not take her long to get to grips with the work and she felt proud of her achievement. Another gained the courage to apply for further studies after quite a long gap.

Pilot Level 3 Accreditation

One of our volunteers has agreed to be a 'guinea pig' for us giving the Level 3 Accreditation - 'Supporting a Family by Home-Visiting' a try. Neither of us has actually seen a completed folder but we are learning together! Although there are fewer questions than the level 2 course, much more detail, evaluation and analysing is required, all based on the volunteer's visits with families. We will let you know in due course how it has been and when we can offer it to everyone. Watch this space!

NEWS FLASH - Please add to Dates for your Diary 'Working with Faith Communities' Wednesday 24 April 10am-12 @Easton Family Project, Beaufort Street, Easton, Bristol, BS5 0SQ



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

www.homestartbristol.org.uk



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