

# HOME-START BRISTOL

## Volunteer Newsletter July 2022



**Welcome to our volunteer newsletter - a resource for supporting and keeping in touch with our volunteers**

### Volunteer summer lunch

Our lovely trustees have been leafing through their cookbooks in anticipation of producing tasty bites for the volunteers' **Summer Lunch at Redland Green Bowling Club on Thursday 21st July from 12.30.**

This will be the first opportunity for the whole Home-Start Bristol team (volunteers, staff and trustees) to get together since our Christmas lunch back in 2019 and we're all looking forward to catching up with old friends and meeting new ones.

There will be a prosecco/fruit juice welcome drink and chat followed by a buffet lunch plus, and of course, the usual range of delectable desserts.

We really hope you can join us. Please let the office know as soon as possible if you're coming so we can ensure that everyone is catered for.

Janet Leonard—Volunteer Rep

### Food Project Funding

We were thrilled to receive funding recently from Warburtons to support families who are struggling with food poverty or who would benefit from support around healthy eating. Many of you have already helped with deliveries in the past, this funding will enable us to continue and develop the project, helping even more families. If you have a passion for food or cooking, and would like to get involved, do let us know. The project is very much appreciated by our families:

*"Thank you so much for the Easter food parcel, I made two absolutely enormous pizzas, and managed to make enough dough and sauce to freeze to make another two another day. Thank you for finding the recipe, I will use it again!"*

### A Message from the Manager aka Terri!

I hope you are all keeping well in this scorching summer sun—mustn't grumble, but it is very hot! A reminder to get the suncream and hats out if you are out and about with families. If your family doesn't have any we can provide some from the office. Of course by the time we send this newsletter out it will probably be raining again!

On the subject of resources in the office, do let us know if there are extra books or toys that you want to pop in your toy bag, as we have lots of them in the office waiting to be taken out to play.

As the summer holiday approaches please tell your coordinator if you are still around to support families, either in person, in the park or by phone. If you are taking a break with your own family, I hope you have a lovely time and look forward to seeing you in September—but hopefully before then at the summer lunch. Thanks again to all of you, we cannot do this without you. All best wishes Terri Fletcher



A young pizza maker

# Sharing skills and knowledge



## Mapping services for under-5s

What's going on in your area? What free and low cost activities can our families access? Did you turn up for a group only to find it has closed? Have you scouted for a twins' group, only to find there aren't any around?

We want to map provision for under-5s all over Bristol and South Glos, and identify any gaps. This would be a great resource for new volunteers or when you are matched in a new area.

If you know of any great groups, or any changes in provision or have spotted a gap, please let us know!

Maroussia is collating all nuggets of information. Please email her at:  
[marouss1a@homestartbristol.org.uk](mailto:marouss1a@homestartbristol.org.uk)

## One-off tailored family support

It takes a village to raise a child, and maybe it takes a team of volunteers to offer the best support to a family. You might identify a need for the family you are supporting but not be confident in that area. The idea would be for another volunteer to come alongside you for a session and show the family how to cook a simple meal or help them grow some herbs in a planter or get tomatoes going in their garden or share experience and advice around multiple births, or offer practical support and tips to help support a child who has autism.

Would you like to offer one-off support in any of these areas? Is there anything else you've got up your sleeve? Speak to your coordinator or contact the office.

## Volunteer skills share - what could you offer?

Between all of us volunteers we've got phenomenal skills! One of our volunteers, Katrina recently brought us her wealth of professional skills and experience for the session on special education needs alongside coordinator Susannah.

## Do you have an area of expertise you'd be willing to share?

We're not all trained professionals, but we may have some time to offer, lived experience, a skill or talent or a story to tell.

If you're between families, resting, or you'd like to do a bit more with Home-Start, there are plenty of ways you could be involved!

- **share your skill or knowledge** with families or other volunteers and staff - cooking, organising, gardening, making, pampering, budgeting, form filling etc.
- **send us a story** – there's nothing that gets the word out there as well as a story or case study
- **website** - help us keep the website up to date by identifying useful links for volunteers and families in your area of interest
- **help us with social media** – finding stories, film a short interview, help us with publicity
- **follow up phone calls to families** after support has closed to check how they are doing and for evaluation purposes
- **tell us the languages you speak** (including sign language / Makaton)

No doubt there's plenty we haven't thought of. Let us know any ideas you have!





# Volunteer recruitment

## Can you help us recruit for our next training course?

Our next volunteer prep course starts on Tuesday 20th September. We have written to schools across the city asking them to include us in their school newsletters. If you spot our flyer please do let us know!

Would you be able to pepper your local area with flyers for the next prep course? Do you know someone who might like to volunteer with us? Contact the office and we can send you a batch of flyers.

**Children's Centres** across the city will be holding family events over the summer holidays, for example forest school and a teddy bear's picnic. Could you spare a few hours to take our mascot, Bubbles the Bear, and a few flyers to an event near you to raise awareness about Home-Start and promote our next volunteer training course? We could supply you with promotional material and an activity for children and of course Bubbles the Bear!



Your volunteer reps, left to right: Gemma, Maroussia, Janet & Celia

## Fundraising and raising our profile

Do you enjoy fundraising? Are you full of ideas? Do you have contacts in the business world?

We are trying to set up a team to think out of the box about ways to raise money. Whether it's a charity ball, tapping into business people having a golf day or becoming charity of the year for a big organisation – get in touch if you'd like to be involved.

*As a volunteer I love Home-Start Bristol and think we do a terrific job that can be a game changer for a family. But how many people out there know about us? If you have any business connections who might be interested in sponsoring us, please get in touch!*

*Maroussia - Volunteer Rep*



**HOME START**  
Bristol

**Do you want to build your skills?  
Volunteer with us!**

Become a volunteer with us to support families with children under 5 who are going through tough times. You'll receive training, build your skills and gain experience of working with families and children. Our next training course starts Tuesday 20th Sept, details below.

Contact us today to find out more.  
[homestartbristol.org.uk](http://homestartbristol.org.uk)  
0117 950 1170

Charity No: 1116207  
Unit 11, Greenway Business Centre, Doncaster Road, BRISTOL, BS10 5PY

**Greenway Centre,  
Doncaster Road,  
Southmead, Bristol  
BS10 5PY**

**Tuesdays  
20/09/2022 -  
18/10/2022  
09:30 - 2:30**



# In other news...

## Safeguarding refresher sessions

The next safeguarding refresher training will be held on 8th November at Greenway Centre for volunteers who are returning volunteers, have been resting or are due a safeguarding update. Have a chat with your coordinator if you would like to or need to attend.

## Home-Start is supporting a multiples group

We are really pleased to report that a mum of twins who we recently supported has since set up a multiples group in East Bristol. She wrote to her coordinator:

*"I cannot believe how things have changed in the last year. I have started feeling totally myself again. I massively owe so much of how I feel now to all the kindness and support you guys gave me over those difficult few months. I am over the moon that this twin group is up and running."*

Beth, one of our coordinators, is going to be supporting the group and at the first meeting 20 families turned up! Clearly there is a need out there. We are also exploring the potential for other groupwork, so watch this space!

## Training opportunities for next term

Many of you attended the recent training about supporting families who have children with special needs, our thanks go to Katrina, one of our volunteers who kindly shared her expertise alongside Susannah.

We will soon be letting you know about upcoming training from September. Ideas so far include; paediatric first aid, challenging behaviour, play therapy and an ideas sharing workshop about our newly funded food project in partnership with Warburtons. If you have any ideas for training, do let us know.



## From volunteer to senior coordinator

Many of you will know Alex as your coordinator at Home-Start Bristol, but did you know that she started out as a volunteer, was then employed as an administrator, then coordinator before taking up the role of Senior? Even more amazing to note is that Alex's mum was also a Home-Start volunteer when Alex was a child and she would sometimes go on visits with her to families! Congratulations to Alex, a real volunteer success story. If you have gone on to further training or got a job or an opportunity as a result of volunteering for Home-Start Bristol we would love to hear about it.

## Farewell to trustees Jenny and Jim

After many years, trustees Jenny and Jim have moved on to pastures new in the north to be near family. Jenny has been an invaluable fundraiser, writing applications worth hundreds of thousands over the years. Jim has been our IT guru and author of the Home-Start database. What will we do without them! Thankfully Jenny is still writing those applications from afar for a few months more. A huge thanks to them both for their time, energy and commitment.

