Hi all, welcome to the September edition of our newsletter. Here in the office we are fully back into post summer holiday mode with our 600th family being referred. We have supported 52 families with 122 children so far this year which is no easy task in just 5 months and with only 43 volunteers. The planned volunteer preparation course starting in Weymouth at the end of September is close to capacity and as you will see below, we are also hoping to run a second course in the Lyme Regis/Charmouth area.

Over the next couple of months we are also hoping to have funding in place to have the Big Hopes, Big Futures and LENA projects back up and running supporting children under 5 with school readiness and language development.

And while all of that is going on, we are also signing on the dotted line for an office move in November. Keep an eye open for the October newsletter where we should be able to give you further details.

Would you or anyone you know be interested in attending a Home-Start West Dorset volunteer preparation course in the Lyme Regis/Charmouth area? Tammi, our organiser for the West of the region is currently working with a very proactive local councillor, Cheryl, to increase awareness and support capacity in this area. If you are interested in finding out more about getting involved with Home-Start in the Lyme Regis, Charmouth, Bridport or Beaminster area please call the office NOW on 01305 265072 and we will arrange for Tammi to get in touch with you.

P.s. Tammi has promised to bring home made cake to week 1 of the training!!
**Fundraising**

**Coming Up - Please get in touch if you can support in any way or just pop along and enjoy the events**

**Saturday 15th September** - Debbie will be holding a table top sale in Chickerell Village Hall to raise funds.

**Saturday 22nd September** - **Hangers Hero’s Running Challenges** at Chickerell, Weymouth. 10K Fun Run and Full / Half Marathon. Join our Walking Home-start Team, set yourself a marathon challenge or nominate a family member!!

**Wednesday 10th October** - **Travelling Trends Fashion Show** at The Dorford Centre, Dorchester. Follow the link (above) or see the poster (right) for more details. Tickets are available NOW!

**Saturday 13th October** - **Party Pieces Concert** at Sunninghall Hall, Dorchester Follow the link or see the poster above for more details. Donations on the night.

**Saturday 27th and Sunday 28th October** - **Brewery Square Ghost Hunt** in Dorchester Free Ghost Hunt at Brewery Square with donations in support of Home-Start West Dorset

**Upcoming Future Plans** - Hold the dates and get in touch if you can help in any way!

- Sat Nov 3rd: Stall at the Rotary Christmas Fayre, United Church Dorchester
- Fri 1st Dec : Stall at Weymouth’s BIG Christmas
- Thurs 6th Dec: Stall at Dorchester Christmas Cracker

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**Money Raised Since Last Newsletter**

- Sydling St Nicholas Safari Supper £ 462.00
- Match funding for Safari Supper £ 462.00
- Donation from Office Sale of Items £ 20.00
- Stall at Air FM Party in the Park £ 101.10
- Family Donation £ 5.00
- High 5 Donations £ 30.00
- Stall at Melplash Show £ 161.60
- Sale of Cards £ 5.00
- Ex Volunteer Donation £ 30.00
- August Volunteer Expense Donation £ 165.80
- August Friends Of HSWD Donations £ 89.00

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**Sydling St Nicholas Safari Supper**

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**Party Pieces Variety Concert**

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**FASHION SHOW**

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**Brewery Square Ghost Hunt**

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**Travelling Trends Fashion Show**

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**Party Pieces Concert**

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**Upcoming Future Plans**

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Due to the summer holidays there were no training events planned.

Instead we would like to say a massive THANK YOU to those volunteers that have been able to offer their time to help at fundraising events and stalls.

THANK YOU also to Tammi’s niece Maddie who was a superstar at the Melplash show raising funds with her popular Henna Tattoos. She ensured us that she thoroughly enjoyed the day and despite being Tammi’s niece she was not forced into volunteering - bribed maybe but not forced!

**Recent Training + Events**

Wed 12th Sept: **Volunteer Social Evening**
Our twice a year social event to thank our volunteers for the amazing support they offer. We will be holding a mix and mingle style evening at Vivo Lounge (Dorchester), 6-9pm. First drink is on us and feel free to purchase food, nibbles and extra drinks as required.

Tues 25th Sept: **New Volunteer Preparation Course**
Whilst not strictly “upcoming events and training” for current volunteers please do consider if you can help spreading the word to get new volunteers involved! If you feel you have been with us a while and would like to attend refresher sessions please get in touch and we will try and squeeze you in.

Weds 17th Oct: **Working With Stepfamilies**
This internal training session will be led by Tammi between 9.30 and 2.30. It aims to provide volunteers with an enhanced understanding and greater confidence of working with and supporting stepfamilies.

**Upcoming Events and Training**

Please can all home-visiting volunteers remember to complete a diary record for EVERY week whether or not a visit takes place. If a visit does not take place please note the reason in the box. E.g. Family on holiday, Volunteer sick, reduced to fortnightly visits as coming to a close, no arranged visit this week due to no mutually convenient time etc.
External Opportunities

**Becoming a co-parent**

**Dates for this Attendance**
Tuesday 11th September at the Ridings Centre, Weymouth, DT4 5RJ from 9.30—12
Friday 12th October at Poole, Ferndown, DT13 9XA from 9.30—12
Participants attend one of these dates. If you are pregnant you should attend the one recommended by your doctor or midwife.

When our couple relationship with someone ends and we have children with them we need to move from a partner relationship to one as co-parents. We often worry about the impact that separation will have on our children, yet research shows that, if we are able to continue to co-parent with our ex in a way that is conflict-free, children continue to thrive. This isn’t always easy when we are experiencing strong feelings of hurt or anger. This session explores:

- ways to manage our feelings and improve the way we communicate
- what children need

If interested in attending, please contact:
Michele Haynes
Chold Family Partnership Zone
Phone: 01305 244350/2768 885367
Email: michele.haynes@dorsetf.co.uk

**ACE (Adverse Childhood Experiences)**

**RECOVERY TOOLKIT**

A free 10 week programme for parents, or parents of children who have experienced or witnessed domestic abuse.

This programme will provide information and practical tools to help parents and the protective factors necessary to maximise the impact of ACEs.

Objectives:
- Understanding and living with ACEs
- Understanding how to access and implement
- Developing parents’ resilience
- Understanding attachment
- Strengthening parenting styles and managing emotions
- Developing strategies to reduce the potential impact of ACEs on children

Details:
- Tuesdays from 10.30—12.30
- Sept 24, 30
- Oct 1, 8, 15, 22

For more information please contact:
Kerry Owen (Course Trainer)
01305 766 788 / 07943294649

**STRENGTHENING FAMILIES 10-14 UK**

This FREE programme is for families with a young person aged 10-14 years and one for two hours, once a week for six weeks. The sessions are split into two—first hour being the parents’/sibling and young people meeting in separate skill building groups and the second hour together in supervised family activities.

Youth sessions focus on strengthening goal setting, dealing with stress and strong emotions, communication skills, increasing responsible behaviour, and improving skills to deal with peer pressure.

Parents’ topics include making house rules, encouraging good behaviour, using consequences, building bridges, and protecting against alcohol and substance misuse. Families have fun in activities and games, discuss what makes a family strong and solve problems together.

Each week we start with refreshments for families as we understand that evenings are very busy for families—our aim is to help families attend in any way we can.

Training programmes start at around 7.30pm for refreshments, with the programme running from 8pm.

For those families with younger siblings it may be possible to contribute towards costs incurred for baby sitting in the families own homes, or with a friend or neighbour. Specific requirements will be looked into on a case by case basis.

Further information on the programme can be found at: www.dorsetecho.com

To make a referral, or for more information please contact:
Lynne Backey
Dorset Youth Association
01305 262440
lynebackey@dorsetyouth.com

Recent Statistics and Feedback

We currently have 109 hours of paid employees. We are supporting 34 families. We have capacity for 5 more! We have a volunteer preparation course starting in September with 5 volunteers signed up so far, 4 almost signed up and space for 3-5 more!

**Families**

Keep In Touch

Follow us on Facebook to keep up to date with our activities:
www.facebook.com/HomeStartWestDorsetWeymouthPortland

Check out our website for more details of who we are and what we do:
www.homestartwestdorset.co.uk

Call us on: 01305 265072
Email us via: office@homestartwestdorset.co.uk

In The News

Follow the hyperlinks below for links to Home-Start West Dorset articles in the news recently

- Dorset Echo
- Seven Days
- Dorchester Life

My volunteer is an absolute godsend - an oasis of sanity in my week

What I enjoyed most was having someone in my own home, learning strategies and skills, building my confidence and cooking

I wouldn’t have got where I am today without Home-Start