

February 2018 Newsletter

Welcome to our first newsletter of 2019. In this edition we have lots of introductions to give and welcomes to extend to our expanding team:

- We are delighted to have 9 new volunteers on board who recently completed their Home-Visiting Preparation Course in Lyme Regis (see below)
- Our new Social Work student, Sam, has joined us until the beginning of June and our previous Social Work student, Courtney has stayed on with us to help cover admin/office duties while we recruit a new administrator.
- We have recently recruited a new organiser, Kerry Adams, to take the lead on the Home-Talk and Big Hopes, Big Future projects. She joined us on the 17th of January and has settled in quickly shadowing the current organisers and preparing volunteer training for the new projects.
- We have also welcomed 3 new trustees on board to help with the running of the scheme. Amanda, Jan and Liz all bring lots of experience, skills and enthusiasm to the team.

NEW Lyme Regis Volunteers

A huge welcome to our newly trained volunteers: Ali, Andrea, Elaine, Gill, Larry, Nicky, Sonia, Shuna and Susan (shown here with Tammi) These 9 lovely people have recently completed our 10 week home-visiting volunteer preparation training course which took place in Lyme Regis and will be ready to match with families over the coming weeks.



For details on who and how to refer and to download our referral form please follow [this link to our website](#)

New Organiser Kerry Adams

Hello, I'm Kerry. I'm delighted to have joined HSWD as it is a charity close to my heart. I completely understand the importance and the impact of the friendship and support as I have first hand experience myself having had help from a home-visiting volunteer. My daughter was 11 months old when I had twins. New to the area and without family close by I needed a helping hand!



I am really enjoying working with the team here, The staff are very welcoming and accommodating. It's been very interesting shadowing my colleagues, meeting families and the dedicated volunteers.

I am really excited about the Home-Talk programme and the Big Hopes, Big Future project and can't wait to deliver the service.

Fundraising

Money Raised Since Last Newsletter

Coming Up - Please get in touch if you can support

Saturday 9th March - [Dorset Women's Day event \(Dorchester\)](#)

- once again we will be at this lovely event celebrating women held at the Dorford Centre.
- We would love any **donations of good condition Handbags, Scarves and Jewellery** for our fundraising stand.
- If anyone is available to help man the stall throughout the day please email helen@homestartwestdorset.co.uk to let her know your availability

Monday 27th May (14.30-18.00) - [Highwood Gardens, Charborough Estate](#)

- Highwood Garden was established by the late Admiral Drax. The woodland garden around Charborough Tower, contains a magnificent collection of azaleas and rhododendrons which are at their best in late Spring. The garden is opened on a number of days each May with teas being served, all in aid of various charities and community groups
- HSWD have been given the Bank Holiday Monday (27th) to provide refreshments and stalls to raise funds. **ANY HELP IN ANY CAPACITY** is greatly appreciated. Please email office@homestartwestdorset.co.uk to let us know what you can offer.

Wednesday 31st July - Love Parks Event (Dorchester)

- Save the date

A gentle reminder as that if you do any on-line shopping you can DONATE to Home-Start at NO COST to yourself by shopping through Easyfundraiser.



For further details or to sign up follow the link:
<https://www.easyfundraising.org.uk/causes/hswestdorset/>

Dorchester Baptist Church	£ 700.00
Retirement Home Singing Donation	£ 40.00
Loders Carol Singing Event	£ 140.00
Rotary Raffle	£ 241.00
Ex-Volunteer Donation	£ 25.00
High 5s	£ 35.00
Donations from Volunteers	£ 15.00
Donations from Families	£ 10.00
DCF Neighbourhood Fund Grant	£1476.00
Paypal Charity Giving Fund	£ 57.00



Raise a High Five for Home-Start West Dorset

Take a tube and fill it with 5p's
When it's full you will have £5 to donate

Our High Five 5p fundraiser has just broken the £700 mark! All those 5ps add up and we are really grateful to all of the private individuals and local businesses that take part.

Space is short so a big shout out to our top 3 contributors goes to:

- 1st - [Curiositea](#)
- 2nd - [Cafe on the Green](#)
- 3rd - [Broadmayne Village Stores](#)

Volunteers

Recent Training + Events

Links for Safeguarding

For information on how to keep children safe from abuse and neglect and what to do if a child is being harmed (outside of HSWD support) click the link to take you to the [Dorset Safeguarding Children's Board](#)

Our first training event of the year took place on Tuesday 22nd January with 9 volunteers taking part in their mandatory Safeguarding update training.

Whilst never the most cheerful training we offer it is a very important one to attend and keep fresh in case we are ever in a child safeguarding situation with our Home-Start families. The volunteers attending gave positive feedback saying they felt more confident on how to respond to a situation in the future and that the refresher has given them the skills to approach any awkward conversations in a more confident way.

Our next Safeguarding update session will take place on Wednesday 25th September in the evening to allow those who work or have childcare restrictions in the day to attend. These updates are required by HSUK to take place every 2 years due to the nature of lone working in vulnerable families' homes.

Upcoming Events and Training

Weds 27th February: Domestic Violence (09.30)

Taking place at The Dorchester Youth and Community Centre below the HSWD offices. Details TBC.

Thurs 28th March: HSWDs 10th Birthday Party (18.00-21.00)

We are currently looking into venues and activities that would be suitable to celebrate our 10th birthday! If you have any ideas or would like to offer a cake / room decoration skills / help with planning/organising something then please get in touch!

Friday 26th April First Aid (arrive from 9:30 for 10:00 start. Finish at 13:00)

This is our in-house update on basic first aid skills. We use materials provided by the Red Cross to increase your confidence in everyday first aid situations. This is a fun interactive session that will leave you feeling less anxious about the role of a first aider. This will take place at the Dorchester Youth and Community Centre below the HSWD offices. For further information please contact Tammi in the office

Reminder

Our new volunteer Training Calendar for 2019 has been sent out to all current volunteers. If you have not received this please get in touch.

If you have any ideas for our **10th Birthday party** or if would like to offer a cake / room decoration skills / help with planning / organising something then please get in touch!

Families

Weymouth and Portland Families Survey

External Opportunities

If you are parenting in the Chesil area (Weymouth and Portland) the Family Partnership Zone would appreciate your help in this online [Parent Participation Survey](#) about priorities in the area. It closes on 01.04.19



Dorset Community Action is currently running the 'Inspire Dorset' programme. Inspire Dorset is designed to support unemployed people and those furthest from the labour market through 1-2-1 or group coaching, towards self-employment, setting up a business/enterprise, safely testing out an idea they may have, employment or training. There is no time limit on the support on offer, they take a person centred approach and take into account any barriers an individual may face. For further contact details follow the [link](#)



Dorset Mental Health Forum is a local peer led charity. They exist to improve the lives of everyone affected by mental illness by promoting wellbeing and recovery. They offer peer support groups, free recovery and wellbeing training sessions, advocacy, employment support, volunteering opportunities, sport and social groups and much more.

If you or someone you know is struggling with mental health issues please get in touch with the [Dorset Mental Health Forum](#) to find out more!

Recent Statistics and Feedback

Having just recruited a new organiser for the Home-Talk and Big Hopes projects we currently have **140** hours of paid employee time. We are currently supporting **35** families and with our newly trained volunteers and increased organiser hours we have capacity for **20** more over the coming months!

It's hard to know where we would have been without the support. A lot barmier!

I feel like I am a calmer parent for the rest of the week after my weekly session with my volunteer

My volunteer was so kind. She still feels like extended family a year after support has ended.



The volunteer has been amazing. An asset to the family. I have a better bond with the children and feel much less guilty. Our wellbeing has been improved. Our lives would have been so different without the support.

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