

Home-Start Rochdale Borough

Annual Report and Accounts for 2017—2018

Registered Charity in England & Wales number 1107258

Company Limited by Guarantee number 5282419



Introduction

Welcome to Home-Start Rochdale Annual Report for 2017-2018.

Home-Start support for families is unique, yet it is such a simple approach.

Support for parents is based on offering help to other parents, within their own homes, where they feel relaxed and at ease to work through their difficulties. Our trained volunteers understand, have empathy and have first-hand experience themselves of raising children. They are passionate about working alongside parents to help improve their situation, aiming for the best possible outcomes both now and in the future.

Volunteers have the time to listen. They will never judge or criticise a parent for their choices and they will help build their confidence and coping skills, to provide a nurturing, stable family and home environment. Training and support is provided for all our parent volunteers, to support their role in delivering direct family support.

Our service has provided a lifeline of **support for 196 families** during this year alone and many families experienced either one or more of these difficulties during this year: ~

- *Loneliness and isolation, with no family or friends living nearby.
- *Low mood and ongoing mental health difficulties such as depression, anxieties, personality disorders.
- *Financial hardship such as increasing debts, struggling to provide food and pay for household bills.
- *Housing difficulties such as neighbour nuisance, poor conditions, overcrowding.
- *Struggling with the emotional and physical demands of having a new baby or multiple births.
- *Starting a new life after surviving a violent relationship, sex trafficking or seeking asylum.
- *Managing children's behaviours, assessment processes and diagnosis of Autism and ADHD.
- *Children who are not ready for school, needing help with developing their communication, ability to play, share, listen to others and cope with self-care.
- *Poor health and wellbeing including illness and disabilities.

This year has been fulfilled with a range of complex family support situations and the team have been able to help families through such difficult times. As the Manager I would like to thank all staff, trustees, volunteers and partner agencies for pulling together to provide such a fantastic service to support our families in Rochdale.

We are lucky to have such an amazing team!

Donna Arden – McKenna—Scheme Manager

Message from the Chair

I am pleased to introduce our Annual Report for the period of 1st December 2017 until 30th November 2018.

2017/2018 has been a year of ups and downs. Up in that we are continuing to deliver and meet the needs of families in the wide Borough of Rochdale. This of course would not be possible without the dedication of not only our paid workers but all our unpaid volunteers. By working together as a whole unit, it enables us to have consistency over the past 19 years. Hopefully we will continue far into the future.

Funding will continue to be a challenge for us, although this year we have been fortunate to raise money from a variety of sources, to keep the charity delivering support for families at a similar level to last year.

The positivity, enthusiasm and commitment from our Trustees, staff and volunteers about the future development of Home-Start Rochdale Borough is a testament to them.

Many Trustees and staff members have stayed committed to the scheme, continuing to support more families and children year on year. Myself and Colin Smith have been involved with the scheme from the very beginning, 20 years in total! Whether you consider this an up or a down side, we will leave that up to you.

Peter Brierley
Chair person

Meet the staff team

Gill, Sharon, Emma, Ali

Sam, Donna and Jess



Introducing our Trustees



Is our chair person and his background is in Engineering and has 40 years experience in the voluntary sector for various organisations. This has helped Peter to support and deliver the necessary requirements of this wonderful foundation of Home-Start both in the past, present & future.



Is our vice chair person and her working background is in administration in the public sector, mainly Local Government. Margaret joined Home-Start in 2009 and supports the scheme in Human Resources and Personnel issues. Margaret is now retired and enjoys holidays in her touring caravan with her husband.



Has been involved with Home-Start since May 2000 as a home visiting volunteer. Her background is a retired School Burser and now supports the scheme in Finance and now as Treasurer for the scheme. Sue support's both the Scheme Manager and Finance Officer with the scheme accounts and following procedures. Sue has been retired for 14 years and enjoys Pilates, going to the Gym, Walking, Theatre and eating out.



Is an Ex Local Authority Housing Manager and retired after 33 years. Colin has been involved with the scheme since its beginning 20 years ago. He represents us on the Greater Manchester Home-Start Committee and also sits on a group representing the Bury, Bolton and Rochdale Home-Start partnership as a Trustee for Rochdale.



Has been a Trustee since 2002 and is our safeguarding Lead and also sits on our family sub group for the scheme. Her career was with Social Work, managing a team supporting elderly vulnerable people with disabilities or mental health needs. Margaret's specialities include youth justice, safeguarding, fostering and adoption of children. Her interests are creative writing and local history.



Is a retired Health Visitor and has referred to Home-start whilst working. Lynn is now a Trustee for the scheme and is also a President of Littleborough & District Lion's Club. She has 4 grandchildren and enjoys walking, reading and eating out with her husband and friends.



Is a trustee for the scheme and his working background is in Local Government as Assistant Director of housing services. Previous to this Warren was an Assistant Director of Environmental Health. He sits on our sub groups and supports the schemes strategic planning, personnel and family support. He offers support to all staff and trustees. Warrens hobbies are travelling abroad enjoying the sunshine.

We need your help to become a volunteer Trustee, to help provide leadership and direction towards managing the charity overall.



All you need is common sense, flexibility, a little bit of time, understanding of the pressures facing parents today and a genuine interest in supporting families.

Contact donna.homestartrochdale@gmail.com to express an interest and arrange an informal chat.

At Home-Start Rochdale Borough, we are proud of the strength and commitment between our Directors, Advisors, Staff members and Volunteers.

We are all actively involved with making sure all aspects of our Strategic Plans are fulfilled, whilst attention to detail is a priority when providing an excellent family support service to our community.

Introducing our
support for families to improve
Emotional Health & Wellbeing

Supporting Emotional Health & Wellbeing in Rochdale

The role of the Support Worker is to carry out initial visits with families who are referred to Home-Start, to assess their support needs associated with low to medium mental health difficulties. Weekly one to one support at home and within the community is provided for parents experiencing depression, anxiety, stress, phobias, those with poor self-confidence, alcohol misuse, relationship difficulties and those suffering due to living in poverty.

Practical and emotional support for parents and children is offered on a short-term basis, or until the families immediate support needs have been met or reduced. The support is focused on preventing the health needs from escalating, introducing coping strategies and introductions to community provision. Home-Start encourages parents to engage within an Early Help Assessment or access more help and support from Locality Hubs, if the family is going through challenging times. This work adds value to Rochdale's Health and Wellbeing Plan 2016-21 and the Integrated Early Help strategy 2016-19.

Families need emotional health and well-being support to thrive

Families in Rochdale, Heywood and Middleton needed more support from Home-Start due to the impact on their emotional health and well-being, as poverty increased with the roll out of Universal Credit and the benefit cap. Children were often missing meals, did not have appropriate clothing or heating. More families were renting from the private sector and in poor quality disrepair houses. Families were being evicted and residing in hostels and B and Bs. We are seeing more domestic abuse and relationship breakdown due to conflict within the household as families are in a crisis.

Parents tell us there are long waiting lists for mental health services and children's health services. Specialist provisions are stretched, focusing on higher level intervention and limited resources for prevention and recovery. Issues are becoming more complex, yet being managed at early help level. Home-Start understands the challenges parents and carers may face if they are experiencing poor mental health and the impact on the children, which is why early intervention is the key to support these families.



The impact a parent's mental health may have on the child

During this year, we supported many parents with long term health conditions and poor mental health for so many reasons. They became withdrawn and isolated themselves, which impacted on the children's well-being. Some children lived within households where routine, structure and boundaries were not in place due to parent's mental health. For these parents some responsibilities felt impossible – such as having interactions with their child to help them with personal and social skills, to set time aside to enjoy play, support to regulate emotions and promoting development. This felt like a task rather than an enjoyable experience. We know the parents' difficulties have an impact on the child's attainment and ability to be ready for school. Some children presented with emotional and behavioural difficulties and fail to thrive. Many parents became protective and anxious when apart from their baby or child. Completing the school or nursery run became difficult to manage and children would often be late. Attendance has been low in cases where parents experience anxiety. We observed attachment anxiety within infants, aggression and behavioural issues with younger children. At times, children were reluctant to go to school or nursery. Deprivation in Rochdale is high and this has been reflected within the parents and children we support.

Parent quote (homeless family):~

"Our family wish to use this opportunity to say a massive thank you for your unreserved support to us in the past months. You have seen us at our weakest points but you stood by us without judgement or scorn. We really appreciate your selfless support and care. Your love for humanity shone through!"



Home-Start can help!

Time, listening, empathy, reassurance and understanding is the key to successful support from Home-Start.

- ◇ Offering weekly support has provided the family 1-1 listening time to offload issues affecting their well-being.
- ◇ Building up trust and allowing them to discuss issues affecting their mental health enables the families to feel confident to access and engage with a range of voluntary and statutory agencies such as Thinking Ahead, Living Well and MIND.
- ◇ During difficult times, letting the family know they can ring or text helps to reduce their anxiety by offering a listening ear.
- ◇ Boosting parents self-esteem and confidence, increasing motivation to take control of their own health care, empowering their parenting skills.
- ◇ Referring families into statutory and voluntary services to improve mental health and wellbeing of both parent and child – helping prevent any difficulties from escalating into crisis from developing into family breakdown.
- ◇ Support to apply for benefits, housing, school and nursery places. Many families were missing eligible benefits such as housing allowance, and having to rely on food banks and charities for items needed, such as Littleborough reuse.
- ◇ Supporting the families out and about to promote wellbeing and to reduce isolation.
- ◇ Using the 5 ways to well-being to help them with self-care, manage their stress, depression and anxiety, with a focus on thriving and staying healthy.

Families enjoying a get together at Mischief Makers, to help reduce isolation

Linking families with key partner agencies for additional support

We aim to support families to strengthen community engagement, helping them to know how and where to access services when they need them in the future. These include: ~

- City Hearts
- Living well
- Thinking ahead
- Rochdale Mind
- Burnside Community Centre
- Recovery Republic
- The Lighthouse Project
- Thrive
- Webster Stratton parenting Courses
- Freedom Courses
- Barnardos
- Health Visitors
- Citizen Advice Bureau
- Thinking Ahead
- MIND
- Recovery Republic
- Turning point
- The Lighthouse Project
- Littleborough Reuse

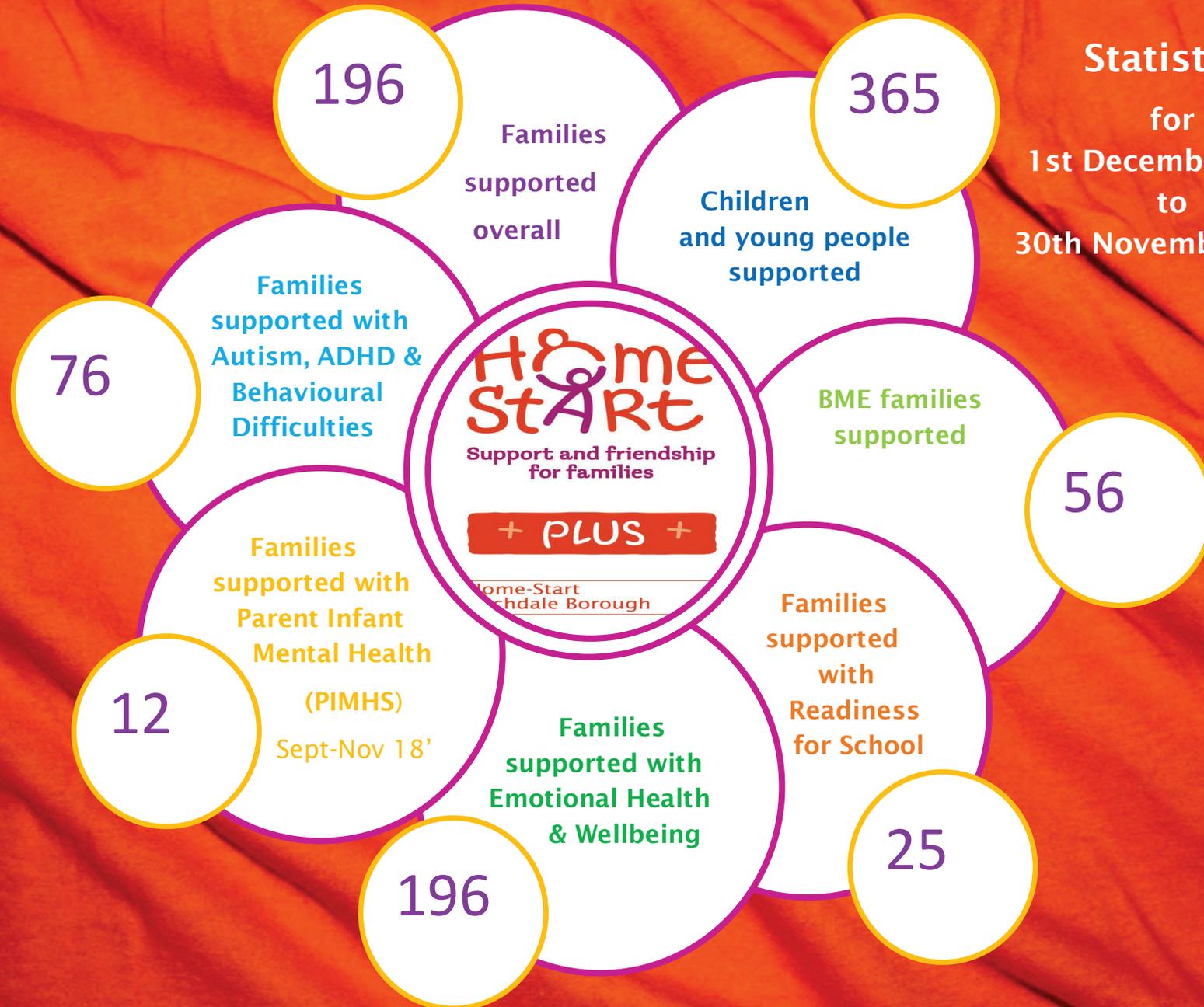
Alison Kirkpatrick
Support Worker

Funded by 
Heywood, Middleton and Rochdale
Clinical Commissioning Group



Parents enjoying a well deserved pamper and relaxation session

Statistics
for
1st December 2017
to
30th November 2018



Introducing our
support for families to improve
Autism, ADHD &
behavioural difficulties

Supporting Families with Autism, ADHD & behavioural difficulties



Within the Rochdale Borough the need for support around Autism, Attention Deficit Hyperactivity Disorder and behaviour has increased dramatically. In the UK there are more than 700,000 people with an Autistic spectrum condition.

Home–Start Rochdale attend the Autism Strategy Group in Rochdale for Children and Adults so that we are connected to all services. We are also on the Neurodevelopmental pathway to support parents and young people with Autism and Attention Deficit Hyperactivity Disorder .

The Autism strategy aims to improve identification and assessment, diagnosis and early intervention for children and their families aged 0-25 years. Also, to liaise and plan with services and to promote and coordinate training.

Home–Start Rochdale has become a key service in supporting parents who are going through assessment, pre, post diagnosis, and provide early intervention in the family home. There has been an increased need for support for parents around behaviour, the pathway to diagnosis and learning new strategies to support their children.

We are also currently involved in a joint project across GM called Bury, Bolton & Rochdale (BBR). This involves Rochdale, Bury and Bolton schemes working together. Rochdale support families with Autism over Bury and Bolton via telephone support, which is available on a Friday afternoon. Parents, staff and volunteers can ring our service to access support and advice around Autism, Attention Deficit Hyperactivity Disorder and behaviour.

Over the past year as part of our BBR project, we have delivered training and awareness around Autism for parents, staff, trustees and families. We have also accessed training ourselves around Pathological Demand Avoidance (PDA), Attention Deficit Hyperactivity Disorder (ADHD) and emotional wellbeing.

Referrals

Over the past year we have supported 76 adults and 84 children with Autism. We have had an increase in parents referring themselves into the service as well as families being referred in by professional agencies. Over the past 12 months referrals have been coming in from the Children’s Acute and Ongoing Needs team, Speech and Language Therapy, Occupational Therapy, Healthy Young Minds, Health Visiting teams across the Borough, #THRIVE, Primary and High Schools across the Borough, Rochdale Local Authority SEN team, GP practices, and the local Children’s Centre’s.



Support

We have provided a wide range of support to families across the Rochdale Borough including managing behaviour, aggressive behaviour physically and verbally, self–harm and risk taking behaviours, school exclusions and support with Education Healthcare Plans (EHP) and sensory strategies in school and also sensory, sleep and eating difficulties. Transitions and toileting including bladder and bowel incontinence and smearing faeces alongside the emotional and practical support that we provide to all our families.

We are finding following support parents are more confident in applying strategies and managing children’s behaviour, they are more aware and knowledgeable about their children’s diagnosis. Families are also developing their play skills so they can interact with their children in different ways. We encourage parents to engage in the community to reduce isolation with their children even though this can be difficult with the children’s additional needs, Families can do this with support from a volunteer or staff member. More importantly, families can chat and get support and advice from staff and volunteers who live with family members with Autism themselves. This is crucial to families to talk about what they are going through with someone who understands.

We have also supported parents with referrals into other services including, Occupational therapy for adults and children, Healthy Young Minds and Children's Acute and Ongoing Needs service for assessment for Autism and ADHD, Sleep clinic, Dietician, The Shine courses and Healthy Young Minds Workshops, Webster Stratton parenting courses, Speech and Language Therapy. There has also been an increase in support in housing, request for adaptations and benefits in regards to disabilities. We have also seen an increase in referrals for ADHD for parents and children and Children displaying PDA behaviours, Attachment disorders in children.

Parents and Autism

Over the last twelve months, we have had an increase in parents requesting a referral into the LANCS service for assessment of Autism and ADHD in adults. Parents are going through the pathway of assessment with their children and noticing the similarities in their own childhoods and behaviours. We have been supporting parents emotionally on this journey and assisting in the gathering of evidence and applications for the service.

(Quote from a supported parent)

"Amazing support from Home-Start. They are very understanding and a caring team. Sam is an incredibly lovely lady, she helps and supports our family as we take our journey through the ups and downs. She goes above her role and is a credit to Home-Start. You are the super Heroes of Home-Start!"

Sam Freeman and Emma Zagni
Autism & ADHD Coordinator and Support Worker



Sensory ideas for parents to try with their children



Group support for parents of children with Autism, Attention Deficit Hyperactivity Disorder & social communication difficulties

Home-Start Rochdale has recently started a new group support service, delivered in Middleton, once a month. The group is open to any family living in the Rochdale Borough with a child with additional needs.

The aim of group is to encourage parents to come together and share experiences, make new friendships and access support from the Autism Coordinator.

During the first block of group support sessions, we supported 24 families and 6 children. Some of these families also accessed home visiting support before group.

We also encouraged parents to come along with their children who were under 5 so they could engage in some readiness for school activities with staff and volunteers while parents had a coffee and breakfast pastries.

Parents accessed information to services, emotional support while going through the diagnostic pathway, access to sensory aids, which included demonstrations on how these could help their children.

In the upcoming year, we are hoping to expand on our group support and facilitate this in other parts of the Rochdale Borough to help even more families.

Alongside group support, the families also have access to our telephone support service, which runs every Friday afternoon. Families can contact the Autism Coordinator to discuss any difficulties they are experiencing, with an opportunity to offload, seek advice and coping strategies.

Parents told us how much they appreciated this new group and they really hope the opportunity continues into the next year.



Parent quotes:~



"We need this monthly support group as this supports me, talking to other parents and reassurance"

"Seeing the staff from Home-Start gives me the strategies to carry on for the next month. I know I am not alone, it helps my confidence to keep parenting well!"

"It's nice to speak to people in the same situation. Great support!"

"I think this group is immensely beneficial to all parents with children with Autism. It is a place where you don't feel alone and everyone is in the same boat"

"My little boy loves to come and play with the volunteers and I love being able to have a coffee"

"It doesn't feel lonely being a parent of a child with Autism because of the support I get at group"

"Thank you Sam and volunteers for all your help, support and understanding"

Sam freeman

Autism & ADHD Coordinator

Parents enjoying sharing coping strategies and ideas for support

Sam's Sib's Support Group



Sam's Sib's is a support group where siblings of children with Autism can take time out for themselves, come along to make friends, and have fun.

Sib's started 9 years ago when there was a gap of support for siblings in the Rochdale Borough. We wanted a place where families could come and access support in a friendly atmosphere with people in the same situation. Parents can access support from staff, volunteers and other parent's knowing their children are safe making new friendships and learning a little about Autism and recognising their own feelings.

The group is delivered twice a year if funding allows, for 6 weeks and provides support for children aged 6–15 years. We also run a Parent Support Drop In alongside the group where parents can have a coffee, chat, and reduce isolation.

We also have a fab team of parent volunteers, Stephen, Tony, Roisin and Henry who all have an emotional connection to Autism and understand parents and children's situation living with family members with Autism themselves.

Parents told us this is why Home-Start support works really well as the volunteers and staff understand from first-hand experience what the family is going through.

We are very proud of Sib's. Proud of how many parents and children the group has supported over the last 9 years, some of the children that have made friendships that will last a long time.

This year we were limited on funds, therefore we could only run one block of sibling support.

We had 8 families with 13 children accessing Sib's and 10 parents, including 4 Dads who engaged in parent group support.

It is so important to involve all family members if possible!

This year we engaged children in activities such as:~

Looking at how Autism affects their siblings and themselves

Craft activities including making sensory dough

Making worry boxes for the children to use at home for themselves and their siblings

Decorating cupcakes for the children to take home

We are looking forward to the next year trying new activities and supporting more families in the Rochdale Borough.

"We are pleased that more Dads are engaging in Sib's".

Sam Freeman

Sib's Group Leader

Funded by  Children in Need

"Sib's has helped my child grow more confident and she understands she is not alone"



Introducing our
support for families to improve
Readiness For School



Improving Readiness for School

Children living in Rochdale are way behind the national figures for being ready for school at the age of 5 years. Rochdale is currently 4% below both the Greater Manchester and North West average and 7% below the National averages. This equates to 1,200 children (36%) who were not school ready and therefore at risk of not reaching their potential.

Home-Start is playing a key role in contributing to the Rochdale School Readiness Strategy. School readiness starts at the time of conception. It is also vital that we support parents during the 1001 critical days when children are young. School readiness at age five has a strong impact on future educational attainment and life chances. Communication and language skills underpin all areas of learning, so this project will play particular focus in these areas. We are encouraging our parents to talk to their child/ren more often.

Public Health England's Health Matters- Giving Every Child the Best Start in Life (2016) identified that "A positive early experience is therefore vital to ensure children are ready to learn, ready for school and have good life chances"

Our '**High 5 I'm Ready for School Project**' has been funded by Rochdale CCG and Awards for All Lottery to support parents with health conditions that have a direct impact on their child's learning and development. The project is now embedded as part of the everyday support offered for families referred to Home-Start.

A Readiness for School Coordinator trained in Early Years, has dedicated their work to improve the emotional, social and practical skills of Pre-School children who may have been at risk of not meeting developmental milestones due to their parent's poor health or disability.

Links have been developed with key referring agencies to promote the additional support available. Simple referral pathways were established, promoting self-referrals from parents in addition to inviting an increase from early year's practitioners and health professionals. Word of mouth between parents created an increase in self-referrals as parents reassured each other about the confidential, user friendly service.

Referrals

Referrals for support where the parents have poor mental health and physical disabilities have been the main reasons behind the request, to help their children improve their chances of being school ready at the end of Reception.

Support was offered to help break down the barriers that prevent them from spending quality time with their child. For example, parents being on high dosage medication, memory loss causing missed appointments, sight impairment, recovering from a serious accident, back conditions meaning parents can't sit with their child for a period of time or get down on the floor and play, parents with literacy difficulties and complex conditions such as mental health, fibromyalgia and cancer.

Referrals to other health related specialist services have been made to services such as Health Visiting Teams, Locality Teams, Speech and Language, Children's Paediatric Services- Bubbles, Young Carers, Barnardos and the SHINE Service. This encourages parents to access Thinking Ahead, Pain Management Services, Counselling and a range of community activities within their localities.

Referral pathways have been developed and Children's Centres are now established as our main referrers as this project develops. When the Health Visitor completes a Developmental Assessment and concerns are raised, they will refer them to their local Children's Centre for 1-1 support. For families who require longer term help in the home, referrals have been made into the Home-Start "High 5 I'm Ready for School Project" for further support.

Funded by


Heywood, Middleton and Rochdale
Clinical Commissioning Group
Social Investment Fund

Improving Readiness for School

Training and resources

Activities delivered within the home between parents and children followed guidance from the Early Years Foundation Stage (EYFS) and link to improving the 5 key areas of need, highlighted within our research prior to the project starting. Those areas being; Communication and Language, Personal, Social and Emotional Development, Literacy, Maths and Understanding of the world.

The School Readiness Project activity packs have been completed and are now displayed in the office, to enable easy access for Staff and Volunteers. Training for all staff and volunteers has been completed and this was facilitated by Gillian Gore who also delivers similar training for Home-Start Trafford and Salford. We received excellent feedback from this and none attendees have been provided with information on the importance of School Readiness during their support and supervisions. All staff and volunteers are encouraged to share the activities with parents who would be resistant to spending quality time with their child.

Thank you to Molly Burke, Early Years Teacher for her help with the activity sacks and Early Years Foundation Stages. Also Tim Egerton for his help with photography and creating a logo. We now have the resources of 15 play and learn sacks containing toys, books and activities suitable from birth to 8 years. Resources are regularly utilised on a daily basis by staff and volunteers and the Coordinator regularly inspects the sacks for quality and breakages.

Our activity sacks help promote independence, improve communication, language, listening skills, mathematical development and understanding instructions. All sacks carry information and guidance cards for parents and volunteer to use as useful resources.

Activities with children in addition to the play and activity sacks have been sharing books and reading, learning new songs and rhymes and encouraging parents to repeat these on a daily basis, play dough activities, building bricks to develop fine motor skills, ball games, hoola hoops, going to the park, nature trails, jigsaws, counting, drawing, craft activities, baking, imaginative play, promoting calm eating times, promoting independence, encouraging the child to communicate with other adults and children to express their needs, how to be creative with limited toys in the home.

Providing support alongside play activities

Support began with building positive relationships with parents who often felt negative with low mood, not understanding the importance of preparing their child for school and the world around them. Volunteers built trusting relationships to encourage parents to make small changes to household routines, changes to home conditions so they become child friendly, allowing children the opportunity to play, have fun, learn to be socially interactive and communicate with others. An increase in the uptake of free childcare places for 2 and 3 year olds and registering with their local Children's Centre were encouraged.



Improving Readiness for School

Who did we support?

206 children including 15 with complex needs accessed support – all these children live within households where at least one of their parents has a health condition creating barriers to support their child to learn and be school ready.

75 Parents supported – with health conditions and illness, isolated parents not accessing any other local service except medical help for themselves, parents with multiple children in the household and lone parents. Support for a parent who is blind, parents with complex health conditions due to obesity, parents diagnosed with bi-polar, parents with physical disabilities requiring a walking aid.

The positive outcomes

- Children were introduced to an increased vocabulary and fun learning opportunities. As a result of this, children were able to communicate using simple words, instead of mumbles, gestures or crying out for the attention they needed.
- The emotional wellbeing of parents improved as they were supported to implement better household routines, creating a calmer environment. Support enabled parents with young children to establish good routines enabling them to adjust to the challenges that having multiple children under the age of 5 can bring.

As a result of working in partnership with nursery provisions to support parents and implementing joint strategies for managing behaviour, this has provided the child with consistency and structure both at home and nursery. Parents have developed a better understanding of their children's individual needs and have implemented strategies to managing their child's challenging behaviours.

(Parent quote)

"I have picked up different ideas about how to play with them, even when we go out and about. We learned about colours and numbers when we go out in the car – something I haven't thought of before."

Gill Marsden

Coordinator

"I'm willing to go to the Children's Centre now because he's listening to simple instructions now. I'm not as worried about him running off."



Activity sacks

"I can't afford toys like this and I'm ashamed to say so. My child looks forward to her coming because she gets quality time and attention I can't always give when I'm unwell."

Our summer trip to Gullivers World

August 2018



Parents supporting each other & Reducing Isolation

“What a great day out, thank you so much!”

Improving emotional wellbeing & creating happy memories

“I loved spending time with my daughter, which I wouldn't have been able to do before”



Enjoying special family time and strengthening family relationships

“A day out was just what our family needed”



Community Outings helping to reduce Isolation

Support for families who are new to the area, with limited knowledge about the services available within their local community have accessed our community outings.

Parents who are lonely, isolated or too anxious to go outdoors alone, have been invited to join us to enjoy time out from the usual pressures associated with family life. Sessions throughout the year had a positive impact on parent and children's mental health and wellbeing as parents told us:~

“Its so good to get out and meet others”

While children had fun, parents met new friends. They enjoyed talking, sharing experiences and most of all.... a break and time out! Some parents shared contact details to support each other and share coping strategies for the future.



Funded by



Introducing our
support for families to improve
Parent Infant Mental Health

Parent Infant Mental Health Support as part of the new Early Attachment Service

We are working towards delivering Parent Infant Mental Health as part of 'HMR Early Attachment Service – Nurturing Little Minds'. This is a new service in Heywood, Middleton and Rochdale commissioned by The Clinical Commissioning Group. This will be launched on 1st May 2019 with an official launch event on Wednesday 12th June 2019. It is a multiagency service that brings together a range of professionals from Healthy Young Minds, Maternity Services, Thinking Ahead, Adult Mental Health Team and ourselves.

The team includes: ~

- * Gill Higgins, Improving Access to Psychological Therapies and clinical specialist in parent infant mental health - Thinking Ahead
- * Lisa Dempsey, Team Administrator - Healthy Young Minds
- * Michelle Howland, Specialist Parent Infant Mental Health Midwife - Maternity
- * (In recruitment), Specialist parent infant mental health community psychiatric nurse Rachael Campbell, Specialist Parent Infant Mental Health Visitor
- * Healthy Young Minds
- * Sarita Dewan, Clinical Psychologist/Clinical Lead for Parent Infant Mental Health - Healthy Young Minds
- * Jess Healey, Parent Infant Mental Health Coordinator - Home-Start Rochdale

The service promotes the importance of parent infant mental health across the borough and provides a clinical service to improve the parent infant relationship when families are struggling. The service offers training, consultation, assessment and direct clinical work to support parent infant mental health and support local services to champion parent infant mental health.

Any Professional can refer to the team via the Healthy Young Minds single point of access and they can contact the clinical lead for a consultation and a referral form from (Sarah.Dewan@nhs.net) The criteria for referrals is: ~

- ◇ To live in and/or be registered with a GP in Heywood, Middleton or Rochdale
- ◇ Be pregnant or have a baby 0-2nd birthday
- ◇ Have parental consent
- ◇ Parent(s)/carer(s) who are presenting with mental health difficulties or have experienced mental health difficulties or trauma or there are concerns about the parent – infant relationship.

A Referral into Home-Start for Parent Infant Mental Health Support can come directly to Home-Start as a self-referral or from professionals, in addition they can be referred through the Service and then are passed onto the relevant service within the team at referral meetings, meaning some are passed to us.

Home-Start's Role within the service is to:~

- ⇒ Promote Parent Infant Mental Health
- ⇒ Recruit, train manage and match volunteers to families to support them with low level parent infant mental health
- ⇒ Offer coordinator support to families with more complex parent infant mental health needs
- ⇒ Coordinate and facilitate Home-Start PIMH training to the Home-Start Volunteers and paid Home-Start staff
- ⇒ Contribute locally to the delivery of Solihull Approach Training and be involved in the organisation and delivery of awareness, family days and talks.

This type of support is greatly needed in Rochdale as up to 20% of women develop mental health problems during pregnancy or within a year of giving birth. The first 1001 days from conception to the child's 2nd birthday is a critical period where parents mental health can have a lifelong impact on the child. A range of research shows that the way parents interact with their babies predicts later development so by delivering parent infant mental health support we are reducing early relationship problems and later mental health needs. Some of the problems we have encountered so far are: ~

- * Families who have lost a child
- * Families who have conceived due to a sexual assault
- * Families with a parent in prison
- * Families who are struggling with their relationship with their baby



*Rachael, Jess & Sarita from
the new 'Rochdale Early Attachment Service'*

- *Families with little or no 'family' or 'friends' support
- * Families who have adverse childhood experiences
- * other various families that are in need of parent infant mental health support

The support we provide is emotional and practical, this includes supporting families to access the Children's Centres, appointments and to get out of the house to reduce isolation. We work alongside many other professionals to support the families the best way we can. Some of the main professionals we work with for parent infant mental health are Midwives, Health Visitors and Children's Centre workers. One way that we work together with a family is by using an Early Help Assessment resulting in Team Around the Family meetings which give each professional working with the family and the family members, clear actions to complete to better the chances of positive outcomes. We also refer families to other services, with their consent, if it is something that is believed to have a positive effect on the family. Some of the services we refer to are:~



Thinking Ahead

Sexual Assault referral centre

Children's Centres

Access and Crisis via Health Visitor

Littleborough Reuse

Discretionary Crisis Fund

Discretionary Housing Payment

Everyone who works with a PIMH family receives additional training to the core training. This is because there are certain approaches to working with a PIMH family to gain the best outcomes. As well as training in different approaches to work with family's the training also gives knowledge on The Attachment Theory and Infant Brain Development, Pregnancy and Parental Well-being, Birth and Development and Support and Reflection. As a Parent Infant Mental Health Coordinator for Home-Start I have to date completed the following training:~

- * **PIMH'S Train the Trainer**
- * **Perinatal Infant Mental Health Event Workshop**
- * **Baby Bonding Training**
- * **Bruising on Babies and Children**

We have supported a family who have had their first child unexpectedly, the mum has a complex physical health condition and found building a relationship with her baby difficult. She found everyone gave her different information leaving her feeling confused, she felt she couldn't keep her baby safe and was struggling to understand her baby's cues. Emotional Support and Parent Infant Mental Health approach led work was given to the family and after 6 weeks of hourly home support visits from our Home-Start Parent Infant Mental Health Coordinator the family are now embracing their baby and have started to form positive relationships, leaving the household alot calmer. The parent said 'I couldn't have got this far without the support; I look forward to Jess coming and feel so relaxed with how calm she is. The family are now ready and excited to start working towards leaving the house with the baby to access play sessions with further support from the Coordinator.

We also supported a lone parent family who had conceived due to the result of a sexual assault and was due to give birth but feeling very apprehensive about how she would feel towards her baby and how she would look after her baby, she had also fled her area due to domestic abuse, so was in a new area in a new house with very little belongings or money. We gave the parent emotional support which again involved Parent Infant Mental Health approaches, supported her to attend appointments, gather household belongings, involved her in the early help assessment and referred her to other services in addition to the ones in place to have the best chance at the family gaining positive outcomes. After a number of months working with the family, they no longer needed our support and were showing signs of excellent attachment and relationships and improved confidence.

The family said "Jess is one of the loveliest people I have met, she has helped me gain confidence and supported me when I have needed it most. She has always made sure I am okay and I really got on with Jess. I really appreciate all the work she has done, Thank you Jess".



At least 10% of fathers on average suffer from significant depressions both pre and post-natally, with the peak time being between 3-6months post-natally. Although we do support the whole family under our service, we do hope to deliver a more bespoke service just for dads in the near future. The service we would like to adopt is 'Dad Matters', this would support more Dads to feel listened to, important, valued and most importantly prevent mental health issues that could lead to long term issues with their child.

Jess Healey

Parent Infant Mental Health Coordinator



Funded by



Buddies For All—Reducing Isolation & Loneliness

The Buddies for All Project began in April 2017 and was initially delivered across the Township of Middleton and then progressing to Heywood. The project is funded by Reaching Communities Lottery Fund. The aim is to support all members of the Heywood & Middleton community, who are lonely, isolated and experiencing low to medium mental health difficulties. This may be parents, young people, children, Grandparents and relatives.

REDUCING ISOLATION - Supporting young families and vulnerable adults who are reluctant to make use of community resources and struggling to attend appointments at Universal services such as GP, Dentist, Children's Centres and Clinics. This may be due to depression, anxieties, poor health or physical disability.

REDUCING STRESS AND ANXIETIES – Supporting adults who experience stress and anxieties due to illness, disability, low level Mental Health issues such as depression. The support will encourage people to improve emotional health by working towards the '5 Steps To Wellbeing' and being introduced to services such as MIND, Healthy Minds and Psychological Therapies. They will be introduced to a buddy who will provide regular support to help improve confidence, improve health and wellbeing and enable them to become involved in self-help and independence.

TRAINING FOR VOLUNTEERS WITH NO EXPERIENCE OR QUALIFICATIONS – Recruiting local parent volunteers, to provide hands on experience of delivering family support and adult befriending to enhance career development. Supporting volunteers to build a portfolio of evidence to further demonstrate their experience.

Why is support needed?

In Rochdale in 2016/17 the rate of loneliness was 49.1%, above the England average of 45.4%.

Many family members presented at the Initial visit as being stressed, anxious, worried and concerned about the wellbeing of themselves and other family members. They told us they struggle to manage their emotional wellbeing on a daily basis – some receiving medication and others exploring other options for treatment.

Parents told us they felt sleep deprived, felt unsupported by members of their family and friends and worry about paying bills and managing debts. Their health problems have caused anxieties, loss of income due to being off work sick, causing low mood, often turning into depression or more complex mental health conditions. Some families have just forgotten how to relax and have stopped contact with friends and family or are isolated and need support to connect.

Poor relationships and controlling behaviour of partners have been a trigger to families not coping, sometimes poor housing conditions, being homeless, and dealing with neighbourhood nuisance. Parents suffering from bereavement and loss, who are not yet linked with professional services who could support them.

Families feel more at ease choosing Home-Start rather than a statutory agency as we provide non-judgemental practical and emotional support.

Some families cannot connect with professionals, such as teachers, Sure Start staff, nurses, paramedics and adult social care workers feel they are not stigmatised as much if they are to accept low level support . Regular home visits to build up trust and respect.

“Not sure I would have got through all this without this support”

In the last year, we identified 33 parents struggling through the emotions caused by previous domestic abuse and all accessed support.

“We are so grateful to Home-Start for all their help and support to get outdoors”



How Buddies For All Project can help

- ◇ Short term weekly home visiting support for up to 2 hours each week has been provided for parents and families experiencing low to medium mental health issues, where isolation and loneliness is a major factor.
- ◇ The Emotional Wellbeing Support Worker worked alongside the trained volunteers, provided a tiered level of support dependant on the complexities of the parent's emotional need.
- ◇ Family members from birth to adulthood were offered 6 weeks focused visits and longer term help from a volunteer when required.
- ◇ Family members regardless of their makeup were supported to accessed practical and emotional support, to help reduce stress, anxieties, reduce social isolation and prevent crisis situations.
- ◇ Practical support and reassurance has been provided, to enable family members to come out into the community, explore what support services are on offer and to enjoy the facilities of the local area. Opportunities to help improve physical and emotional health and wellbeing were put in place to encourage independence and self-management skills.
- ◇ Referrals to higher level mental health support services were made to MIND, Healthy Young Minds, Thinking Ahead, G.P and liaisons with the Community Mental Health Team where family members struggled to cope with their emotional wellbeing on a daily basis.
- ◇ Visits have been provided during the daytimes, tea times, early evenings and weekends. This flexibility enabled us to support local people who may be usually excluded from accessing support because are working or needing support during the most challenging times. We have been flexible to offer support when beneficiaries feel at their lowest and struggle to cope.
- ◇ Practical support and reassurance has been provided, to enable beneficiaries to come out into the community, explore what support services are on offer and to enjoy the facilities of the local area. Opportunities to help improve physical and emotional health and wellbeing were put in place to encourage independence and self-management skills. Supporting families to learning new things, applying for courses or join in with volunteering. Boosting self-esteem and confidence. Support to join a community group, thanking someone or helping a friend. Feeling of self-worth.
- ◇ Initiate Early Help where children have additional needs beyond the role of Universal Services. Referrals into Barnardos for to Young Parent Worker, Living Well, Turning Point, Freedom Course, Mental Health appointments, referral to Expert Patients Programme, access 2 year childcare place, applications for PIP, food banks, clothing.
- ◇ A community trip to Blackpool Zoo and smaller local outings for simple walks, trips to the park, the cinema and play centres, were at the heart of support offered.

Middleton has an emerging Black African Community, especially on the Langley estate. There are more Polish families being referred to the service too.

29 families from BME backgrounds requested support, 10 of these claiming Asylum or Refugee status.

Families felt anxious and stressed needing extra support to help them engage within the community. Refugees and asylum seekers had difficulties accessing healthcare services and lack of awareness when given resource to public funds. They had problems in registering and accessing primary and community healthcare services when they were new to the area.

During this year 75 adults and 103 children and young people accessed support.

From Jan 2018 we extended the support offered to young people over the age of 12 years up to adulthood – something we promised to deliver on within our initial proposal.

17 trained parent volunteers have supported the delivery of the project.

Our short DVD explains how the improved relationships between beneficiaries and project providers have reached positive outcomes. Please see attached.

<https://www.facebook.com/HomeStartRochdaleBorough/videos/619018231817801/UzpfSTU3MjA5MDYwNjUxMDU2ND03NzQ0MjQ4NzI5NDM4MDI/>

Funded by



Meet our new Volunteers

Home-Start recruits parent volunteers from the heart of the community, to offer practical & emotional support for local families. There are various volunteer opportunities within Home-Start Rochdale Borough. We have many home visiting volunteers, support with admin tasks, group support volunteers, a handyman and trustees who manage the charity overall.

During this year, we have 24 Active volunteers supporting the delivery of our core work plus 7 trustees of the charity.

Home-Start Coordinators provide regular support and supervision sessions for volunteers who deliver home visiting and group support. They are always at the end of the phone for advice and guidance if needed. Coordinators support volunteers to build on a wealth of practical experiences in supporting families in the community.

Following on from the volunteer Course of Preparation, the volunteers access additional training in Safeguarding, Autism Awareness, BME Awareness and PIMHS (Parent Infant Mental Health).



New volunteers recruited in June 2018

From left to right:~ Sally, Ricci, Sam (Coordinator), Rachel & Jane joined our team

Volunteer Recruitment

Volunteering for Home-Start can be a stepping stone into a future career or training opportunity. We ask all new volunteers to commit at least 12 months support for our charity, to ensure families receive continuous help.

Many volunteers have left the scheme by gaining employment in childcare within Sure Start Children's Centres, Young Carers, School mentoring, Education Welfare and many more.

Volunteers have gained employment within Home-Start schemes in Rochdale and across Greater Manchester.

**Coordinators
Gill and Sam,
recruiting
new volunteers
from
the local community**



Our new Facebook page:~ From July 2018 until November 2018, we had a steady incline in the number of likes to our new facebook page as the word spread. Our post was viewed over 700 times, which is great for a first post :)

The drive to create a facebook page for the scheme is to share the brilliant work we do, supporting diverse families in Rochdale, Middleton, Heywood & Littleborough. It helps us to share our gratitude for our generous donors to the scheme, offering food, clothing, toys, funds for our Group Support, emergencies to name a few.

Our other key area is to help us to engage and recruit volunteers, share job opportunities and share Home-Start news and pictures.



Partnership Working

Support to enable parents to access additional resources



Greggs the bakers kindly donated unsold food to our charity Home-Start. Food was collected and delivered to families who struggled financially and those who were unwell to make family meals. This short term support was so valuable during food crisis situations, although the food may not have been the healthiest kind, it did help some families who struggled to provide a meal for their children and was a treat.



Littleborough Re-use have donated a range of furniture, toys, baby items, clothes and toiletries for families in need of extra support.

They were kind enough to deliver the larger items too.



A lovely lady donated funds to help Home-Start give each child supported some chocolate at Christmas time.

Selections boxes and tubes of buttons were given out in time for their family celebrations.



Free toys at Christmas time from Key 103 when parents struggle to budget for extra celebrations



Several parents have been so kind to donate fresh foods for families on low incomes or for those experiencing crisis situations during benefit delays.



Parent Quotes:~

"We are so grateful, thank you"

"Thank you for all the baby items"

"My daughter was made up with the toiletries she really needed"



RAPS (Rochdale Accident & Prevention Service)

Partnership working

The Rochdale Accident Prevention Scheme (RAPS) was a joint initiative between Rochdale Borough Council's Public Health team, Greater Manchester Fire and Rescue Service (GMFRS) and Home-Start Rochdale Borough.

The aim of the scheme was to reduce unintentional injury to 0-4 year olds at home due to high levels of Accident and Emergency visits to hospital, amongst young children. The main reasons for A and E visits were due to falls, but there were many other factors such as contact with heat/burns, being struck by an object and accidental poisoning.

Home-Start worked in partnership to support the strategic development of the scheme, met with some of the most vulnerable families to access support and helped towards the fitting of safety equipment within the home. Our handyman Steve met with several families and reassured them about how to use the equipment safely to prevent accidents. Our staff team were trained to be key referrers into the project and to advise on home safety.

Information and guidance was provided for our partner agencies in relation to the scheme, with regards to making a referral, waiting times and information about the availability of equipment.

Safety equipment was provided for families on low income, who would not be able to afford the essential equipment needed to keep their children safe in the home.

The scheme began in April 2017 and was funded by the Public Health Team and the main focus of our collaborative working was to:~

- 👉 Reduce fire incidents, injuries and deaths, amongst Vulnerable Families.
- 👉 Improve the health and wellbeing of families supported by Home-Start services, by introducing them to services available from GMFRS. (Greater Manchester Fire & Rescue Service)
- 👉 Demand on services and add public value through a preventative and collaborative approach.
- 👉 Provide Home-Start staff, volunteers and service users with training and information on fire safety in the home, and how to refer or self-refer to GMFRS for a Safe and Well visit.
- 👉 Increase the number of referrals from Home-Start and Early Years Professionals to GMFRS for Safe and Well visits.

Integrate fire safety into assessments, advice and interventions delivered by staff and volunteers from Home-Start.

Provide GMFRS staff with information on the range of family support services available across the Borough, and how to refer to the new RAPS Safe and Well Service.

In previous years, Home-Start also supported a Government Initiative in partnership with ROSPA to work towards accident prevention in the home amongst under 5's in Rochdale.

On both occasions we were successful in reducing a significant number of accidents in the home and would be interested in continuing to support this work in the future. There continues to be a high demand in requests for safety equipment from our partner agencies and parents within our community.



GREATER MANCHESTER
FIRE AND RESCUE SERVICE



Treasurers Report

I have been involved with Home-Start Rochdale Borough since its inception in May 1999. Many changes have occurred over the years but we have managed to sustain our service which is all due to dedicated staff, volunteers and of course Trustees. Procuring funds is a never ending process and becoming increasingly more difficult to achieve and we are indebted to all our funders without whom we would not exist.

We have had another very successful but challenging year and thanks are due to the following funders for the year:~

December 2017 to November 2018

Income and Expenditure

	<u>Year ended</u>	<u>Year Ended</u>
	30.11.18	30.11.17
Income		
Donations	2420	2428
Investment Income	121	14
Other	20	1826
Disclosure & Barring Service	8153	5096
Restricted Grants:		
Awards For All	7020	-
Big Lottery BBR	41769	9078
CCG DA	-	3500
CCG PIMHS	30328	-
CCG Readiness For school	16667	-
CCG Autism	25001	22916
CCG Mental Health	25000	22917
Children In Need	20862	20324
Henry Smith	-	16500
Baily Thomas Charitable Trust	5000	2500
Big Lottery BFA Home-Start	60770	39987
Big Lottery BFA Angel Project	41904	27560
The Mayors Fund	1000	1000
Sure Start Children's Centre	40000	40000
Fundraising events	-	-
Total Income	326035	215646

Expenditure

	<u>Year ended</u>	<u>Year Ended</u>
	30.11.18	30.11.17
Disclosure & Barring Service	3591	1005
Events	4937	215
Advertising and Marketing	1216	977
Employment Costs	208575	172375
Training	2849	570
Resources	1302	458
Recruitment	-	213
Donations paid	-	240
Emergency Family Support	226	181
Volunteer Expenses	3644	1280
Group support	987	4753
Family support	500	3
Activities for children	1010	400
Hospitality	782	282
Beneficiary Training	3491	1055
Emergency Food parcels	573	169
Travel Expenses	12117	10864
Evaluation	694	-
Telephone	2108	1449
Rent	13573	11598
Utilities	2675	1339
Insurance	1376	1163
Governance costs	2430	1499
Post, printing & stationery	4799	4353
Depreciation	-	-
Miscellaneous	-	-
Total Expenditure	273455	216441
Surplus/(deficit for the year)	52580	(795)

I would like to thank our Auditors, Manchester Community Accountancy Service for their continued support throughout the past year.

Sue Richardson—Treasurer

Sharon Pearson—Finance Officer

Thank you so much to our Funders and Supporters of the Rochdale Scheme



LOTTERY FUNDED

Awards For All Lottery Fund

Reaching Communities Fund

Baily Thomas Charitable Fund

Readiness For School, PIMHS, Autism, ADHD & Mental Health



Heywood, Middleton and Rochdale Clinical Commissioning Group



ROCHDALE METROPOLITAN BOROUGH COUNCIL



Children in Need

Sure Start

The Mayors Fund

and



A big heartfelt thankyou to

All of our following **volunteers** who supported families and the scheme:~

Jeanette, Sharon, Donna, Emma, Rose, Rachel, Liz, Henry, Roisin, Jane F, Jane U, Bouilly, Hannah, Tanya, Kim, Clare, Selina, Lauren, Sophie, Diane, Dureshahwar, Heather, Ste & Hayley

and our **Trustees**:~

Peter, Colin, Sue, Margaret W, Margaret E, Warren & Lynn

and of course for individuals who wish to remain anonymous but helped in many other ways supporting the scheme, its supported parents and their children.



Volunteers Ste and Roisin, alongside Donna, our Scheme Manager, Peter, our Chair person and Sam our Autism Coordinator,

were presented with a cheque by W3 for £730 to help support children attending our Sibs Support Group

Buddies For All Project

Funded by The Big Lottery Reaching Communities Fund

Improving Emotional Health & Wellbeing in Middleton & Heywood

Reducing isolation and loneliness, home visiting and community outings

Improving Emotional Wellbeing for the family

CCG Funded—Boroughwide

Home Visiting Support for under 5's

Boroughwide—Sure Start Funded

Priorities—lone parents, non-working families, teenage parents, fathers, disabilities & BME families

Home-Start GM

Increase Partnership working across Bury, Bolton & Rochdale (BBR)

Work collaboratively with the 6 Home-Start Schemes in GM

Additional Support for Families

Mayors Fund—Relief of Poverty

Donations—Seasonal Celebrations, clothes & food

Key 103—Toys

Improving School Readiness

Embedding within existing practice and resources



Support for Autism/pre-diagnosed

Age up to 12th Birthday

CCG Funded

Home visiting—Coordinator and volunteers

Telephone support

Sam's Sibs—June 2019—Ages 6-15 years

Group Support for parents

Match Existing volunteers

All Coordinators

Promote volunteer opportunities

Autism Support across

3 local authorities

Bury, Bolton & Rochdale

Home visiting support—Rochdale

Group support sessions for Rochdale

Telephone support—BBR

Training for Volunteers

Bury—Readiness for School

Bolton—BME awareness

Rochdale—Autism awareness

Parent Infant Mental Health

CCG Funded

PIMH Coordinator to become part of the new Early Attachment Team for Rochdale

For more information please contact:~

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T 01 706 629651

E info.homestartrochdale.org.uk

or visit our website **W** www.homestartrochdale.org.uk

F facebook.com/homestartrochdale



<https://www.facebook.com/HomeStartRochdaleBorough/videos/619018231817801/?zpfstU3M!A5MDYwN!UXMDO2ND03NZQ0M!Q4NZISNDM4MDI/>



Families
Supporting



"Many people will walk in and out of your life,
but volunteers
leave footprints in your heart"