



Knowsley

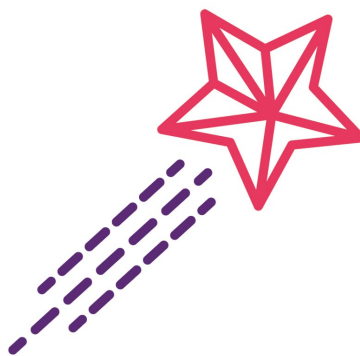
Annual Report 2022-23



Registered Charity No:1107933

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Trustees and Staff April 2022 - March 2023

Chair -	Dr Clare Kenny
Treasurer -	Pam Kimmins Susan McGuire (resigned 08/11/22)
Trustee -	Louise Johnston
Trustee -	Sheila Denson
Trustee -	Sara Harrison
Trustee -	Alison Russell (resigned 08/11/22)
Trustee -	Silvia Ferrer-Valls
Trustee -	Anne Tattersall
Scheme Manager -	Pam Bowes (retired 31/12/22) Andrea Thompson (from 01/01/23)
Administrator -	Isabella Hunter (from 06/03/23)
Organisers -	Jess Quirk Sarah Godenho Amy Gent
Perinatal Support Worker -	Helen Bushell-Honnor
Dad Matters Co-ordinator -	Luke Smyth (from 01/01/23)



Chair's Report by Dr Clare Kenny

Home-Start Knowsley has continued to support many families over the last year despite an ever increasing economic climate. Poverty is increasing and more complex cases are being referred into the scheme. The team have been using hardship funding to support many vulnerable families.

The trustees would like to thank the fantastic team we have here in Home-Start Knowsley and the volunteers for their continuing support.

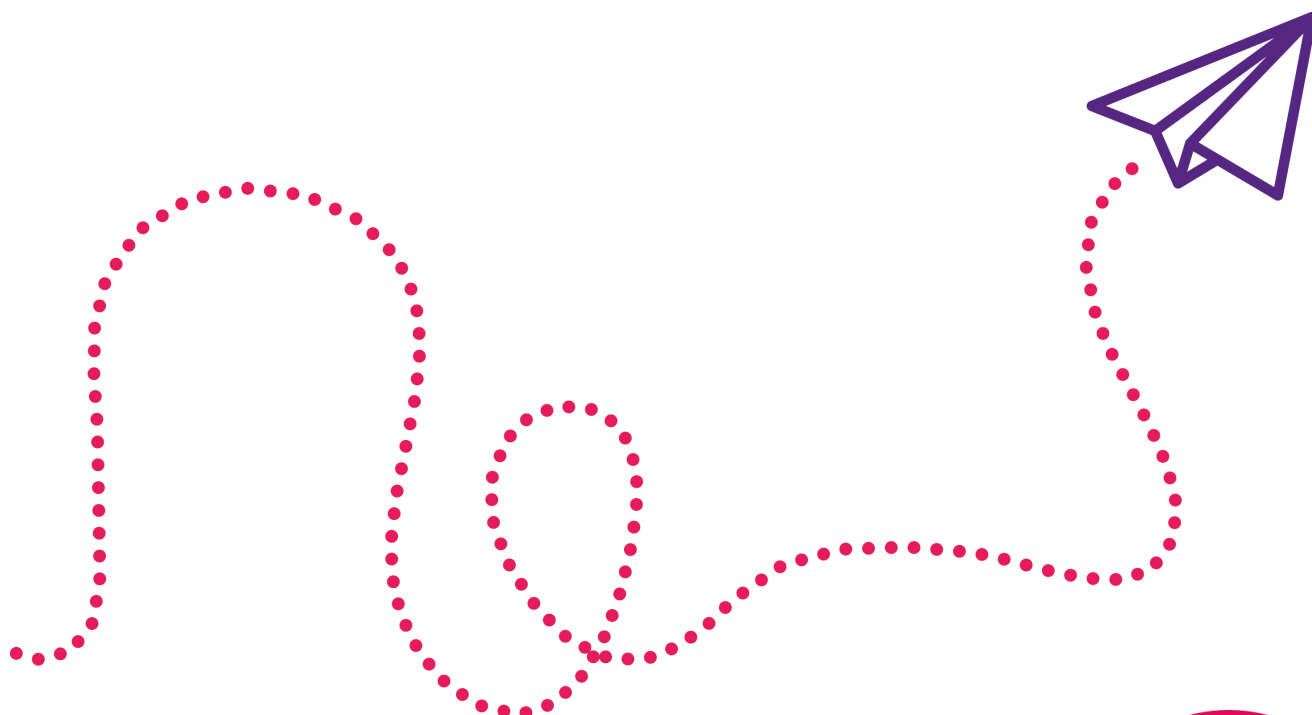
Examples of some projects are-

The Jigsaw Project is a continuing success for SEN children offering family activity days and playgroups that are well attended.

The Perinatal project runs over four sites in Knowsley, this project is growing in success offering a holistic approach including baby massage, mindful mummies and 1:1 support.

Dad Matters has been accepting referees since March 2023 this has been a huge success offering support to an often ignored group, working from neonatal units and antenatal clinics.

Funding for the third sector is becoming more difficult every year, the work Home-Start Knowsley provides is invaluable to the community. Our successful team will continue to deliver this vital support to Knowsley.



Scheme Manager's Report by Andrea Thompson

I have worked for Home-Start Knowsley for over 14 years predominantly in the role of Finance Manager. In January of this year I was appointed as the Scheme Manager, following my predecessor's (Pam Bowes) retirement.

During my time with Home-Start there have been many challenges that have shaped and impacted both the focus of the services we provide, and threatening sustainability of the scheme due to the reliance on short-term funding contracts. The scheme has adapted well over the years in strengthening existing services whilst also implementing new and diverse services to meet the needs of our community. We are dealing with much more complex and demanding cases, along with supporting a greater number of external services as a pathway to more specialist support when necessary.

We welcomed Luke Smyth in January as our Dad Matters Coordinator. Luke is supporting fathers who have suffered birth trauma or loss across Cheshire and Merseyside alongside Silver Birch Hubs. We are really excited to see where this project will lead to.



The cost-of-living crisis has hit the community hard and the demand for our service is at an all time high. Fortunately, we were awarded hardship funding via Better Together and Livv Housing. This enabled us to provide assistance by providing Knowsley families with essentials such as winter hampers, food, hygiene products, warm clothing, fuel vouchers, bedding and small electrical appliances. I would also like to say a huge 'Thank you' to Knowsley Trust's CEO and colleague for helping us to deliver our hampers and Christmas presents to families.



This year the Perinatal project has grown from strength to strength. Helen has introduced Mindful Mummies, Baby Sensory, Introducing Solids and has built strong partnerships with specialist perinatal services, ensuring Knowsley families receive the correct support as early as possible.

Sarah has continued to develop the Jigsaw project; the service is in high demand and is always well attended. It is so lovely to see children having fun and parents coming together to support each other.

Scheme Manager's Report Continued

This year Jess arranged for families to go to Gulliver's World and New Brighton as part of our Holiday Allsorts during the summer holidays. Families had fantastic days out with support from staff and volunteers. This assistance allowed families to enjoy a family day out that they may have never experienced before.

Amy organised Time-4-Me sessions this year, including macrame Christmas decorations, cooking, wreath making and mindfulness sessions. The sessions were really well received and have been in demand. The Parent and Toddler group has continued to grow with the assistance from our dedicated volunteer, Miriam. In March 2023, Isabella joined our team as an Administrator and has settled into our team really well.

The scheme wouldn't exist without the hard work and dedication of our staff, trustees and our team of supporting volunteers. Our staff regularly attend relevant training courses to enable them to provide the correct support to families. They also take the time to ensure all our volunteers are fully equipped to meet the varying challenges. It is very clear that it isn't just a job, they care about the families we work with and go above and beyond in their role. This is evident in the fantastic feedback we've received.



Report by Jess Quirk

We have had another jam-packed year at Home Start Knowsley!

The office is now back to a hive of activity with multiple groups going on every week. Others and I are now qualified baby massage and yoga practitioners. Once again, we have had so much generosity from partners, volunteers, other charities, agencies and big companies. This has enabled us to offer vital services and relieve financial burden on families throughout Knowsley. We have partnered with sexual health services to provide condoms and anonymous postal STD testing for both men and women. We have had Easter egg donations from Asda and the village hotel, 250 pairs of brilliant quality school shoes from Russell and Bromley. Volunteers offering to lead crafting workshops at the scheme. BT have provided us with 40 chrome books and 20 mobile phones which have being phenomenal for providing volunteers the chance to complete training online, and families with a means to attend online medical appointments, meetings and to enable them to google local services that can offer support.

As ever, we have consistently accessed the BBC essential fund to apply for white goods and furniture for families in need.

John Lewis offered the magical Christmas experience for five families again this year. This truly is a magical experience to be a part of. The feedback was amazing and so were the photos!

We were extremely lucky to have enough funding to be able to offer three trips for families during the year. Watching children and families being able to enjoy a family day out and experience sand, sea, fairground rides and wide-open spaces for the first time never gets old or any less rewarding! Some of the families who came this year were financially unable to afford any days out independently throughout the summer. Others are unable to cope with their children's needs outside of the house without support from staff and volunteers.



Report by Jess Quirk Continued

The model of support that we offer is so unique as it is tailored for each individual family that is referred to us. There is one consistent aim that stays in place with every family though and that is to help remove barriers to accessing services for them and to improve happiness, boundaries, routines and wellbeing.

We look forward to continue working and strengthening our partnership with agencies, partners, volunteers and other services over the next year and long beyond!

Getting crafty with Time4me Sessions



Report by Sarah Godenho

Another busy year! The whole team worked tirelessly this year to keep growing and improving the services we offer at Home-Start, we are all so proud of the work we have done.

The Jigsaw project continues to go from strength to strength. The fortnightly play sessions have now increased to weekly and the monthly coffee sessions are now fortnightly. Both are well attended with lots of new families joining on a regular basis. Another successful Short Breaks funding bid ensured that we have been able to continue these sessions as well as weekly sessions through the school holidays for the whole family.

I have endeavoured to solidify relationships with other organisations and have a fantastic new collaboration with Ciara Jones in Knowsley Council. Ciara Jones is the SEN lead within the 0-25 team and her help has been invaluable to so many of our families. Ciara has attended two of our coffee mornings this year and has been able to offer tailored support to parent/carers that have needed help. But she is always on the end of the phone if any of us need guidance. I look forward to continuing to work with Ciara and see how we can grow our relationship further.



The summer holidays were busy with weekly Jigsaw sessions plus weekly Holiday Allsorts sessions, including 2 trips to Gulliver's World and New Brighton. This meant that our families were kept well entertained through what can be a difficult time when times are hard, especially with the current cost of living crisis. We may have chosen the hottest day in history to go to Gulliver's World, but families got to enjoy somewhere they would never have been able to get to alone.



This year I ran two Cook-A-Longs, in spring and autumn. I really enjoy running these courses as cooking is something I love. I was incredibly lucky to grow up in a nurturing family with an ex-chef for a mum, so it makes me happy to teach other people who haven't had such opportunities, the basic skills of cooking and hopefully lead them to enjoy it too. Cooking from scratch has so many benefits to health, wealth and family connections. As well as cooking skills I also taught meal planning, batch cooking and the benefits of cooking and eating together as a family.

This Christmas we were truly blessed with donations. We had possibly our largest ever donation from Cash4Kids, my van was full to the brim. We also received an amazing donation of children's hats and gloves and hair accessories plus lots of candles, diffusers and mugs from The White Stuff. This was great as we were able to give gifts to parents and carers who normally don't receive anything. Then to top it all off we were incredibly lucky to be part of John Lewis' Magical Christmas. Once again, 5 lucky families were chosen to have Christmas supplied by John Lewis: decorations, gifts and food were all taken care of. It's such a huge worry taken off the hands of families and we are so privileged to have been able to offer this again.



Report by Sarah Godenho continued

At the end of the year we said a sad good-bye to our Scheme Manager Pam and an excited welcome to Andrea who has stepped seamlessly into the role. The new year signified change as we began the long task of redecorating our building. One of the parents that I have been working with for a long time through The Jigsaw Project works for NatWest bank and she put us forward to be their charity for the quarter. Through generous donations from staff and customers, they raised enough money for us to buy all the paint and equipment needed to paint the whole of downstairs. Around 15 staff also used their work volunteer days to come help us paint. We are so grateful for all the help, the building is looking better than ever, and I look forward to continuing the improvements over the next year.

Another year at Home-Start over and another exciting one to come. New staff members and new projects promise to make this our best year ever. Again!



Report by Amy Gent

I have been working here at Home-Start Knowsley for over two years now and I am still loving every minute of it! My role as a Family Support Co-ordinator is busy but extremely rewarding.

Since starting here, I have worked part-time three days per week. I have a busy case load of families whom I have been supporting with weekly visits, alongside running weekly Parent and Toddler Group sessions, delivering volunteer training and helping to organise and support with family fun day activities and family trips. I also run my own hypnotherapy business part time and I feel that the 2 professions really compliment each other and I am able to use some of my skills as a wellbeing therapist here at Home-Start. I have found that many of the families I have been working with suffer with low mental health so it as been lovely to share some coping strategies and techniques with them.

During this year, I supported Sarah in delivering a 'Cook-A-Long' project which was highly successful. The people that took part were really engaged and enjoyed sending in photographs to show the meals they had made for their families each week. It was brilliant that we were able to offer the families slow cookers to use at home. The project also encouraged friendships and reduced isolation as well as being fun and rewarding!

We have been able to offer families trips to places that they wouldn't usually be able to access or afford, which have included an Easter trip to Farmer Teds and summer trips to New Brighton and Gulliver's world. All of these were highly successful, and the families couldn't thank us enough. In addition to this, we have worked together to provide Holiday Allsorts sessions and Jigsaw sessions throughout the summer holidays which have helped to break up the time off school for families.

The Queen's Jubilee was also a very enjoyable family celebration day - the children enjoyed many different craft activities, games, facepainting, afternoon tea and playing in our outside area.

My favourite time of the week is a Thursday morning when I deliver the Parent and Toddler Group. I have been lucky to have a wonderful volunteer who is a great help during these sessions as the group can get very busy at times! I try to plan activities which are based on the children's interests and incorporate some structure and routines to help towards school readiness. The children have particularly enjoyed activities such as planting in the garden and decorating cakes.



Report by Amy Gent continued

December, as usual was our busiest month! We had many gift donations from BT and Asda's Cash4kids, along with a project delivered by John Lewis called 'Make a wish', this involved five families we were working with being chosen to receive £500 of Christmas gifts. The families were delighted and couldn't thank John Lewis enough! We spent many hours sorting out the gifts for our families and were lucky to have support from some of our wonderful volunteers with the sorting and deliveries. We were also able to provide our families that rent properties with Livv Housing a delivery of a winter hamper each. This helped some families massively, as the cost of living began to rise.



I enjoyed organising and delivering a party for the Parent and Toddler and Jigsaw groups and all of the families had a great time, making cakes, playing pass the parcel and meeting Santa for a gift. December was a mixed bag of emotions as we sadly said goodbye to our manager Pam and welcomed in our new manager Andrea.

The New Year began, and we found that lots of families needed some financial support to get them through the winter months. The Hardship Fund and the Fuel Bank Foundation

vouchers proved a big help to those in need. We had a new group of volunteers starting the Course of Preparation training which was delivered by both myself and Sarah. We also planned volunteer 'drop in' days where volunteers could come and have a hot drink, have time to chat with other volunteers and have a small one to one review with either myself, Jess, Sarah or Helen.

I completed a 'hypnobirthing course' which I am now qualified to deliver and also have completed a first aid course and a mental health first aid course.

Overall, it has been a productive year which I have fully enjoyed, it is an honour to work in this role and to be met with so much gratitude and appreciation from the families we work with!



Report by Helen Bushell-Honnor

The sun was shining as we enjoyed the Easter holiday Allsorts events that are certainly worth the hard work seeing the smiles on the families faces. A trip to Farmer Ted's was enjoyed not just by the little children but the big ones too. We were supported by donations from the Village Hotel with a car full of Easter eggs which we distributed across Knowsley to all of our families.



Our Perinatal Project has gone from strength to strength with more groups being added. Our Bump & Baby Sessions are being delivered across 4 venues in Knowsley, the groups offer infant feeding support with all of our staff and volunteers being LENS trained, access to scales, peer support, a safe space to meet other families and enjoy a hot cuppa.

Introducing Solids are our monthly sessions for families who are about to transition to solids.

Mindful Mummies is another monthly sessions designed to promote wellness, mindfulness and peer support in the perinatal period.

We have been alternating between Parent and Baby Yoga and Baby Massage running 5 week courses for parents and their little ones to enjoy.

All of our groups hold the babies in mind and support families to be the parent they want to be, encouraging and accessing support which they may need at the most amazing life changing and vulnerable time of a parent's life.



In June staff and volunteers enjoyed a volunteer celebration day in Southport it was a great day celebrating the wonderful work our volunteers do on a day to day basis. Volunteering is something which I hold close to my heart, without it I wouldn't be here today.

In August 2022 we celebrated Breastfeeding Awareness Week collaboratively with our friends from across Merseyside on Breastfeeding Awareness walk and picnic organised by Bambi's. We gathered at St George's Hall and walked through the city to Chavasse Park.



Once again our holiday Allsorts in the summer were well attended, we were also joined by Richard from Asda, Huyton who came to make healthy pizzas which we all enjoyed.



Report by Helen Bushell-Honor continued

We even enjoyed a fun packed day to Gulliver's World which was a hot and busy day for everyone, this was a great day for families who wouldn't normally be able to go to a theme park.

The following week we headed to the beach and enjoyed New Brighton with families . It was another action packed day in which staff and volunteers supported families to enjoy a day out which wouldn't normally be possible.

Right in the middle of the summer I took a few days out to get married after 14 together with Phil, we enjoyed a fabulous day with our family and friends in the middle of a British heat wave.

Autumn 2022 saw our timetable and support continue in full swing, we also attended lots of events in the local community promoting Home-Start Knowsley.



As 2022 came to a close we celebrated with our volunteers with some crafting, making some fabulous wreaths and we said goodbye to Pam our wonderful manager who has been at the heart of Home-Start Knowsley for many years. We celebrated at our volunteer celebration, personally Pam has supported and encouraged me over the years from volunteer rep to the board and then into paid employment with HSK in 2020 and I can't thank her enough.

Christmas 2022 once again was super busy in our HSK grotto, as the HSK Christmas elf dressing up is part of the job, making hampers and supporting families to have the best Christmas possible is all part of the magic.

The start of 2023 saw lots more referrals into our service and the need for support more apparent with the cost-of-living crisis. Our groups have been busier and holiday groups again very well attended showing the need in our community with hardship fund, food banks, baby basics, fuel vouchers and other services all being used on a day to day basis linking up to help families obtain the best possible outcomes.

We also welcomed our Dad Matters Co-ordinator Luke to the team in January which is fantastic that we have a dedicated link for dads in Knowsley. This is a perfect partnership going hand in hand with the Perinatal Project which means we can wrap support around the whole family.

March 2023 saw the team take to Moel Famau in Wales for a team building walk in preparation for our walk up Snowdon later in the year. This was a great day enjoying the outdoors and a change of scenery from sunny Knowsley.

Reflecting back on the past year always makes me smile thinking about all of the wonderful things we have done. Memories have been made for families we support but it also makes me a little sad that so many families are struggling in our community and things sadly aren't getting easier especially financially. Knowing we have a wonderful team, with fantastic volunteers and trustees in place I'm hopeful we can continue supporting more and more families going forward carrying on holding the hands that hold the hands.



Report by Luke Smyth

I started in January 2023 with Dad Matters Merseyside and Cheshire. During January to March, I spent time getting to know Home-Start's policies and procedures and forming relationships with the Silver Birch Hubs.

I spent February mapping out the various services in Merseyside that were available for dads. What I identified was that there were services out there who provided general services for dads, they either followed the 'group' model, or just provided play spaces for dads. While these services are important, it became evident that a service that did targeted work with dads was needed, especially in maternity settings. From my own experience, I knew that particularly in Neonatal settings, dads did not have a service that was specific for them, and I knew that Dad Matters could fill the gap.



In agreement with both Silver Birch and Home-Start, I started taking referrals and the project went live in the middle of March, with 6 dads initially.

I started working with the dads offering one-to-one sessions with them. Some of the dads had experienced birth trauma, and some had experienced a loss. The dads were open and honest with me about their issues, and we were able to have open conversations about what could be done to help them. One of the dads has since undertaken the Dad Matters training and gone on to volunteer for Dad Matters.

In summary, the first quarter of the year went as expected. I felt like I integrated with the Home-Start team well, and started to build the relationships with partner services that went on to serve me very well in my role.



Kieran, Dad Matters Founder promoting the service at Silver Birch Hubs launch with Helen in November 2022



Counselling Service

We have continued to deliver counselling this year as part of our offer with Big Lottery Funding.

Julie, our counsellor has **supported an amazing 58 adults and children** this year. Families are still seeing the positive effects of sessions a year later. We are looking forward to seeing more positive impacts for future families accessing this service.

“Thank you Julie, you’ve helped me so much”

Parent after comparing Core 10 initial score to ending score
“Oh wow, that’s a big difference. Thank you so much for everything. I feel so different and confident and I couldn’t have done it without you”

“Thanks so much Julie for all you did”



Our Volunteers

This year
Home-Start Knowsley
have provided

49

volunteering opportunities.

Volunteers attend additional
training throughout the year

- LENS Breastfeeding Training
- Safeguarding Training
- Food hygiene
- Perinatal Training
- Healthy Happy Homes
Safer sleep,
Sleep advice for children over 1,
Finance,
Healthy Eating

Volunteers donated **1089 hours** of their time throughout the year.

Volunteers supported families through telephone support, home visiting, group support, delivering Christmas parcels, food and daily essentials, helping with family activity days and day trips. We couldn't have done it without them.

Volunteers carry out their roles willingly but it would cost us over **£10,346** to employ them.

Volunteer Comments

“I have found it very fulfilling and rewarding to help families when they are facing a crisis”

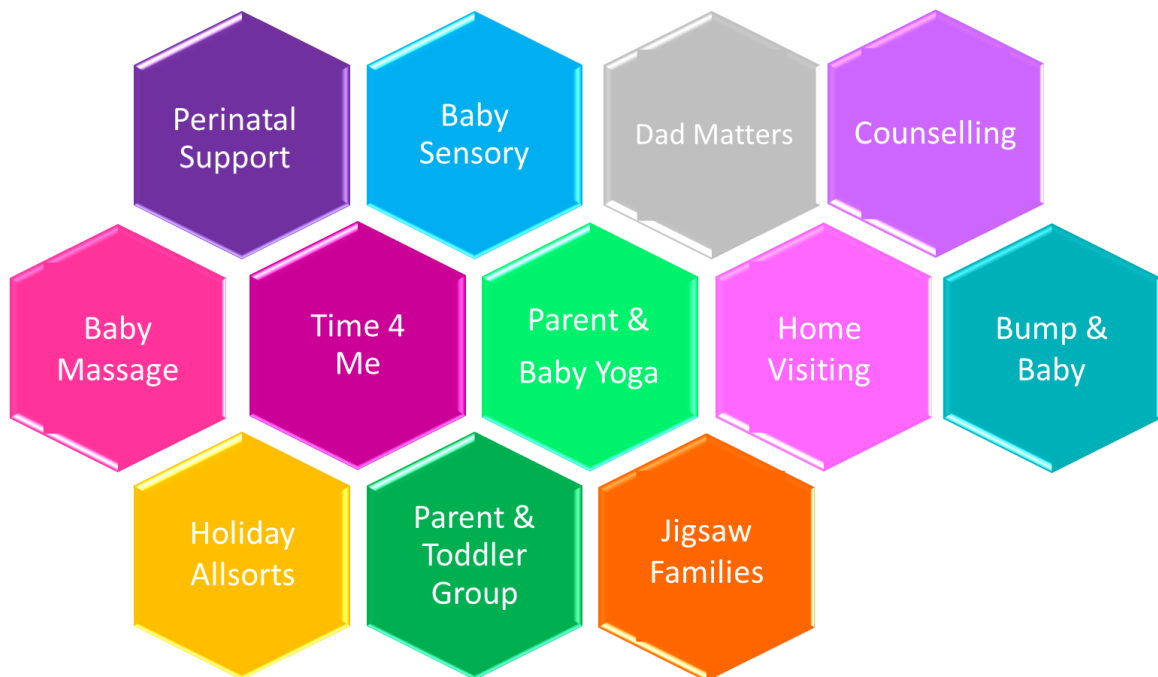
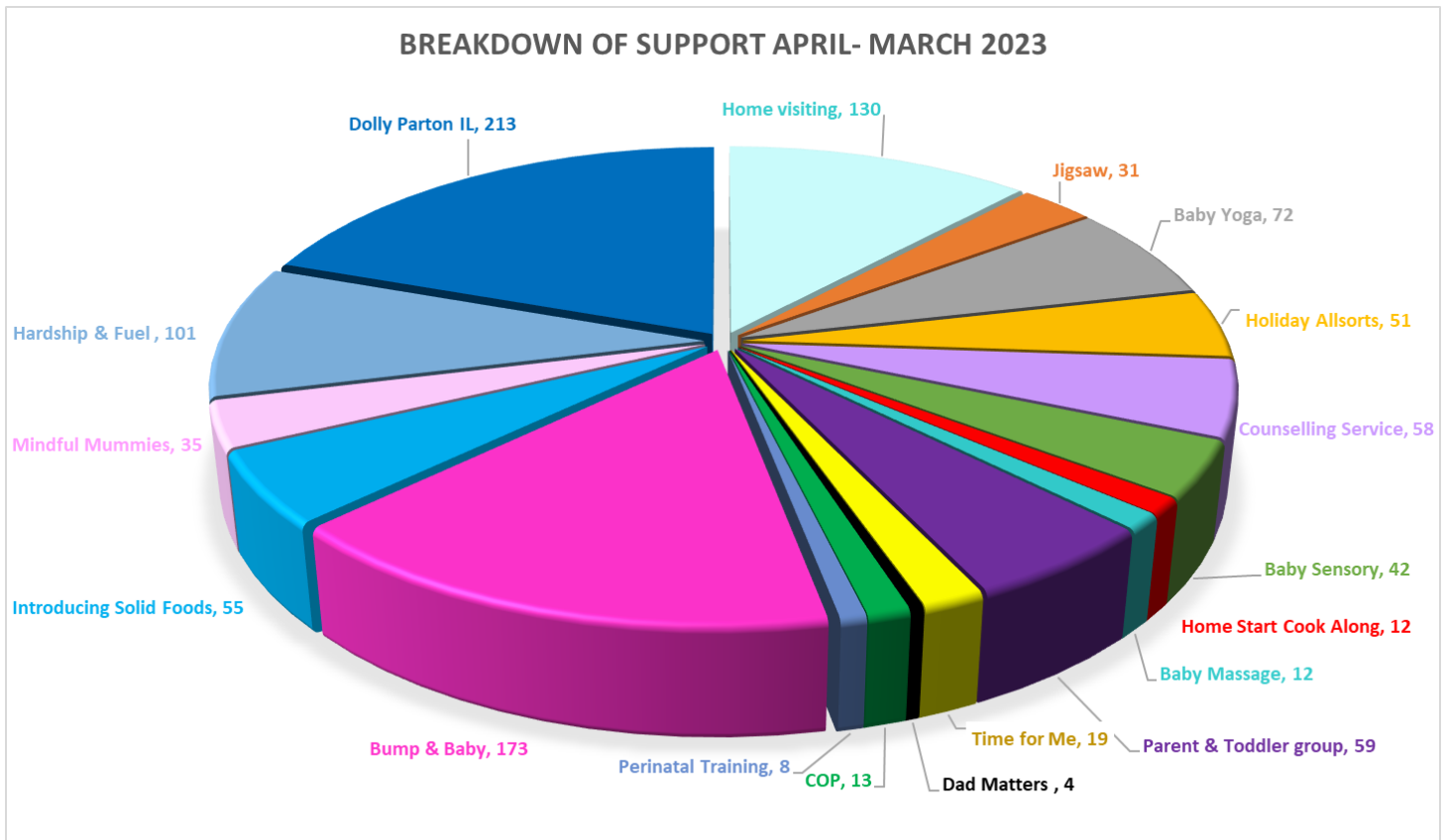
“I love it when families no longer need me. I feel I have fulfilled my role. It's a wonderful opportunity to help those who need some extra help and support”

“I have been involved with Home-Start for over a decade now. My first intentions when volunteering were to get more involved in my local community and to use some of my nursing and midwifery skills as I was no longer working.”



Support offered during the year

1150 direct beneficiaries accessed the following services.



Feedback from families

'It's my little comfortable safe space where I always feel I can go on a bad day. I always look forward to forward to going. Helen is just a little ray of sunshine :) and has been really supportive when I've been a bit lost with stuff going on with my young daughter.



Homestart has really helped me in ways I didn't know I needed. Having a SEN child is hard and having the support from Home-Start and other SEN parents I've met there has been amazing. Meeting new people and learning new skills along the way has been really good for my mental health.

Home Start is fab! I can honestly say I'd not be the person I am, or the parent I am without Home Start. Thank you all so much (especially Helen), keep doing what you're doing and being there for support

I would be lost without the support from Sarah, she has and continues to support my family through crisis, because of her I feel confident enough to attend SEN sessions with other parents that I would never of done before being supported by Home-Start. Home-Start helps me to engage in and out the community with my 4 children. Home-Start has been there for me when other services have failed me and my family. Home-Start is a safe place, a big family supporting and advising each other, because of Home-Start my life is that little bit easier. Thank you



They are brilliant in my life and my grandchildren lives. It's like a big family where we find the support we need to carry on. They are my guide and they give me strong and all the help I need to raise my children. They really make the difference for we have a more steady life. We are all very grateful. Now I have a bit more tranquil head because I know they are there for me.



Partnership Working Across Knowsley

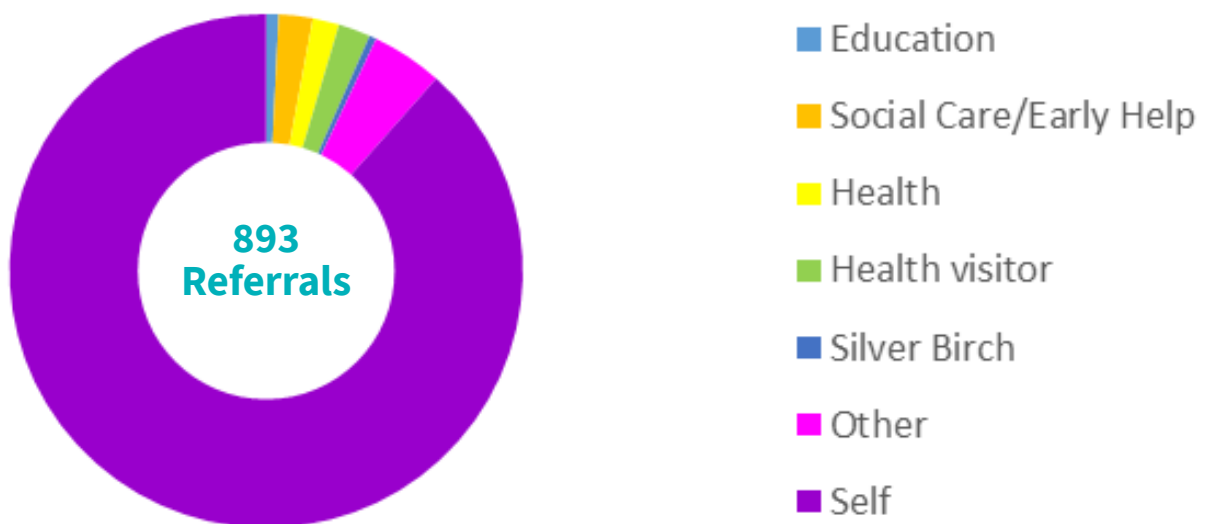
Referrals are received from across the borough for families who need a little extra support and although self-referral remains our highest category, we receive referrals from professionals and similar minded agencies too.

Strong partnerships are in place with midwives and health visitors and joint visits take place with Home-Start's Scheme Organisers to ensure families get the right support at the right time.

Our Organisers and volunteers accompany families to appointments and support them to access their local community e.g. health and dental appointments, Centre 63, Citizens Advice, Job Centre Plus, Housing, Specialist Perinatal Mental Health, Advanced Solutions, Hope for Children, Altru Drama, LENS and Children's Centres.

Home-Start continue to issue Food Bank Vouchers to families who are struggling financially and donations of food nearing its sell-by date throughout the year from Sainsburys and ASDA ensuring families have access to fresh fruit and vegetables and enabled them to eat more healthily.

Referrals by Source



Strategic Partnerships

Home-Start Knowsley is represented on several boards and committees to offer strategic support and advice and influence positive change at local and Regional level:

- Cheshire and Merseyside Parent Infant Relationship Sub Group
- Knowsley Sexual Health Forum
- Healthy Weight Steering Group
- First Five - Early Years Forum
- Big Local – Northwood Together Board
- Home-Start in Merseyside Consortium



What we have achieved this year

This year we supported **1150** direct beneficiaries including **657** children and an additional **3015** through awareness raising.

83% of families improved their health & wellbeing

81% of families improved family management

80% of families improved their parenting skills

Below are some of the needs recognised by home visiting families at their initial visit



Case Study

Level of Need: 2	Length of HSK support: 6 months
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Background and Issues:

The family have been involved with Home-Start for a few years, attending Parent and Toddler group. The eldest son presented with some development delays. As he got older other conditions became more apparent. He is now being diagnosed with ASD, Pica and SPD. Mum was struggling with finding appropriate support for her son and had no school in place for him to start reception in September. He had no EHCP in place.

Intervention and Support:

Mum was told about our Jigsaw Tots sessions for children with additional needs and started attending regularly with her 2 boys. She also attended coffee mornings with other parent/carers where she received valuable peer support with regards to schools. The family were referred to SENDIASS for help with EHCP issues. The support worker accompanied Mum to hospital appointments and was a support through EHCP appeals and tribunal. The family attended Jigsaw Families sessions through the school holidays. Mum attended Time 4Me.

Outcomes:

Mum's confidence to fight for her children's needs has increased hugely. Her knowledge has grown and she has a strong, reliable support network. Her eldest son's EHCP now details his exact care needs and the LEA have had their decision on mainstream school overturned and a space was made in a suitable special school, out of borough, which was suggested by the support worker. Mum has met other parent/carers of children with similar conditions so now has friends that have more understanding and tolerance of the difficulties she faces. Her younger son is able to socialise along with his brother at the family sessions where Mum can relax in the knowledge they are in a safe, non-judgmental environment.



Case Study

Level of Need: 2

Length of HSK support: 4 months

Background and Issues:

The family were referred in by a psychological therapist from Family Refugee Support. Mum is a single parent to two girls who are 8 and 10. Mum suffers with physical pain in her back which prevents her from carrying out daily tasks some days so the children have to help her. Mum has fled from domestic abuse and a controlling relationship and she is worried that her ex husband who is her daughters father will try to make contact and apply for access to his daughters. Mum is not originally from Liverpool and has no family support, she is extremely isolated with no friends and because of her physical problems, she finds it difficult to get out of the house much with her daughters. Mum struggles financially.

Intervention and Support:

Mum has been encouraged to visit her GP to discuss her mental health and has now been prescribed anti-depressants. She has also been offered counselling through our counsellor Julie but has declined for the time being but may take up in the future. Mum has been introduced to Refugee Women Connect which are proving to be a very good source of support. Mum attended our Holiday Allsorts group with her daughters over the school half term. Both Mum and her children enjoyed this and were very grateful for the opportunity of getting out of the house, being involved in activities and socialising with others. I have been doing weekly support visits to offer emotional support and help reduce isolation. Also, Mum has had some financial support over Christmas and with shopping from the Winter hardship fund.

Outcomes:

Mum was able to meet some other parents in a similar situation to herself and feels less isolated. She has connected with other ladies at Refugee Women Connect. Mum is attempting to have a walk to the local park once or twice a week with her daughters when she is well enough to get them out of the house a bit more. Mum is now a lot more aware of her mental health and the importance of looking after herself as well as the girls. Mum has been supported in looking into gaining citizenship in the UK. Mum is enjoying talking to other ladies and parents and offering support at Home-Start groups and at Refugee Women Connect.



Case Study

Level of Need: 3

Length of HSK support: 3 months

Background and Issues:

Mum was living alone and not able to have her toddler alone due to alcohol issues. Toddler was a permanent residence at paternal grandma's house with her Dad. The relationships between Mum and Dad and his family were very poor and quite volatile. Toddler was often observing big arguments in both homes. Mum isn't originally from Knowsley and has no friends or family living here.

Intervention and Support

Arranged a home visit, completed Initial Assessment and set up an Individual Support Plan.

I applied to assisted child care so Dad wasn't struggling so much with paying nursery fees whilst he worked.

I supported Mum to start engaging in CGL to address her alcohol issues. I helped Mum to create some self regulation methods rather than calling her ex partner which was making tensions higher between them.

I arranged for Mum to have time with her daughter in her nursery after her session finished and before Dad picked her up.

Outcomes:

Mum is now engaging extremely well with CGL and is no longer alcohol dependant. Consequently the relationship between her and Dad has now significantly improved and they have started to organise small blocks of unsupervised contact between Mum and toddler.

Toddler is progressing extremely well with her speech and general development with the extra nursery hours. She is also no longer witnessing conflict between family members. Mum is no longer ringing Dad 15 plus times a day instead she is filling her time with therapeutic activities.



Dad Matters Case Study

Background and Issues:

Dad was referred into me following the death of his infant daughter. When I made initial contact with Dad, he told me that he had separated from his partner, and was living with his mother, whom he had a very negative relationship with. Mentally, he was in a dark place, and told me that he was contemplating taking his own life. He was currently unemployed and admitted to feeling depressed and anxious on a regular basis.

Intervention and Support:

Over the next few months, Dad and I had weekly phone calls. He opened up to me about issues in his childhood, his errors in separating from his partner, and his feelings about his daughter's death. I offered to help Dad look for housing, employment and mental health services, and over time, Dad accepted the help. He eventually found a job without my help, and eventually managed to repair his relationship with his partner and moved back in with her.

Outcomes:

At time of writing, I have phone calls with Dad occasionally, since he is accessing the weekly online group that I have established. He has reported that he finds the group useful and made him feel 'less alone'. He also accepted a referral to Talking Therapies Chester, and this therapy is going very well.



All the team at Home-Start Knowsley
would like to say a big

'Thank You'

to all of our funders, whose support has helped us to meet the needs
of families and volunteers in Knowsley

Our Acknowledgements to:



WORKING TOGETHER WITH

JOHN LEWIS
& PARTNERS

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**HSUK, Cash4Kids, NatWest Group, One Knowsley,
Knowsley Trust, The White Stuff, Sofology,
The Village Hotel (Whiston)**

**For parents
when they
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