

Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	HomeStart Mid Suffolk
Amount Requested	<i>Yr1 - £13,250 / Yr2 - £9,800 £23,050 over two years</i>
Total Project Cost	£303,845
Match Funding	£246,209 Big Lottery Funding
Partnerships	Big Lottery, Childrens Centres, CAB, CAS, West Suffolk Hospital, Family Support Advisors
West Suffolk Bid?	Yes

Key Points

- HomeStart aims to give support to families who may be struggling to cope with a variety of challenges including post-natal illness, disability, isolation, the demands of parenting young children, bereavement and multiple births.
- HomeStart work by providing one to one support to families through their staff and volunteers, and through running Family Groups, which are designed to provide activities and support for children and parents, as well as developing social networks and support groups within local communities.
- The success of a large Big Lottery application has allowed HomeStart Mid Suffolk working alongside HomeStart South Suffolk to expand their services to the west of the county.
- As part of the project £57,636 in match funding has to be achieved to complete the remaining two years of the scheme.
- The project is due to finish in November 2017 by which time the project will have gained a great deal of information on the local needs of families which will be shared with SEBC and continuation funding from the Big Lottery will be sought to help sustain the work.

**St Edmundsbury Borough Council
Community Chest Grant Application Form
Part A**



Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on:

<http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to:
richard.baldwin@westsuffolk.gov.uk

1. Name of your organisation(s):

Home-Start Mid Suffolk

2. Organisation address details

Address Ln1	Principal's House		
Address Ln2	Kerrison		
Address Ln3	Thorndon		
City/Town	Suffolk	Postcode	IP23 7JG
Main phone	01379 678 552	E-mail	
Website	office@homestartmidsuffolk.org.uk		

Main Contact Person		Second Contact Person	
Title	Mrs	Title	Miss
Forename	Mandy	Forename	Sarah
Surname	Logan	Surname	Walker
Role	Scheme Coordinator	Role	Trustee
Daytime Tel No.	01379 678 552	Daytime Tel No.	██████████
Mobile No.		Mobile No.	
Email	mandy@homestartmidsuffolk.org.uk	Email	██████████ ██████████
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1		Ln1	
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

About your organisation

3. What local authority area(s) does your organisation work in?

Mid Suffolk, Forest Heath, St Edmundsbury (and in Ipswich with our partner South Suffolk Home-start).

*Community Chest funding is offered by both Forest Heath and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity	√	Charity number: 1127760
Applying for charitable status		
Company limited by guarantee	√	Company number: 6674059
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	7	Service users	49
Full Time staff / workers	5	Volunteers and helpers (non-management)	59
Part Time staff / workers	1		

6. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

Home-Start Mid Suffolk (HSMS) aims to give support to families who may be struggling to cope with a variety of challenges including post-natal illness, disability, isolation, the demands of parenting young children, bereavement or multiple births. Many parents with whom Home-Start engages struggle to cope with everyday tasks, and this in turn leads to unhappy children, or children who become at risk. Our support helps to prevent these difficulties from escalating into crises, and crises from developing into family breakdown. We work to strengthen families by helping parents to help themselves: to become happier, more confident parents, fully engaged with their children. This in turn improves the health and welfare of the children.

We work by providing one-on-one support to families through our staff and volunteers, and through running Family Groups, which are designed to provide activities and support for children and parents,

as well as to develop social networks and support groups within local communities, many of which are rural and isolated. We currently achieve this through a team of over 50 trained volunteers selected for their experience/understanding of parenting, supervised and supported by staff co-ordinators.

Each volunteer will visit a family in their home each week with co-ordinators supporting this work by regularly reviewing families, ensuring the level of support is appropriate and relevant in meeting the initial aims negotiated with the family. In addition we offer families who do not wish to have a home visiting volunteer, the opportunity to receive confidential, non-judgmental support through our weekly Family Group meetings, where they have the opportunity to speak in confidence to our Family Group Leader/volunteer.

Our volunteers play a crucial role in the front-line delivery of our services. Without our volunteers we wouldn't exist! They are an essential part of everything that we do at Home-Start. All are members of the local community and are parents themselves and can thereby truly empathise with the difficulties some parents face. Volunteers move on to be trained by our experienced accredited trainer to a national NOCN Level 2 standard. This involves an 8 week (40 hours) training programme where volunteers are trained how to actively listen, provide non-judgmental support, build confidence and create trusting relationships with the families and also includes certified Safeguarding training. Volunteer's skills are identified and are individually matched with a local family. The volunteers themselves receive regular six-weekly feedback and supervision meetings, carried out by one of our Family Co-ordinators, ensuring that we remain focused, not only on a positive outcome for our families but also on our volunteers' health and well-being.

The families receive regular visits and reviews, ensuring that the journey to improving life for both parents and children is on track. The reviews are a collaborative way of working between staff, volunteers and families, all working toward the achievement of positive, desired outcomes and a better, brighter future for children.

Families and children are at the centre of the work that we do. We use a well-established monitoring and evaluation system, MESH, developed by Home-Start UK to provide evidence on the difference our support makes for families. The outcomes we see from our work with families include:

- Parents have increased confidence in their parenting abilities and manage their children's behaviour more effectively;
- Parents are more involved in their children's development and learning;
- Parents have improved the lifestyles of their families, for instance through healthier eating, improved social interaction, or better day-to-day running of the home;
- Parents have entered into adult education or work due to increased self-esteem and confidence;
- Improved emotional health and well-being of both children and parents;
- Families have increased their ability to access support services within their local area (this can also show the acknowledgement that they can benefit from asking for help), eg, Children's Centre, parent groups, credit union, food bank, library;
- Children have happier relationships with their parents;
- Children's needs are better met and their development is enhanced through their parents' ability to provide play opportunities for them (as a result they become more 'school ready');
- Children have been removed from the Child Protection register;

- A reduction in social care interventions.

In 2014 we started to extend the services we offer families into West Suffolk, which we are managing as the Stepping Stones project. More details about this and why we are requesting funding to support this project can be found in the sections below.

7. What was your organisation's total income for last financial year?

8. What was your organisation's total expenditure for last financial year?

9. Does your organisation have more than six months running costs? Yes / No

10. What are your organisation's current unrestricted reserves or savings?

11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:

√	A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
√	People playing a greater role in determining the future of their communities.
√	Improved wellbeing, physical and mental health.
	Accessible countryside and green spaces.

About your project – why are you applying for this funding?

12. What do you want the funding for? Please be specific. Please note that 'project' is meant to describe the project for which you are seeking funding, and not your organisation.

We are about to enter year two of our three year project and we are seeking funding for the remaining two years. The total cost to deliver the remaining two years of the project is £303,845 (£149,500 year two and £154,345 year three) - full details of this can be found at Q21.

The success of the Lottery application was a great achievement for ourselves and for Home-Start South Suffolk with whom we are working in Partnership. We are leading the delivery of the project (Stepping Stones) as it has been our desire to expand our services Westwards to St Edmundsbury and Forest Heath for some time as we recognise there is a need here; however until 2014 funding has held us back from covering this part of Suffolk.

We are delighted to have the opportunity to help more families in West Suffolk, and are very

happy to have received funding from the Big Lottery to enable us to do this. However we have to raise matched funding of £57,636 to complete the remaining two years of the project. 20% of this matched funding (£11,500) will be raised by our partners South Suffolk (as they will be working with approximately 20% of the families who will be based in Ipswich) and we are therefore asking for £23,050 from St Edmundsbury Borough Council (and the same amount from Forest Heath District Council) to cover the shortfall.

We will continue to deliver our home visiting service in Mid Suffolk via other funding streams.

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

Our experienced family co-ordinators, working closely with families in St Edmundsbury and Forest Heath, helped to identify the need to move to the West Suffolk area where there is not currently a Home-Start scheme running or any other similar service. A survey was sent out to all volunteers and families receiving a service from Home-Start Mid or South Suffolk (summer 2012). These questionnaires were enhanced through home visiting, group discussion and focus groups plus feedback from volunteers. We have observed from our reports from volunteers who are currently supporting families that there is a very clearly identified need to help to prepare their children for school.

It is well documented that far too many pre-school children are seriously ill prepared for primary education, and this is particularly evident in areas of deprivation. Our own survey of 14 primary schools showed that up to 86% of children starting primary school failed to meet the government targets of 'preparation for entry' for primary reception/ foundation levels.

Following our research we wanted to focus on this serious issue not only within our existing areas of Mid Suffolk, but to expand into West Suffolk, where we know there are areas of high deprivation so far not being addressed (as evidenced in the report on 'Hidden Needs' in Suffolk (Cambridge University, 2011), combined with rural isolation as we see in Mid Suffolk.

In addition to the above we continually consult with families, volunteers and referrers through our monitoring process (a monitoring system, MESH, developed to measure the 'journey' a family has travelled whilst being supported by Home-Start).

There is no service similar to Home-Start in West Suffolk, and from all the evidence obtained when researching this project we are confident that we can make a difference to families in this area.

We were pleased to receive a letter of support for our intended expansion into West Suffolk from St Edmundsbury Council dated the 22nd January 2014.

It is for all of these reasons that we launched the Stepping Stones project, an early intervention programme which aims to address some of the problems around ensuring children are 'school ready' when they enter primary education. Stepping Stones builds on our successful home visiting service by adding specific help for parents who are struggling to

get their child capable of starting school. This could be due to behaviour problems, parental stress, isolation, poor parenting skills in general or simply not knowing what is expected of a child when he/she starts school.

14. How will the project help local people to support one another?

We work to strengthen families by helping parents to help themselves. We help to build up the parent's confidence to help them get back on their feet, and doing things for themselves that they weren't feeling able to do.

Our main aim is to help prepare children for primary school in areas of communication, cognitive development, behaviour and reading. We are doing this by delivering strategies for the parents of young children that will prepare their children for entry into school as well as developing the family unit into a strong, self-supporting unit.

We will be running a Family Group which offers the opportunity for parents to meet, socialise and potentially support others and be more involved in their local community.

The letter of support from St Edmundsbury Borough Council in January 2014 noted that the 'Home-Start model, which relies on the recruitment of local volunteers, is an excellent fit with our strategy which is founded on an asset based approach to working with communities, capacity building and the delivery of services to the community by the community at a very local level'.

15. Are you working with any other organisations on this project? Yes/ No

If yes, please state the names of these groups and the nature of the relationship.

Home-Start South Suffolk – we have a partnership agreement with them for the Stepping Stones project but we are the delivery agent for this.

Big Lottery – are the main funder and we must monitor, evaluate and report our findings on a regular basis as the project progresses.

We are also working closely with organisations in West Suffolk including Children's Centres, Citizens Advice Bureaus and Community Action Suffolk. We are also working hard to connect with local schools and have so far shared details about the work we do at Home-Start, our referral packs, and details of how parents might wish to volunteer. We are also starting to develop links with Family Support Advisors in schools, for example at Barrow and Tollgate primary schools. It is in our plan to continue to develop these links and to work more closely with schools going forward.

We are also keen to strengthen our links with health service providers as our work fits closely with early intervention strategies and are in early discussions with West Suffolk Hospital to see where we could work collaboratively.

We are also keen to explore linking with existing groups in the community and are discussing the possibility of working with West Road Church who have a large number of volunteers interested in learning more about Home-Start.

16. When will the project start?

This is a three year project which started in November 2014. The funding we are seeking is for years two and three (i.e. from November 2015 to November 2017)

17. When will the project finish?
ongoing?

30 November 2017

or is the project

If this is an ongoing project, how will it be funded and continue going when the funding ends?

The Stepping Stones project will finish at the end of November 2017 however, the ongoing evaluation throughout the lifecycle of this project will identify if there is an ongoing need for Home-Start support for families in West Suffolk and how this should be delivered. Following the initial monitoring of outcomes during year one we are already raising our intention to re-apply for continuation funding from the Lottery and are discussing this with Jamie Conway from the Big Lottery to understand about how we should best approach this.

We use an evaluation and monitoring tool (MESH) to help evaluate the work we are doing and help to identify areas of need. The data we collect provides real evidence of the positive difference that family support from a Home-Start volunteer makes to parents and children, among families who have complex and long term needs. It also demonstrates the highly challenging family contexts within which volunteers are operating. We would be willing to work with St Edmundsbury Borough Council and share our findings to provide a clear picture of both the results of the work we are doing but also to be clear about what it is that local families need and want going forward.

18. Which years funding are you applying for?

Years two and three - November 15 – November 17

19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

We are hoping to work with 75 new families in year two and 100 in year three (225 families in total for the 3 year project). We are planning that approximately 40 families will be living in the Ipswich area with the remaining 185 being split equally across the St Edmundsbury and Forest Heath Areas.

20. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria?

The outcomes all relate to the Community Chest funding criteria in that the overall aim of the project meets the requirement to improve the quality of life of people living in West Suffolk.

The strategic plan for West Suffolk for 2014-16 includes *priority 2 - Resilient families and communities that are healthy and active. We want to see:*

1. *a thriving voluntary sector and active communities who take the initiative to help the most vulnerable;*
2. *people playing a greater role in determining the future of their communities;*
3. *improved wellbeing, physical and mental health;*

The work of the stepping stones project, strengthening families by helping parents to help themselves, supports priority 2 as can be seen from the outcomes laid out below:

<p>Outcome 1 - Parents living in rural areas will be supported to provide an effective home learning, pre-school programme for their children</p>	<p>1a: parents are supported by volunteers to identify the necessary areas of development their children need to be school ready</p> <p>A total of 225 different families by end of project [50 families Year 1, a further 75 families year 2, and a further 100 families year 3]</p> <p>1b: parents will be provided with a volunteer mentor to support their understanding of their children's needs in relation to school readiness</p> <p>A total of 225 different families by end of project [50 families Year 1, a further 75 families year 2, and a further 100 families year 3]</p> <p>1c: Families, parents and children, will be ready for children to commence school</p>
<p>Outcome 2 - Children have the required skills in preparation for school allowing focus on education rather than social and behavioural needs</p>	<p>2a: parents encourage their children's expansion of play materials to stimulate learning</p> <p>2b: children practice their improved social and emotional skills, enhanced by parents improved skills in discipline and managing children's behaviour</p> <p>2c: children develop their individual practical, social and emotional skills and are ready for school</p>
<p>Outcome 3 - Volunteers will enhance their skills through training that leads to qualifications and/or life-long learning and/or return to work</p>	<p>3a: volunteers will attend a course of accredited training and on-going training enhancing their potential for 'return to work' (35 accredited volunteers in project lifetime)</p> <p>3b: Previous parents are actively recruited to become volunteers and access potential HE or 'return to work' through volunteering experiences</p> <p>3c: all volunteers can access accreditation and improve and activate a comprehensive CV evidencing their working potential</p>

benefitting their communities	
Outcome 4 - Local communities will benefit from the improved lifestyles of families, thereby reducing the need for statutory intervention	<p>4a: there will be a higher attendance at relevant groups</p> <p>4b: families participating in community activities will add to the decrease in referral to TAC/CAF/CiN (reduction in Hardiker tier)</p> <p>4c: families will be supported by their local communities thereby reducing isolation and supporting them with family life</p>
<p>Outcomes 1 and 2 will be achieved by the volunteers working toward the aims set by the Co-ordinator (in negotiation with the parent). These are the aims that will evidence the outcomes. Volunteer's diary sheets and Co-ordinators review/endings will identify the achievements.</p> <p>Outcomes 3 will be achieved by the volunteers themselves but evidenced through information from the Co-ordinators training (PREP) and on-going supervision.</p> <p>Outcome 4 will be achieved through the confidence building given by both volunteers and Co-ordinators. Information will be gathered on signposting and actual attendance to groups/activities/events/supported by other agencies and organisations. Volunteer's diary sheets and Co-ordinators review/endings will identify the achievements.</p>	

21. What is the total cost of the project?

£149,500 (year two)
£154,345 (year three)
= £303,845

Please provide a full breakdown of the total cost of this project, including VAT if applicable along with any in-kind contributions such as volunteer hours.

Item or activity	Cost (£) year two	Cost (£) year three
Salaries, NI and pensions	£106,019	£109,199
Volunteer and parent training	£11,700	£12,100
Volunteer and staff recruitment	£2,500	£2,500
Fixtures and fittings	£1,275	£1,125
Volunteer and Staff Travel	£11,750	£14,000
Consultancy and Advice (inc evaluation)	£2,500	£3,000
Marketing	£1,500	£1,000
Specialised staff training	£1,500	0
	£10,756	£11,421
Share of scheme overheads		

22. How much funding are you applying to us for?

£ 13,250 year two
£ 9,800 year three
£ 23,050 Total

23. What funds have you raised so far for this project?

Source	Amount (£)
Big Lottery Year two	£116,549
Big Lottery Year three	£129,660
Total fundraising:	£246,209

24. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
Forest Heath District Council Community Chest	£23,050	December 2015
Home-Start South Suffolk fundraising contribution (20%)	£11,500	December 2015
Total:	£34,550	

25. What other grants and contracts has your organisation received over the past year from either Forest Heath District Council or St Edmundsbury Borough Council?

Funder	Amount (£)	Reason for funding
We applied for a grant from St Edmundsbury Borough Council Community Chest and are waiting to hear	5000	Support for year one of our project
Total:	5000	