HOME-START STROUD AND GLOUCESTER

England & Wales · Charity number 1107019

Details

Other names	HOME-START STROUD & DURSLEY, HOME-START STROUD DISTRICT, Home-Start Stroud and Gloucester
Status	Registered
Legal form	Charitable company
Company number	05282509
Registered	2004-11-26
Register	View on the Charity Commission register

Contact

Address	Suites F&G The Wheelhouse Bond's Mill Estate Bristol Road Stonehouse GL10 3RF
Phone	01453297470
Email	enquiries@homestartsd.org
Website	www.homestartsd.org

Activities

Objects: A) TO SAFEGUARD, PROTECT AND PRESERVE THE GOOD HEALTH, BOTH MENTAL AND PHYSICAL OF CHILDREN AND PARENTS OF CHILDREN;B) TO PREVENT CRUELTY TO OR MALTREATMENT OF CHILDREN;C) TO RELIEVE SICKNESS, POVERTY AND NEED AMONGST CHILDREN AND PARENTS OF CHILDREN;D) TO PROMOTE THE EDUCATION OF THE PUBLIC IN BETTER STANDARDS OF CHILDCARE.

Activities: Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age. Volunteers offer regualr support, friendship and practical help to families under stress in their own homes helping to prevent family crisis and breakdown.

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, Disability, Other Charitable Purposes
- **Who:** Children/young People, Other Defined Groups

Geography

- **Area of benefit:** GLOUCESTERSHIRE
- Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£433,875	£412,115	-	-
2024-03-31	£389,056	£400,273	-	-
2023-03-31	£394,508	£350,700	-	-
2022-03-31	£272,796	£291,608	-	-
2021-03-31	£260,084	£243,838	-	-

Trustees

Name	Role	Appointed
Colin Pascoe		2020-01-01
Daniel Corfield		2024-07-04
HEATHER CUNILD		
Rosanna James		2025-06-27

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HOME-START STROUD AND GLOUCESTER

England & Wales - Charity number 1107019

Accounts

REGISTERED COMPANY NUMBER: 05282509 (England and Wales)
REGISTERED CHARITY NUMBER: 1107019

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

FOR

HOME-START STROUD AND GLOUCESTER

Allen Accountants Ltd
Suite 5, First Floor
The Counting House
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

HOME-START STROUD AND GLOUCESTER

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HOME-START STROUD AND GLOUCESTER

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Trustees are appointed in accordance with the charity's governing document and receive appropriate induction and training. The charity's operations are supported by 15 staff who deliver its activities.

OBJECTIVES AND ACTIVITIES
Objectives and activities
Charitable Objectives:

The charity's objectives, as set out in its governing document, are:
1. to safeguard, protect and preserve the good health, both mental and physical of children and parents of children;
2. to prevent cruelty to or maltreatment of children;
3. to relieve sickness, poverty and need amongst children and parents of children;
4. to promote the education of the public in better standards of childcare.

Main Activities for Public Benefit:

In fulfilling these objectives, the charity undertakes the following key activities:
1. Through home-visiting, group work and a programme focused on dads, we offer high quality support to families with children aged under 5 across Stroud district and Gloucester city.
2. Our services are targeted at families in demonstrable need, identified through referrals from professionals, partner agencies or self-referral processes.
3. To support our work, we engage local volunteers, providing training and experience, which contributes to community cohesion and skills development.
4. We aim to increase confidence, improve wellbeing, and reduce isolation. These outcomes are measured via feedback forms, consultation, and referral data.
5. We work in partnership across Gloucestershire to improve the lives of local families

The trustees confirm that they have complied with the Charity Commission's guidance on public benefit.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE
Year at a Glance

Across Stroud and Gloucester during 2024/25:
- Our home-visiting service reached 107 families, and we triaged 193 referrals
- We ran a total of 300 group sessions
- We reached 569 families and 478 children through Group support

And across the county through Dad Matters, we reached 1,336 dads and ran 60 groups.

We celebrated our 25th anniversary in 2024 and held a Family and Volunteer tea party in the Summer. It was a fantastic way to spend an afternoon with volunteers and families together, celebrating 25 years of Home Start Stroud.

Our Programme

Home-Start Stroud and Gloucester believe passionately that supporting a parent, and other caregivers, in the first 1001 days of a child's life lays the foundations for their future development. Our programme supports this aims by providing nonjudgmental, practical and emotional support to vulnerable families in their own homes and through group support:

Home Visiting: Offered to help families facing challenges such as isolation, the effects of post-natal illness, disability or mental health issues, bereavement, multiple births and poverty or financial difficulties. Trained volunteers help families with practical tasks, offer guidance and signpost for specialist support, advice, share their experience of being a parent and provide support through emotional issues. Visits happen regularly for as long as the family require support. Most families are referred to us by professionals.

Mothers in Mind (MiMs) groups: Supporting mums experiencing poor mental health during the perinatal period and offering some additional 121 support where needed. These 10-week groups support mothers to attend a nonjudgmental space and share their stories of motherhood and the effects poor mental health have on the family system. We ran 6 MiMs groups in 2024/25 working with the mums to use yoga, journalling, and crafts as tools to express themselves and develop supportive techniques.

Bump-Start (antenatal) support groups: A 5-week course for expectant vulnerable parents, promoting positive relationships with each other and their unborn baby, as well as 121 support for those who cannot or will not access groups. We ran 12 Bump-Start groups across the year and have continued to use the Stroud Maternity Hospital as a venue. In January 2025, we started a pilot project to provide extra support to parents at the end of their pregnancy and during the first few weeks of baby's life. Two volunteers are currently supporting families via the telephone. We will evaluate the impact of this additional support and expand it if capacity allows.

Best-Start (postnatal) support groups: for vulnerable parents with 0-to 6-month-old babies. Sessions run over 6 weeks and focus on up-to date advice on topics such as teething, feeding, first aid, supporting early relationships, play, baby massage, routines, self-care and sleep. We ran 17 of these groups across the county during the year.

Play-Start family fun group: a term time only, twice-weekly stay and play group situated in Forest Green - a community within an isolated area with transport links and high levels of need.

Dad Matters Gloucestershire: is managed by each of the 3 Home-Starts in the county and runs 1-2-1 support for dads along with regular Dad wellbeing chats, stay and plays and Dad Walk and Talk sessions. There was also a weekly presence at Gloucester Royal Hospital where the team provided outreach support to dads visiting the antenatal clinic and maternity wards. The Dad Matters team also run a session at each of the Bump-Start groups to support dads attending.

Challenges

Recruiting and engaging volunteers continues to present a challenge. There are fewer people who have capacity to volunteer - many are looking after their own grandchildren more or needing to return to work in some capacity. We continually work hard to engage our volunteers. We introduced different ways for volunteers to support us including Group support (which is time limited and on regular days), the ability to do telephone support and scheduling training sessions in the early evening to avoid busy daytime diaries. Despite this, we have had to cancel some training during this period as engagement was low. Volunteering will be a key focus of 2025/26.

Trends

Ongoing pressures on statutory services, significant workforce gaps in the professional services we work with and the continuing impact of the pandemic on families means that we are receiving more referrals than ever that involve families with complex needs. In many cases, we make the difficult decision not to work with some families due to the level of need. We are seeing an increase in key issues such as social isolation, anxiety and poor mental health in adults and children, and we see first-hand how many children are not 'school ready' when the time comes. In Home Visiting we have seen an increase in neuro diverse parents; we tailor make our support and appreciate this can take more resource and time from a Coordinator. We have also experienced an increase in families referred who are affected by domestic abuse (past and present), more families reporting feeling let down by statutory services (not listened to, not supported) and an increase in teens accessing our prenatal services.

To better support the families' needs, our staff have taken trauma-informed approach training. To offer continued support for mums around the time of birth we are piloting additional volunteer-led telephone support.

Responding to Need
In 2024/25, we received 193 referrals for Home-Visiting support from professionals and 623 for Group attendance. Parents can self-refer to groups however, we receive many referrals from midwives, the Perinatal Infant Mental Health team, Early Help Targeted Family Support, Specialist Mental Health Nurses, social care teams and health visitors.

Referral reasons vary, however the top three categories we saw referenced were: mental health issues, unsuitable housing, and debt.

Working with Volunteers
Our volunteers have continued to offer invaluable support to our families through home visiting and group this year. We recruited and trained 26 volunteers across three volunteer preparation courses (2 face to face and 1 hybrid) which last 8 weeks. We ended the year with 75 active volunteers, 63 of whom were visiting families and 12 of whom were attending groups to help our coordinator.

Impact
We use a range of evaluation tools to assess the impact of our work. We always seek to understand how a parent is feeling before we work with them to establish a baseline. This is then compared with a post-intervention assessment to evidence improvements.

66 families whose Home Visiting support ended during 2024/25 completed a survey with our coordinator. These improvements were reported:

Mental health 41%
Feelings of isolation 41%
Confidence and self-esteem 43%
Spending quality time with the children 27%
The child/children's emotional wellbeing 28%

In 2024/25 our Bump-Start evaluation demonstrated the following improvements:
Parental Wellbeing 53%
Parental Skills 58%
Child's wellbeing 62%
Family Management 47%

And for Best-Start, the improvements were:
Parental Wellbeing 64%
Parental Skills 50%
Child's wellbeing 40%
Family Management 45%

Mothers in Mind is evaluated using the accredited WEBWEMs evaluation tool which evidenced an average of 23% improvement in wellbeing (average score of 31 before attending the group which rose to an average of 38 at the end of the 10 weeks. A score of under 41 indicates clinical depression).

Dad Matters reported the following impacts during the year:
Peer Support Groups
- 71% of participants reported improved confidence in being a father.
- 73% experienced reduced feelings of anxiety.
- 52% noted increased parental knowledge.

One-to-One (121) Support
- 95% of dads reported greater confidence in their fathering role.
- 80% saw improvements in feelings of anxiety.
- 49% gained enhanced parental knowledge.

Partnership Approach
We work in partnership across Gloucestershire to improve the lives of local families. The team at Home-Start Stroud and Gloucester have attended many events during the year to raise awareness, build partnerships, recruit volunteers, represent the voice of parents and contribute to policy discussions. Our Bump-Start Coordinator is a PIMH Champion for Home-Start UK, helping to develop training materials for Home-Start volunteers across the country. We attended meetings with social care teams in our locality to reiterate how we support families. We continued to regularly attend MNVP (Maternity and Neonatal Voices Partnership) meetings, and we have a representative on the Teen Pregnancy Working group for Gloucestershire, Antenatal education Working group for Gloucestershire, Infant Feeding Strategy Group for Gloucestershire, and the MNVP Glos co-production project.

Alongside maintaining existing partnerships, the team has built new relationships with; the Friendship Café and City Farm in Gloucester, the Gloucester Gateway Trust, and Family Action - the Children and Family Centre providers, Fair Shares Gloucester, the Ark playgroup in Stroud, GDASS and Allsorts.

The three Home-Starts covering Gloucestershire work together as a consortium. During the year, senior leaders and trustees from each consortium member met quarterly to manage consortium delivery, share updates, and best practice, align consistency of offer, coordinate shared functions, and oversee the strategic direction of the consortium. During the year we agreed to refresh our Memorandum of Understanding and to jointly commission a specialist fundraiser to secure the future of Dad Matters.

Quality Assurance
As part of the federated network of Home-Starts across the UK, we are required to undertake Quality Assurance. In 2024/25 we achieved the following standards:

- Protecting Families - safeguarding and all relevant policies.
- Governance and Leadership - Trustee appointment, training and responsibilities, governing documentation, operational and financial strategy.
- Supporting Families - training and support for staff and volunteers to enable them to support families, managing expectations, safe and accurate record keeping and plans to deal with high demand.

FINANCIAL REVIEW
Reserves policy
The trustees have reviewed the charity's reserves policy and aim to maintain reserves to ensure financial sustainability. At year-end, unrestricted reserves stood at £100,000, which the trustees consider sufficient to cover the cost of redundancies, pension liability and 2 months running expenses should the organisation have to close.

The charity's total income for the year was £433,985, with total expenditure of £411,789. The financial position at year-end was a surplus of £22,796, leaving total funds carried forward at £116,011.

Principal Funding Sources:

- Grants & Donations: £423,020
- Fundraising and Donations: £5,316
- Other Income (e.g., trading, contracts): £5,649

FUTURE PLANS
The charity plans to:

- Secure longer-term funding for future operation of the Home-Start Stroud and Gloucester.
- Increase service where we are currently under-represented.
- Develop mutually beneficial corporate partnerships.
- Secure county wide funding for Dad Matters.

These will be achieved through continued fundraising, partnerships, and operational improvements.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk management
The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees regularly assess risks affecting the charity, particularly in the areas of finance, governance, safeguarding, and compliance. Key risks identified and mitigation strategies include:

- Key leadership gaps and lack of appropriate skills within the Trustee membership - targeted recruitment of new trustees to fill identified skills gaps, widely advertising for Chair.
- Risk of not raising sufficient funds to cover projected expenditure - fundraising strategy, monitoring of expenditure by treasurer and Trustees, external fundraising support.
- Risk of failing to meet safeguarding obligations - annual training for staff and volunteers, higher level training for staff and trustee safeguarding leads, ensuring all policies and procedures are current, maintaining accurate records.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05282509 (England and Wales)

Registered Charity number
1107019

Registered office
Suites F&G, The Wheelhouse
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

Trustees
Ms H Cunild Ex-Social Worker
Ms E Ewart-James Social Worker (resigned 4.7.24)
Ms B A Harney Retired
A R D Lane Director
C R Pascoe Project Manager
Ms P H Walker Teacher
D Corfield Nhs Worker (appointed 4.7.24)
Ms L Cowling Consultant (appointed 4.7.24)
Ms L Hibbert Bank Worker (appointed 4.7.24)
Ms L Price Bank Worker (appointed 4.7.24) (resigned 30.9.24)

Independent Examiner
Allen Accountants Ltd
Allen Accountants Ltd
Suite 5, First Floor
The Counting House
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

Approved by order of the board of trustees on ..... and signed on its behalf by:

.....
Ms H Cunild - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HOME-START STROUD AND GLOUCESTER

Independent examiner's report to the trustees of Home-Start Stroud And Gloucester ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Allen Accountants Ltd

Allen Accountants Ltd
Suite 5, First Floor
The Counting House
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

Date: .....

HOME-START STROUD AND GLOUCESTER

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 Unrestricted fund £	2024 Total funds £
INCOMING RESOURCES FROM			
Donations and restricted funds		423,020	368,118
Fundraising activities	2	5,316	15,648
Investment income	3	5,539	4,990
Other income		-	300
Total		433,875	389,056
EXPENDITURE ON			
Other		412,115	400,273
NET INCOME/(EXPENDITURE)		21,760	(11,217)
RECONCILIATION OF FUNDS			
Total funds brought forward		93,815	105,032
TOTAL FUNDS CARRIED FORWARD		115,575	93,815

The notes form part of these financial statements

HOME-START STROUD AND GLOUCESTER

BALANCE SHEET
31 MARCH 2025

	Notes	2025 Unrestricted fund £	2024 Total funds £
FIXED ASSETS			
Tangible assets	7	3,939	4,049
CURRENT ASSETS			
Debtors	8	21,501	20,082
Cash at bank and in hand		101,254	99,646
		122,755	119,728
CREDITORS			
Amounts falling due within one year	9	(8,188)	(27,031)
NET CURRENT ASSETS		114,567	92,697
TOTAL ASSETS LESS CURRENT LIABILITIES		118,506	96,746
CREDITORS			
Amounts falling due after more than one year	10	(2,931)	(2,931)
NET ASSETS		115,575	93,815
FUNDS	11		
Unrestricted funds		115,575	93,815
TOTAL FUNDS		115,575	93,815

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

.....
H Cunild - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. FUNDRAISING ACTIVITIES

	2025	2024
	£	£
Fundraising events	5,316	15,648

3. INVESTMENT INCOME

	2025	2024
	£	£
Interest receivable - trading	5,539	4,990

continued...

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Accountancy	634	613
Depreciation - owned assets	1,313	1,349

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund
	£
INCOMING RESOURCES FROM	
Donations and restricted funds	368,118
Fundraising activities	15,648
Investment income	4,990
Other income	300
Total	389,056
EXPENDITURE ON	
Other	400,273
NET INCOME/(EXPENDITURE)	(11,217)
RECONCILIATION OF FUNDS	
Total funds brought forward	105,032
TOTAL FUNDS CARRIED FORWARD	93,815

continued...

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2024	23,311
Additions	1,203
At 31 March 2025	24,514
DEPRECIATION	
At 1 April 2024	19,262
Charge for year	1,313
At 31 March 2025	20,575
NET BOOK VALUE	
At 31 March 2025	3,939
At 31 March 2024	4,049

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	-	4,000
Other debtors	8,878	2,462
Prepayments	12,623	13,620
	21,501	20,082

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	-	(1)
Social security and other taxes	4,516	8,041
Other creditors	3,072	1,891
Funds restricted for next year	-	16,500
Accrued expenses	600	600
	8,188	27,031

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2025 £	2024 £
Other creditors	2,931	2,931

continued...

11. MOVEMENT IN FUNDS

	At 1/4/24 £	Net movement in funds £	At 31/3/25 £
Unrestricted funds			
General fund	93,815	21,760	115,575
TOTAL FUNDS	93,815	21,760	115,575

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	433,875	(412,115)	21,760
TOTAL FUNDS	433,875	(412,115)	21,760

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	105,032	(11,217)	93,815
TOTAL FUNDS	105,032	(11,217)	93,815

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	389,056	(400,273)	(11,217)
TOTAL FUNDS	389,056	(400,273)	(11,217)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/23 £	Net movement in funds £	At 31/3/25 £
Unrestricted funds			
General fund	105,032	10,543	115,575
TOTAL FUNDS	105,032	10,543	115,575

continued...

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	822,931	(812,388)	10,543
TOTAL FUNDS	822,931	(812,388)	10,543

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

HOME-START STROUD AND GLOUCESTER

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
INCOMING RESOURCES		
Donations and restricted funds		
Restricted Funds	399,056	345,662
Donations and subscriptions	22,787	15,766
Gift aid	1,177	1,690
Grants	-	5,000
	423,020	368,118
Fundraising activities		
Fundraising events	5,316	15,648
Investment income		
Interest receivable - trading	5,539	4,990
Other income		
Other Income	-	300
Total incoming resources	433,875	389,056
EXPENDITURE		
Support costs		
Administrative costs		
Wages	330,967	318,655
Recruitment expenses	2,379	943
Premises expenses	18,819	22,086
Repairs and renewals	8,344	3,692
Insurance	2,685	2,133
Telephone	3,314	2,893
Postage	222	234
Stationery and printing	1,629	2,483
Office sundries	304	347
Coordinator expenses	4,864	7,226
Volunteers expenses	7,501	7,541
Group workers expenses	3,314	4,205
Fundraising expenses	2,322	1,793
Training staff and management	521	2,115
Training volunteers	672	180
Family fund expenses	297	135
Premises hire	11,015	10,979
Group resources	362	519
Staff welfare	68	962
Depreciation of tangible and heritage assets	1,313	1,349
	400,912	390,470
Finance		
Credit card charges	382	249
Other 3		
Sundries	225	-
Governance costs		
Accountancy	634	613
Carried forward	634	613

	2025	2024
	£	£
Governance costs		
Brought forward	634	613
Consultancy	9,962	8,941
	10,596	9,554
Total resources expended	412,115	400,273
Net income/(expenditure)	21,760	(11,217)

HOME-START STROUD AND GLOUCESTER

England & Wales - Charity number 1107019

Accounts

REGISTERED COMPANY NUMBER: 05282509 (England and Wales)
REGISTERED CHARITY NUMBER: 1107019

Report of the Trustees and

Unaudited Financial Statements

for the Year Ended 31 March 2024

for

HOME-START STROUD AND GLOUCESTER

MGB Accountants (Stonehouse) Limited
Suite 5, First Floor
The Counting House
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

HOME-START STROUD AND GLOUCESTER

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HOME-START STROUD AND GLOUCESTER

Report of the Trustees for the year ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05282509 (England and Wales)

Registered Charity number

1107019

Registered office

Suites F&G, The Wheelhouse
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

Trustees

Ms H Cunild Ex-Social Worker
Ms E Ewart-James Social Worker
Ms B A Harney Retired
A R D Lane Director
C R Pascoe Project Manager
Ms P H Walker Teacher

Independent Examiner

MGB Accountants (Stonehouse) Limited
Suite 5, First Floor
The Counting House
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

Approved by order of the board of trustees on 24/6/24 and signed on its behalf by:

Hannah Walker

Trustee

Independent Examiner's Report to the Trustees of Home-Start Stroud And Gloucester

Independent examiner's report to the trustees of Home-Start Stroud And Gloucester ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the **ERROR - relevant professional body must be completed**, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

MGB ACCOUNTANTS STONEHOUSE LIMITED

MGB Accountants (Stonehouse) Limited
Suite 5, First Floor
The Counting House
Bonds Mill Estate
Stonehouse
Gloucestershire
GL10 3RF

Date: .....

HOME-START STROUD AND GLOUCESTER

Statement of Financial Activities for the year ended 31 March 2024

	Notes	2024 Total funds £	2023 Total funds £
INCOMING RESOURCES FROM			
Donations and restricted funds		368,118	381,067
Fundraising activities	2	15,648	11,543
Investment income	3	4,990	1,798
Other income		300	100
Total		389,056	394,508
EXPENDITURE ON			
Other		400,273	359,311
NET INCOME/(EXPENDITURE)		(11,217)	35,197
RECONCILIATION OF FUNDS			
Total funds brought forward		105,032	69,835
TOTAL FUNDS CARRIED FORWARD		93,815	105,032

The notes form part of these financial statements

HOME-START STROUD AND GLOUCESTER

Balance Sheet
31 March 2024

	Notes	2024 Total funds £	2023 Total funds £
FIXED ASSETS			
Tangible assets	7	4,049	5,398
CURRENT ASSETS			
Debtors	8	20,082	22,286
Cash at bank and in hand		99,646	103,854
		119,728	126,140
CREDITORS			
Amounts falling due within one year	9	(27,031)	(23,575)
NET CURRENT ASSETS		92,697	102,565
TOTAL ASSETS LESS CURRENT LIABILITIES		96,746	107,963
CREDITORS			
Amounts falling due after more than one year	10	(2,931)	(2,931)
NET ASSETS		93,815	105,032
FUNDS	12		
Unrestricted funds		93,815	105,032
TOTAL FUNDS		93,815	105,032

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

.....
Trustee

The notes form part of these financial statements

Notes to the Financial Statements for the year ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. FUNDRAISING ACTIVITIES

	2024	2023
	£	£
Fundraising events	15,648	11,543

3. INVESTMENT INCOME

	2024	2023
	£	£
Interest receivable - trading	4,990	1,798

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Accountancy	613	600
Depreciation - owned assets	1,349	1,799

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Total funds £
INCOMING RESOURCES FROM	
Donations and restricted funds	381,067
Fundraising activities	11,543
Investment income	1,798
Other income	100
Total	394,508
EXPENDITURE ON	
Other	359,311
NET INCOME	35,197
RECONCILIATION OF FUNDS	
Total funds brought forward	69,835
TOTAL FUNDS CARRIED FORWARD	105,032

LIST OF FUNDERS

Aspire
Barnwood Trust
CHK Foundation
David Thomas Charitable Trust
Dursley Town Council
Edward Gostling Foundation
Four Acre Trust
Garfield Weston
Glos ICB
Glos Community Foundation
Gyde Trust
Henry Smith
HSUK - Pears Foundation
Jack Lane trust
Kings Stanley and Selsley Trust
Langtree Trust
Lennox Hannay Charitable Trust
Nailsworth Town Council
National Lottery
OPCC
Peter Lang Trust
Quedgeley Town Council
Renishaw
Rodborough Parish Council
St James Place
Souter Charitable Trust
Stonehouse Town Council
Stroud District Council
Stroud Rotary
Stroud Town Council
Tudor Trust

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2023 and 31 March 2024	23,311
DEPRECIATION	
At 1 April 2023	17,913
Charge for year	1,349
At 31 March 2024	19,262
NET BOOK VALUE	
At 31 March 2024	4,049
At 31 March 2023	5,398

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	4,000	8,025
Other debtors	2,462	2,462
Prepayments	13,620	11,799
	20,082	22,286

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Bank loans and overdrafts (see note 11)	-	1,409
Social security and other taxes	8,041	3,774
Other creditors	1,891	771
Funds restricted for next year	16,500	17,021
Accrued expenses	600	600
	27,031	23,575

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2024 £	2023 £
Other creditors	2,931	2,931

11. LOANS

An analysis of the maturity of loans is given below:

	2024 £	2023 £
Amounts falling due within one year on demand:		
Bank overdrafts	-	1,409

12. MOVEMENT IN FUNDS

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	105,032	(11,217)	93,815
TOTAL FUNDS	105,032	(11,217)	93,815

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Total funds			
General fund	389,056	(400,273)	(11,217)
TOTAL FUNDS	389,056	(400,273)	(11,217)

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Total funds			
General fund	69,835	35,197	105,032
TOTAL FUNDS	69,835	35,197	105,032

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Total funds			
General fund	394,508	(359,311)	35,197
TOTAL FUNDS	394,508	(359,311)	35,197

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/22 £	Net movement in funds £	At 31/3/24 £
Total funds			
General fund	69,835	23,980	93,815
TOTAL FUNDS	69,835	23,980	93,815

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Total funds			
General fund	783,564	(759,584)	23,980
TOTAL FUNDS	783,564	(759,584)	23,980

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

HOME-START STROUD AND GLOUCESTER

Detailed Statement of Financial Activities for the year ended 31 March 2024

	2024 £	2023 £
INCOMING RESOURCES		
Donations and restricted funds		
Restricted Funds	345,662	360,107
Donations and subscriptions	15,766	9,614
Gift aid	1,690	1,346
Grants	5,000	10,000
	368,118	381,067
Fundraising activities		
Fundraising events	15,648	11,543
Investment income		
Interest receivable - trading	4,990	1,798
Other income		
Other Income	300	100
Total incoming resources	389,056	394,508
EXPENDITURE		
Support costs		
Administrative costs		
Wages	318,655	278,101
Recruitment expenses	943	1,244
Premises expenses	22,086	15,435
Repairs and renewals	3,692	5,480
Insurance	2,133	1,719
Telephone	2,893	2,510
Postage	234	197
Stationery and printing	2,483	2,365
Hospitality	347	348
Light & heat	7,226	5,824
Volunteers expenses	7,541	7,706
Group workers expenses	4,205	4,906
Fundraising expenses	1,793	4,912
Training staff and management	2,115	4,788
Training volunteers	180	50
Family fund expenses	135	-
Premises hire	10,979	12,256
Group resources	519	683
Committee members expenses	-	377
Staff welfare	962	-
Depreciation of tangible and heritage assets	1,349	1,799
	390,470	350,700
Finance		
Credit card charges	249	203
Governance costs		
Accountancy	613	600
Consultancy	8,941	6,371
Carried forward	9,554	6,971

HOME-START STROUD AND GLOUCESTER

Detailed Statement of Financial Activities for the year ended 31 March 2024

	2024	2023
	£	£
Governance costs		
Brought forward	9,554	6,971
Professional fees	-	1,437
	9,554	8,408
Total resources expended	400,273	359,311
Net (expenditure)/income	(11,217)	35,197

HOME-START STROUD AND GLOUCESTER

England & Wales - Charity number 1107019

Accounts

Stroud and Gloucester

ANNUAL REPORT 2022-2023

For parents when they need us most









Charity No: 1107019
Company Registration No: 05282509

GIVING CHILDREN THE BEST START IN LIFE

About us

Established in 1999, Home-Start Stroud and Gloucester provides vital support to over 600 vulnerable families every year in the Stroud and Gloucester Districts through a range of different services including weekly home visiting by trained volunteers, ante and post-natal groups, a perinatal mental health peer support programme and a Dad Matters project to specifically support dads to have the best relationships possible with their children.

Our mission is to improve the lives of families with children under the age of 5 who are facing multiple challenges, including poverty, social isolation, disabilities, and poor mental health. We believe passionately in early intervention and a strengths-based approach to supporting families to overcome any challenges they face and for parents to be supported to be the best parents they can be. We offer holistic support to families for as long as is necessary, ensuring that we have time to build up trust with them in order to walk alongside them, supporting them to make the positive changes necessary to deal with the challenges that they face and to create the best start in life for their children.

Our work supports parents to grow in confidence and self-esteem, strengthens their relationships with their children, improves their mental health and wellbeing and widens their links with the local community.



Elizabeth Ewart-James - Chairperson

"Another wonderful year for Home-Start. New offices, more workers and fantastic fundraising. The early years services are facing enormous challenges due to limited resources, which makes it more difficult for professionals to allocate time for referring to universal services like ours. Our message to our referrers is that we are here to help. As always thank you to our trustees, our staff, and our amazing volunteers."

Because tomorrow starts today



Ri Ferrier-Scheme Director

"As the director of Home Start Stroud and Gloucester, I am continually inspired by the passion, determination, and dedication demonstrated by each and every volunteer, trustee, and staff member within our charity. Throughout the past year, we have supported 683 families, through home visiting, groups, Dad Matters and through additional support for those facing the greatest challenges during the perinatal period. I extend my deepest gratitude to our extraordinary team for their tireless efforts and unwavering commitment. Additionally, I would like to express heartfelt appreciation to our invaluable funders, whose support allows us to offer the children of Stroud and Gloucester the best start in life."

REFERRALS AND FAMILIES SUPPORTED

Referrals 2022/2023

Total no of Referrals to services	847
Total no of families referred to us	524
Families referred to Best-Start	298
Families referred to Bump-Start	169
Families referred to Home-Visiting	164
Families referred to Mothers in Mind	216
Total no of Dads referred to Dad Matters	92



·25.7% of these were self-referrals
·15.2% were from families suffering with financial difficulties
·21.8% were lone parent families
·28% were young parents
·71.2% were suffering with mental health issues
·37.5% had other agencies involved due to the complexity of their needs.

Families supported 2022/23

Home Visiting	133
Best-Start	175
Bump-Start	81
Mothers in Mind	112
Arkell Family Fun Group	122
Dad Matters	60
Total	**683**

Outcomes for home visiting families

	% change 2022-23
How is your physical health?	17.6%
How is your mental health?	28.4%
Do you feel isolated?	35.5%
How is your confidence and self esteem?	47.9%
Do any of your relationships cause you stress?	10.8%
How confident do you feel as a parent?	13.2%
Do you feel you have enough parenting knowledge and skills	5.4%
Are you able to spend quality time with each of your chidlren?	6.0%
How would you score your relationship with each of your children?	6.8%
How would you score your child/children's physical health?	1.8%
How would you score your child/children's emotional wellbeing?	8.0%
Do you have any financial issues?	3.1%
How well do you manage the day to day running of the house	15.7%
How are you managing with several children under 5?	23.7%





Quotes from Professionals

"I will be continuing to sing the praises and advocate for Home-Start far and wide. You have been such a course of support, thank you." Social Worker

"I cannot thank you enough, the support you give to families is amazing and makes such a difference." Health Visitor

Quotes from Parents

"My volunteer is invaluable, I would not have been able to go out with both boys on my own."

"The best thing about Home-Start is it is individualised, focusing on my family's needs and in the home. I got a real sense of warmth from our volunteer. She is caring, brought positivity, was great at listening and just lovely."

"Our family would like to thank you for all your kindness and for supporting us through difficult times. I always felt I had someone to talk to during some dark days. And we had the help of the best volunteer ever! People like you make the world a better place. Keep up your awesome work."

Quotes from the Children

"I almost cried when Lucy left, because I didn't want to stop playing. "



"I love her too much to say goodbye."

"Thank you for the sword fights!"

"She is my best friend!"

No child's future should be limited





Volunteer Home-Visiting

We have 79 volunteers.
We recruited and trained 16 Home visiting volunteers during this year.

We provided our volunteers with additional training workshops in:

- Infant Mental Health
- Universal Credit and additional funding available to families
- Allsorts Family Support Service
- Sunflowers Suicide Awareness
- Annual Safeguarding training

For more information about becoming a Home-Start volunteer and to apply please scan the QR code www.homestartsd.org

Plans for future training workshops include:

- Volunteers Refresher training
- Domestic Abuse Awareness
- Introduction to more eLearning modules such as financial wellbeing & healthy eating
- Home Safety

We are currently piloting a new hybrid training module to introduce e learning modules with face to face training. This will enable us to run more training opportunities for new volunteers every year.

Our School Readiness pilot group was so successful last summer, we are running it again! This will be a drop-in group to support families during the 6 week summer holidays at Nailsworth Primary School. The sessions will be Forest School based with fun learning opportunities and social interactions for children and parents. We are also linking up with Gloucestershire based Forest School this summer to provide families in that area with free access to outdoor fun.

For parents when they need us most



OUR GROUPS



Number of groups delivered:

16 Best-Start, 11 Bump-Start, 3 ongoing Mothers in Mind groups,
20 families received 1:1 Support from our Bump-Start co-ordinator
70 Arkell Family Fun Sessions took place

Who attended:

Mothers in Mind	120 mums
Best-Start	194 mums, 29 dads, 194 babies
Bump-Start	111 mums, 42 dads, 112 unborn babies
Arkell	122 mums

Locations of groups – Cashes Green, Quedgeley, Kingsway, Linden, Stonehouse, Tredworth, Stroud, Gloucester, Nailsworth

Number of volunteers supporting groups: 9 Best-Start, 4 Bump-Start, 7 Mothers in Mind, 4 Arkell Family Fun Sessions

Quotes from parents attending groups

"I've met up with 2 other mums and it was lovely. We've got a little WhatsApp chat, and its been a godsend in the early hours when we are all awake and just for general support and advice. I definitely think I've made some friends for life and its crazy to think we were all in hospital together and all born 24 hours apart. Will be lovely for our little ones to grow up so close together in age". Bump-Start parent

"Stef has been amazing, and this class was much more than I expected, Stef is so knowledgeable and caring which really comes across and she makes you feel so confident in becoming a parent". Bump-Start parent

"I have learned from coming to the group to understand things from baby's perspective and think like them. Also, to be kind to yourself and not compare to others as each baby is different. To embrace and enjoy the time!" Best-Start parent

"The group helped me bond with baby more and gain confidence and self-esteem around being a mum. I feel better that I'm doing a good job". Best-Start parent

"It's the one group I make sure I come to!" Mothers in Mind mum

"It's helped me to realise that other mums are in the same situation and made me realise that I'm doing my best". Mothers in Mind mum



For parents when they need us most

Percentage Improvements across groups in 2022

Bump-Start		Best-Start		Mothers in Mind	
Parents Wellbeing	65%	Parenting Wellbeing	55%	Parents Wellbeing	88%
Parenting Skills	68%	Parenting Skills	44%	Parenting Skills	63%
Children's Wellbeing	65%	Children's Wellbeing	37%	Children's Wellbeing	48%
Family Management	59%	Family Management	45%	Family Management	46%

Karitane Parenting Confidence Scale 24%

Warwick Edinburgh WEMWBS 14%

Arkell Family Fun Group

90% of parents and caregivers who attend the Arkell Family Fun Group in Nailsworth report an improvement in stress, self-esteem, feelings of isolation and anxiety.

"This is truly the best playgroup I have ever been to - the lady running it puts in an exceptional level of effort. She deserves a damehood quite frankly!. Arkell Family Fun Group mum

"I can look around the room and see how much comfort for others this session provides." Arkell Family Fun Group mum

"I feel the group covers every area of my child's needs at the moment, both educational and social. She is thriving." Arkell Family Fun Group mum







Dad Matters Gloucestershire

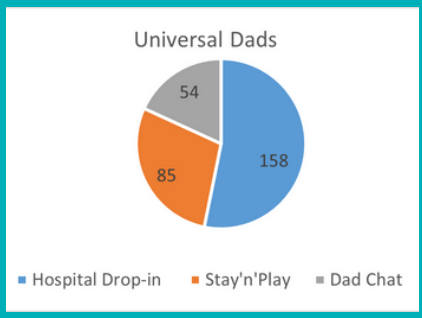
Over the past year, Dad Matters Gloucestershire has continued its commitment to supporting fathers in Gloucestershire, offering valuable resources, programs, and services. The organisation recognises the crucial role that fathers play in their children's lives and aims to provide them with the tools and support they need to thrive as parents.

In 2022/23 we received 92 referrals to Dad Matters, a 12.2% increase over the previous year.

·19.6% were lone parent families.
·20.4% were young parents (under 25 years of age)
·86.8% were suffering from mental health issues.

With a focus on reaching out to as many fathers as possible, Dad Matters has successfully supported 287 dads through a variety of initiatives. Our hospital drop-in has been instrumental in providing support to new fathers during a critical and often overwhelming time. By offering guidance, encouragement, and practical assistance, Dad Matters has helped fathers navigate the early stages of parenthood with confidence and reassurance.

The positive results from their universal offerings, such as hospital visits, stay and play groups, and Dad Chat mental health well-being groups, demonstrate the transformative effects on fathers and families.
Dad Matters Gloucestershire continues to make a significant difference, ensuring that fathers receive the support they need to thrive in their important roles.



"I just wanted to say the guys have been great in making me feel welcome and involved in both the Brockworth sessions I have attended. Keep up the good work and a big thank you." Dad, Gloucestershire

"Nick was brilliant, he listened to me and was able to help me break down the issues I'm struggling with as a dad. I can't wait to do this again!" Dad, Stroud

"Ryan was able to ease my mind about becoming a parent with loads of useful website and apps I could use! Thank you." Dad, Forest of Dean

Dad Matters Impact

Universal Support	
Increased confidence in being a parent	100%
Improvement of mental health	77%
Improvement of parental knowledge	56%
Referred Dads	
Increased confidence in being a parent	43%
Improvement of mental health	54%
Improvement of parental knowledge	22%



Heather Cunild, Treasurer

Our costs increased considerably during this year as we moved offices, recruited more personnel and gave our staff a pay rise after some years without one. This has all been very positive in terms of the operation of the scheme and those who work tirelessly in it but makes our funding requirements more acute at a time when everyone everywhere is feeling the squeeze financially. We have our wonderfully loyal regular supporters and others who have been very generous this year but will need some creative fundraising and bid writing to see us through the years ahead.

Expenditure		Income	
Staff Salary Costs	£278,101	Statutory Grant funding	£107,895
Volunteer Expenses	£7,706	Non-Statutory Grants	£227,136
Rent and Insurance	£17,154	Other Income and donations	£59,477
Professional Fee	£8,408		*Total £394,508*
General Costs	£47,942		
	Total £359,311		



We would like to give a heartfelt **THANK YOU** to all of our **volunteers**. Without giving the gift of their time to support families, we could not make such a difference to so many families lives who need it the most.

Our volunteers provide support to families in their own homes as well as through peer support groups, and are invaluable in so many ways.

We would also like to say **THANK YOU** to all our **trustees and team of staff** for their hard work and commitment. And we especially THANK all of our funders who continue to believe in us and help us to continue to provide the support we do for families. Their commitment empowers us to make a change for the better, so **THANK YOU**.

Enquiries@homestartsd.org

www.homestartsd.org

01453 297470

THANK YOU!

HOME-START STROUD AND GLOUCESTER

England & Wales - Charity number 1107019

Accounts

Charity Number: 1107019

Company Number: 05282509



Annual Report 2021-2022

HOME START

Stroud and Gloucester

CHAIR'S REPORT

This has been a year of getting back to normal gradually after the pandemic. **Alex Corgier**, our Scheme Manager for many years left us to work at Home-Start UK head office as their new National Infant Perinatal Mental Health Lead. Fortunately, we found **Ri Ferrier**, who is also blessed with the commitment and drive that Alex led us with.

We said goodbye to **Malcolm Swait** and **Judith Munro-Faure** as trustees. Malcolm had been a trustee for many years and our thanks to both for their contributions. We have welcomed two new trustees to the board, **Becki Clarke** and **Lemara Hibbert**.

There is an ever increasing demand for our services and moving into the Gloucester area is certainly challenging. Thanks to **Colin Pascoe** who acts as our Gloucester trustee.

The groups continue to be very popular and we are fortunate to have so many dedicated volunteers. The consortium is working well and hopefully cutting down on the duplication of administration between the three schemes which now cover the county whilst we retain our independence.

It's with great shame we have had to make the decision to cancel this year's Westonbirt Fair due to the increase in costs generally. We are reviewing plans to run this again in 2023. We did have a successful fundraising golf day which we are pleased to say raised more than £4,000 for the scheme. Special thanks to **Sheila Marsh** and **Shelley James** for their help and to **Minchinhampton Golf Club**. My thanks as ever to the wonderful staff team, fellow trustees and our amazing volunteers.

Elizabeth Ewart-James (Chair)





Scheme Director
Ri Ferrier

It has been a privilege to take over as Scheme Director from Alex Corgier in October 2021. The legacy she left behind has made the job of stepping into her shoes so much easier than it could have been! This financial year has seen us beginning to come out of the pandemic – though the reverberations of Covid-19 will continue to impact our families for years to come. Social distancing and isolation have placed enormous strains on families; the practical and emotional demands of parenthood are challenging enough in normal times but the pandemic has added so many additional layers of anxiety, uncertainty and isolation.

We have seen a **45% increase in referrals** (from 2020 to 2021). In the last financial year we received **836 referrals** – with some referral reasons more than doubling over the previous year (coping with child's mental health, stress caused by conflict in the family). **65%** of the families that we are currently supporting have **mental health** issues with **19%** registered with mental health services. The level of complex needs has been challenging for us as a team but the level of heart and commitment of each and every team member, volunteer and trustee is outstanding, with everyone working together to meet this challenge.

Our group work has gone from strength to strength, with **parental wellbeing** improving by an average of **50%** as a result of attending one of our groups. Home-visiting support is a vital part of our offering, and our outcome measures show that we have the biggest impact on **confidence and self-esteem (38%), feeling less isolated (32%) and improved mental health (25%).**

"You have seen me and my family in the best and worst of states and never judged."
"You do such an amazing job. I could not have done the first few years of my son's life without you."

We said goodbye to Lee Houghton but welcomed two new Dad Matter's Coordinators – **Nick Darrock-Fuller** and **Ryan Jones** who have many exciting ideas of how to develop the project to support dads across Gloucestershire. Watch this space! Within the last year we also welcomed **Emily Price** who is running Best-Start groups and **Amy Wright** who is a home-visiting family and volunteer coordinator to the team.



I want to thank all of our funders, both large and small, who help to support the vital work that we do.

I'd like to finish with a HUGE thank you to all the staff and volunteer team for their hard work, care and commitment to our charity.

Stroud and Gloucester

ABOUT HOME-START

Home-Start Stroud and Gloucester is an established charity founded in 1999 to support families living under stress in the Stroud District of Gloucestershire. In 2020 we expanded our services into Gloucester City which has the highest levels of deprivation in the county. Our scheme covers a large area of rural communities, several market towns and a city.

We support over 600 families every year through a plethora of different services including home visiting by trained volunteers, ante and post-natal groups, a perinatal mental health peer support program and a Dad Matters project to specifically support dads to have the best relationships possible with their children.

OUR VISION

Our vision is to see every parent living in Gloucestershire getting the support that they need to give their children the best possible start in life.

We believe passionately in early intervention and a strengths-based approach to supporting families to overcome any challenges they face and for parents to be supported to be the best parents they can be.

OUR VALUES

- We strive to be a non-judgmental service that is professional and non-threatening in its approach.
- We aim to empower families with strategies that enable them to raise their children in a safe, positive and enjoyable way.
- We do this through being empathetic, supportive and honest in all of our interactions.
- We are committed to reducing inequality and promoting well-being in the communities that we serve.





WHAT WE OFFER

- **Home-Visiting** (weekly) to families in their own homes by highly trained volunteers who are supervised by our family coordinators.

- **Bump-Start** programme: These ante-natal groups are informal sessions for vulnerable families referred by midwives to provide extra support on new parents' pregnancy journeys. Sessions are activity based and cover a range of topics such as bonding with your bump, emotions during pregnancy and the baby's development in the womb.

- **Best-Start** programme: These post-natal groups for vulnerable parents with 0- to 6-month-old babies are structured programs led by our highly trained group staff. Sessions focus on up-to-date advice on topics such as teething, first aid, supporting early relationships, play, baby massage, routines, self-care and sleep.

- **Mothers in Mind**: This is a perinatal mental health program to support women affected by mental health issues in the first two years of their parenting journey. They are based on peer support, offering reassurance and support to women who are struggling to attend any other group.

- **Arkell Family Fun**: This is a term time only stay and play group for families based in a rurally isolated and deprived community in the Stroud District.

- **Dad Matters Gloucestershire**: A project to help dads have positive relationships with their families, supporting them with their own wellbeing and mental health. This is achieved by providing ante and post-natal groups for dads, offering 1-2-1 peer support, signposting and supporting dads to access services and information to help make sense of being a dad as well as by recruiting and training volunteers to provide peer support.



Michelle Smith
Senior Family and Volunteer Coordinator

We have seen a significant increase in referrals into our home -visiting team and I need to take this opportunity to thank our wonderful team of volunteers who have provided their support during a particularly difficult time. Navigating restrictions and keeping themselves and the families they support safe, has been challenging. Our staff and volunteers adapted ways of working to keep our support ongoing, showing their heart-warming resilience.

With four coordinators now covering Stroud and Gloucester with a Senior Coordinator in place, we are in a stronger position to be able to move forward with our support to **G**loucester based families as planned.

Our recruitment and training of volunteers is ongoing, we hold two training events a year in the Spring and Autumn covering both localities. Our volunteers make the difference, here's what some of our families had to say:

Lauren says her volunteer is *"the most wonderful woman she has ever met. She has been an absolute rock keeping in contact during Covid, being there for her, a listening ear, giving her encouragement and advice when needed and putting her in touch with other support networks."*

Chantelle says that her volunteer *"has been a huge support over the last few years. Supporting her eldest child to start school and being an emotional support for her. Chantelle says she did not have anyone else and that a phone call once a week meant the world to her, especially during Covid."*



Rhiannon Byron
Groups Lead Coordinator

The Covid 19 pandemic continued to affect the support we were able to provide at the start of this year, although groups have gradually returned to face-to-face sessions, with less groups delivered online as the year went on. Delivering sessions for parents whilst wearing face masks was a new challenge we faced as facilitators but parents were crying out for more social contact for themselves and their babies. We did as much as we could, with the government guidelines in place at the time, and varied our support between telephone calls, online group sessions, in-person group sessions and wellbeing walks in the community to help people to feel supported and connected. Thanks to the continued dedication and flexibility of staff, we have been able to support more families than ever via our group sessions, whether they were delivered online or in-person.

Throughout the year, we saw an inevitable increase in families being referred to us, enabling them to access and benefit from the range of groups we provide, many more families were shared between our various services, accessing more than one form of support from Home-Start at once. This meant that demands on staff time increased and the year saw changes and additions to group facilitators due to increased provision:

1. Our MIM co-ordinator went on to a career in psychotherapy and was succeeded by the MIM peer support volunteer, Tracey Edwards.
2. One of our home-visiting coordinators, Isla Rawson, now delivers our third MIM group (Matson/Tredworth).
3. Emily Price joined the team as a Best-Start coordinator to work alongside myself and Amy Wright, has helped to deliver some of the extra Best-Start and Bump-Start groups needed.
4. Our groups administrator has also taken on extra hours.

As restrictions have eased, we have been able to reconnect in-person with more of our referrers and formed new partnerships. The Gloucester Continuity of Care midwifery team invited us to co-deliver some of their antenatal sessions this year and this has helped us to keep a consistent numbers of referrals to our services from that team. Gloucester City has been our main area of growth this year and we now regularly run Mothers in Mind and Best-Start groups in city locations and hope to expand into more new locations in the future.



Number of groups delivered in 2021/2022:

16 Best-Start, 10 Bump-Start, 14 Mothers in Mind

Areas in which groups were delivered:

Cashes Green, Quedgeley, Kingsway, Stonehouse, Sharpness, Tredworth, Podsmead, Linden, Dursley, Online Bump-Start sesisons, plus walking groups

"After my labour I felt like I couldn't seek help with my baby but the group made me realise its ok to feel how I do and it has also made me be able to spend more time and to bond with my baby & I do see a change in his behaviour."

"The group has been so positive and upbeat about being pregnant and has been completely non judgemental. The women in the group were lovely and I made friends with one person in particular who is on a similar journey to me - I've found talking to Stef and the other lady has helped me so much to relax a bit so I can bond with my bump a bit more"



"Wednesdays are always calmer because of MiMs group. I know if I'm having a bad time I feel much better talking to mums who feel the same"

REFERRER QUOTE

When we asked referrers how their families have benefited from attending our groups, one said: "*I have found that women have enjoyed the groups, women who have had 1:1 support have needed less time/interventions from us as are being helped in practical ways that mean the most to them to help them which we often we don't have the capacity to do.*"

Sue Smith
Family, Volunteer and Arkell Group Coordinator

A huge thank you to **Elena** for all her passion and enthusiasm and a thank you to the volunteers, **Brian, Anne, Juliet and Becky,** for supporting her to provide families with such an amazing group every Wednesday and Friday at The Arkell Centre, Forest Green.

We would like to give thanks to **Forest Green Rovers**, who helped support our Christmas 2021 party, **Morrisons (Nailsworth)** who provided Easter eggs for the families, and **Nailsworth Town Council**, who provide much needed funding to enable the group to run.

I think these photos and quotes from families say it all







When coming to the group you never feel alone, as everyone is so friendly and welcoming. The children and adults all become good friends

We have made life long friends by coming to the group

This wonderful Group has been just as beneficial to me as it has to my little one. To see them experiencing so many new things through sensory play is so magical. Lockdown had us feeling so lonely but this Group has remedied that. Eternally grateful

The IMPACT of our WORK

Groups Impact

- **100%** of Best-Start and Bump-Start parents reported a reduction in parental isolation after attending the groups, with **100%** of respondents at all groups confirming they had built social networks for ongoing support.
- **100%** of Bump-Start, **96%** of MIMs and **95%** of Best-Start parents reported improved mental health and wellbeing.
- **89%** of MIMs mums report feeling better able to cope with their child's practical & emotional needs following attendance at the group.
- **95%** of Best-Start attendees report an improved understanding of baby's behaviour and ability to respond to them more effectively.
- **100%** at Bump-Start, **98%** at Best-Start and **89%** at MIMs report an increase in parenting self-confidence.

Home Visiting Impact

- Families reported a **51.9%** increase in their confidence and self esteem
- Families reported a **40.5%** improvement in their feelings of isolation
- Home visiting has improved parent's mental health by **35.8%**
- Families reported a **22.4%** improvement in their ability to manage with children under the age of 5 years

Arkell Family Fun Impact

- **100%** stated that the group had a positive impact on their child
- **85%** stated that the group had an EXCELLENT impact on their own wellbeing
- **80%** experienced reduced stress
- **90%** felt less isolated
- **85%** have improved self esteem
- **80%** have reduced anxiety

Number of referrals received 2021-2022

Home-Visting referral: 198
Bump-Start referral: 142
Best-Start referral: 273
Mothers in Mind: 223

Total referrals 836



Expenditure

Staff salary costs: £229,608
Volunteer expenses: £10,175
Rent and Insurance: £12,704
Professional fees: £6,814
General costs: £32,772
Total: 292,073

Income

Statutory grant funding: £272,796
Non statutory grants: £221,350
Other income & donations: £16,721
Total: £510,867

Dad Matters Gloucestershire

Studies have shown that **1 in 10 dads** will suffer from postnatal depression, with this number believed to be higher. A peak time for this development is between 3-6 months after birth, but symptoms can come on anytime within the first few years of being a dad.

Although new to the post we have hit the ground running! Utilising the already great work that has been done by Dad matters UK and the home start consortium here in Gloucestershire. We have been able to reconnect with existing partners and connect with new ones, to ensure our service offering is shouted from the rooftops fair and wide. Social media is key to getting our message out to dads. We have reignited our social media presence with new up-to-date, and relevant content for dads of all ages in our local area.

A prime strategy for us is to connect with Dads in situations and environments where they are thinking about being a dad. For example, within antenatal, maternity, and postnatal settings. We will be carrying out drop-in sessions in Gloucester Royal hospital women's centre to engage with new dads and dads-to-be to give support, advice, and an ear to be listened to. Alongside this, we are running peer support groups such as Walk 'n' Talks in a neutral environment giving dads the chance to connect and talk openly with other dads.

Gloucestershire is a large county with a very diverse population and remote areas. At Dad Matters, we want to be able to reach these dads and families, so a key aim of our is to ensure our service offering reaches these communities. We will do this by increasing our network of volunteers and utilising our partners' knowledge, skills, and facilities and work together to bring our **peer support groups, workshops, and signposting connections** to these areas that we have not been able to reach in the past.

During our time talking to dads and men of all ages a line that comes up a lot is ***"I wish I would have heard about you guys earlier."*** In Gloucestershire, we currently support dads with children up to 5 years. The aim though is to listen and ensure we see dads earlier and increase our reach by building solid relationships with as many maternity services in the county as possible and offering targeted support to these new dads and dads-to-be. As well as ensuring we continue to support dads with children in the older age range through our partners, other charity organisations and our self-referral system.



Nick Darrick Fuller and Ryan Jones
Dad Matters Gloucestershire Coordinators

A special thanks to our volunteers who are at the heart of everything we do

Sharon, Kim, Sarah B, Jane B, Beverley, Barbara, Jennifer, Amy C, Sondos, Anne, Sally-Ann, Gill, Susan C, Lucy, Hayley, Paul, Irene, Caroline, Juliet, Rebecca, Elizabeth, Margaret, Erica, Bobbi, Angela, Gwen, Martin, Emily H, Janette, Sally H, Tracy, Sarah H, Krystina, James, Alice, Rose, Rebekah, Aly, Jane J, Susan J, Joanne, Susan L, Sam, Lynne, Mary, Judith, Mary M, Kim M, Rhonwen, Susan M, Amy M, Linda, Daphne, Val, Nicola, Anne-Marie, Melanie, Catherine, Teresa, Jan, Melanie S, Jan S, Pamela, Andrea, Mandy, Ingrid, Janine, Gail, Harriet, Penny, Naomi, Christine, Barbara W, Joanne W, Lorriane, Nia, Virginia, Alison, Caroline, Martin G



"It makes me feel good to help people when there is no financial gain but just because I can."

"It is such a privilege to be welcomed into a family when they are struggling and to walk alongside them as they slowly learn to cope, sharing their highs and as well as their lows. To feel I may, in some small way, have helped a family get back on their feet is the biggest reward of all."

Thank you to our funders for their continued support

Peter Lang Trust, Gloucestershire County Council, Community Funding lottery, Gloucestershire Community Foundation, Gyde Trust, Barnwood Trust, Henry Smith, Stroud Town Council, Garfield Weston Foundation, Nailsworth Town Council, David Thomas Trust, Tudor Trust, Jack Lane Charity Trust, Home-Start UK , GCC - Thriving Communities, Sumerfield Charitable Trust, Masonic Trust

Thank you to our fundraisers and donors

Stonehouse Town Council, Ecclesiastical, Stroud Rotary, Nailsworth Rotary, Dursley Town Council, Dursley Lions, Waitrose Stroud, Tesco Stroud, Co-op Cainscross, The Foodbank Stroud, Westonbirt Charity, Sheila Marsh, Randwick Parish Council, Rodborough Parish Council, Uley Mums, Sal Craw, Maria Fisher, Alison Winkfield, Alison Weller, Saranta



REGISTERED COMPANY NUMBER: 05282509 (England and Wales)
REGISTERED CHARITY NUMBER: 1107019

Report of the Trustees and

Unaudited Financial Statements

for the Year Ended 31 March 2022

for

HOME-START STROUD AND GLOUCESTER

MGB Accountants (Stonehouse) Limited
The Garden Suite
23 Westfield Park
Redland
Bristol
BS6 6LT

HOME-START STROUD AND GLOUCESTER

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HOME-START STROUD AND GLOUCESTER

Report of the Trustees
FOR THE YEAR ENDED 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05282509 (England and Wales)

Registered Charity number

1107019

Registered office

Annexe 3, The Wheelhouse Bond'S Mill Est
Bristol Road
Stonehouse
Gloucestershire
GL10 3RF

Trustees

Ms H Cunild Ex-Social Worker
Ms E Ewart-James Social Worker
Ms B A Harney Retired
A R D Lane Director
Ms D D Lapping Retired
Ms S C Marsh Retired
Ms J J Munro-Faure Retired
C R Pascoe Project Manager (appointed 20.7.21)
M Swait Retired
Ms P H Walker Teacher

Independent Examiner

MGB Accountants (Stonehouse) Limited
The Garden Suite
23 Westfield Park
Redland
Bristol
BS6 6LT

Approved by order of the board of trustees on 2022-07-11 and signed on its behalf by:

.....
Trustee

Independent Examiner's Report to the Trustees of Home-Start Stroud And Gloucester

Independent examiner's report to the trustees of Home-Start Stroud And Gloucester ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACCA which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

MGB ACCOUNTANTS STONEHOUSE LIMITED
ACCA
MGB Accountants (Stonehouse) Limited
The Garden Suite
23 Westfield Park
Redland
Bristol
BS6 6LT

Date: .....

HOME-START STROUD AND GLOUCESTER

Statement of Financial Activities
FOR THE YEAR ENDED 31 March 2022

	Notes	2022 Total fund £	2021 Total funds £
INCOMING RESOURCES FROM			
Donations and restricted funds		268,625	254,374
Charitable activities			
Grants		-	1,105
Fundraising activities	2	3,528	2,676
Investment income	3	43	79
Other income		600	1,850
Total		272,796	260,084
EXPENDITURE ON			
Other		291,608	243,647
NET INCOME/(EXPENDITURE)		(18,812)	16,437
RECONCILIATION OF FUNDS			
Total funds brought forward		88,647	72,210
TOTAL FUNDS CARRIED FORWARD		69,835	88,647

The notes form part of these financial statements

HOME-START STROUD AND GLOUCESTER

Balance Sheet
31 March 2022

	Notes	2022 Total fund £	2021 Total funds £
FIXED ASSETS			
Tangible assets	7	4,551	4,772
CURRENT ASSETS			
Debtors	8	22,591	5,901
Cash at bank and in hand		140,321	128,108
		162,912	134,009
CREDITORS			
Amounts falling due within one year	9	(94,697)	(46,409)
NET CURRENT ASSETS		68,215	87,600
TOTAL ASSETS LESS CURRENT LIABILITIES		72,766	92,372
CREDITORS			
Amounts falling due after more than one year	10	(2,931)	(3,725)
NET ASSETS		69,835	88,647
FUNDS	11		
Total funds		69,835	88,647
TOTAL FUNDS		69,835	88,647

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2022-07-11 and were signed on its behalf by:

.....
Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life of 25% per annum.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. FUNDRAISING ACTIVITIES

	2022	2021
	£	£
Fundraising events	3,528	2,676

3. INVESTMENT INCOME

	2022	2021
	£	£
Interest receivable - trading	43	79

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Accountancy	600	685
Depreciation - owned assets	1,517	2,127

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Total fund
	£
INCOMING RESOURCES FROM	
Donations and restricted funds	254,374
Charitable activities	
Grants	1,105
Fundraising activities	2,676
Investment income	79
Other income	1,850
Total	260,084
EXPENDITURE ON	
Other	243,647
NET INCOME	16,437
RECONCILIATION OF FUNDS	
Total funds brought forward	72,210
TOTAL FUNDS CARRIED FORWARD	88,647

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2021	19,369
Additions	1,296
At 31 March 2022	20,665
DEPRECIATION	
At 1 April 2021	14,597
Charge for year	1,517
At 31 March 2022	16,114
NET BOOK VALUE	
At 31 March 2022	4,551
At 31 March 2021	4,772

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	15,000	-
Other debtors	3,862	2,142
Prepayments	3,729	3,759
	22,591	5,901

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	-	1,105
Social security and other taxes	5,304	3,989
Other creditors	685	15
Funds restricted for next year	88,108	41,300
Accrued expenses	600	-
	94,697	46,409

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022 £	2021 £
Other creditors	2,931	3,725

11. MOVEMENT IN FUNDS

	At 1/4/21 £	Net movement in funds £	At 31/3/22 £
Total funds			
General fund	88,647	(18,812)	69,835
TOTAL FUNDS	88,647	(18,812)	69,835

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Total funds			
General fund	272,796	(291,608)	(18,812)
TOTAL FUNDS	272,796	(291,608)	(18,812)

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	At 31/3/21 £
Total funds			
General fund	72,210	16,437	88,647
TOTAL FUNDS	72,210	16,437	88,647

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Total funds			
General fund	260,084	(243,647)	16,437
TOTAL FUNDS	260,084	(243,647)	16,437

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/20 £	Net movement in funds £	At 31/3/22 £
Total funds			
General fund	72,210	(2,375)	69,835
TOTAL FUNDS	72,210	(2,375)	69,835

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Total funds			
General fund	532,880	(535,255)	(2,375)
TOTAL FUNDS	532,880	(535,255)	(2,375)

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

HOME-START STROUD AND GLOUCESTER

Detailed Statement of Financial Activities
FOR THE YEAR ENDED 31 March 2022

	2022 £	2021 £
INCOMING RESOURCES		
Donations and restricted funds		
Restricted Funds	256,075	232,800
Donations and subscriptions	11,938	20,554
Gift aid	612	1,020
	268,625	254,374
Fundraising activities		
Fundraising events	3,528	2,676
Investment income		
Interest receivable - trading	43	79
Charitable activities		
Grants	-	1,105
Other income		
Other Income	600	1,850
Total incoming resources	272,796	260,084
EXPENDITURE		
Support costs		
Administrative costs		
Wages	229,143	196,212
Recruitment expenses	2,234	304
Premises expenses	11,641	11,080
Repairs and renewals	3,415	3,264
Insurance	1,063	1,043
Telephone	1,862	1,488
Postage	193	230
Stationery and printing	1,660	1,853
Hospitality	71	78
Light & heat	4,286	2,323
Volunteers expenses	10,175	4,507
Group workers expenses	2,830	791
Fundraising expenses	1,609	365
Training staff and management	1,473	2,775
Training volunteers	168	1,794
Family fund expenses	-	212
Premises hire	10,995	3,134
Group resources	210	73
Committee members expenses	190	-
Depreciation of tangible and heritage assets	1,517	2,127
	284,735	233,653
Finance		
Credit card charges	59	30
Governance costs		
Accountancy	600	685
Carried forward	600	685

HOME-START STROUD AND GLOUCESTER

Detailed Statement of Financial Activities
FOR THE YEAR ENDED 31 March 2022

	2022 £	2021 £
Governance costs		
Brought forward	600	685
Consultancy	6,214	8,846
Professional fees	-	433
	6,814	9,964
Total resources expended	291,608	243,647
Net (expenditure)/income	(18,812)	16,437

Signature Certificate

Reference number: BUXOU-Z22EU-2DCPD-SPWOV

Signer	Timestamp	Signature
Elizabeth Ewart-James Email: enquiries@homestartsd.org Shared via link		
Sent:	11 Jul 2022 11:50:49 UTC	
Viewed:	11 Jul 2022 12:16:51 UTC	
Signed:	11 Jul 2022 12:20:42 UTC	
		IP address: 92.19.214.173 Location: Dunstable, United Kingdom

Document completed by all parties on:
11 Jul 2022 12:20:42 UTC

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Annual Report 2021-2022

HOME START

Stroud and Gloucester

CHAIR'S REPORT

This has been a year of getting back to normal gradually after the pandemic. **Alex Corgier**, our Scheme Manager for many years left us to work at Home-Start UK head office as their new National Infant Perinatal Mental Health Lead. Fortunately, we found **Ri Ferrier**, who is also blessed with the commitment and drive that Alex led us with.

We said goodbye to **Malcolm Swait** and **Judith Munro-Faure** as trustees. Malcolm had been a trustee for many years and our thanks to both for their contributions. We have welcomed two new trustees to the board, **Becki Clarke** and **Lemara Hibbert**.

There is an ever increasing demand for our services and moving into the Gloucester area is certainly challenging. Thanks to **Colin Pascoe** who acts as our Gloucester trustee.

The groups continue to be very popular and we are fortunate to have so many dedicated volunteers. The consortium is working well and hopefully cutting down on the duplication of administration between the three schemes which now cover the county whilst we retain our independence.

It's with great shame we have had to make the decision to cancel this year's Westonbirt Fair due to the increase in costs generally. We are reviewing plans to run this again in 2023. We did have a successful fundraising golf day which we are pleased to say raised more than £4,000 for the scheme. Special thanks to **Sheila Marsh** and **Shelley James** for their help and to **Minchinhampton Golf Club**. My thanks as ever to the wonderful staff team, fellow trustees and our amazing volunteers.

Elizabeth Ewart-James (Chair)





Scheme Director
Ri Ferrier

It has been a privilege to take over as Scheme Director from Alex Corgier in October 2021. The legacy she left behind has made the job of stepping into her shoes so much easier than it could have been! This financial year has seen us beginning to come out of the pandemic – though the reverberations of Covid-19 will continue to impact our families for years to come. Social distancing and isolation have placed enormous strains on families; the practical and emotional demands of parenthood are challenging enough in normal times but the pandemic has added so many additional layers of anxiety, uncertainty and isolation.

We have seen a **45% increase in referrals** (from 2020 to 2021). In the last financial year we received **836 referrals** – with some referral reasons more than doubling over the previous year (coping with child's mental health, stress caused by conflict in the family). **65%** of the families that we are currently supporting have **mental health** issues with **19%** registered with mental health services. The level of complex needs has been challenging for us as a team but the level of heart and commitment of each and every team member, volunteer and trustee is outstanding, with everyone working together to meet this challenge.

Our group work has gone from strength to strength, with **parental wellbeing** improving by an average of **50%** as a result of attending one of our groups. Home-visiting support is a vital part of our offering, and our outcome measures show that we have the biggest impact on **confidence and self-esteem (38%), feeling less isolated (32%) and improved mental health (25%).**

"You have seen me and my family in the best and worst of states and never judged."
"You do such an amazing job. I could not have done the first few years of my son's life without you."

We said goodbye to Lee Houghton but welcomed two new Dad Matter's Coordinators – **Nick Darrock-Fuller** and **Ryan Jones** who have many exciting ideas of how to develop the project to support dads across Gloucestershire. Watch this space! Within the last year we also welcomed **Emily Price** who is running Best-Start groups and **Amy Wright** who is a home-visiting family and volunteer coordinator to the team.



I want to thank all of our funders, both large and small, who help to support the vital work that we do.

I'd like to finish with a HUGE thank you to all the staff and volunteer team for their hard work, care and commitment to our charity.

Stroud and Gloucester

ABOUT HOME-START

Home-Start Stroud and Gloucester is an established charity founded in 1999 to support families living under stress in the Stroud District of Gloucestershire. In 2020 we expanded our services into Gloucester City which has the highest levels of deprivation in the county. Our scheme covers a large area of rural communities, several market towns and a city.

We support over 600 families every year through a plethora of different services including home visiting by trained volunteers, ante and post-natal groups, a perinatal mental health peer support program and a Dad Matters project to specifically support dads to have the best relationships possible with their children.

OUR VISION

Our vision is to see every parent living in Gloucestershire getting the support that they need to give their children the best possible start in life.

We believe passionately in early intervention and a strengths-based approach to supporting families to overcome any challenges they face and for parents to be supported to be the best parents they can be.

OUR VALUES

- We strive to be a non-judgmental service that is professional and non-threatening in its approach.
- We aim to empower families with strategies that enable them to raise their children in a safe, positive and enjoyable way.
- We do this through being empathetic, supportive and honest in all of our interactions.
- We are committed to reducing inequality and promoting well-being in the communities that we serve.





WHAT WE OFFER

- **Home-Visiting** (weekly) to families in their own homes by highly trained volunteers who are supervised by our family coordinators.

- **Bump-Start** programme: These ante-natal groups are informal sessions for vulnerable families referred by midwives to provide extra support on new parents' pregnancy journeys. Sessions are activity based and cover a range of topics such as bonding with your bump, emotions during pregnancy and the baby's development in the womb.

- **Best-Start** programme: These post-natal groups for vulnerable parents with 0- to 6-month-old babies are structured programs led by our highly trained group staff. Sessions focus on up-to-date advice on topics such as teething, first aid, supporting early relationships, play, baby massage, routines, self-care and sleep.

- **Mothers in Mind**: This is a perinatal mental health program to support women affected by mental health issues in the first two years of their parenting journey. They are based on peer support, offering reassurance and support to women who are struggling to attend any other group.

- **Arkell Family Fun**: This is a term time only stay and play group for families based in a rurally isolated and deprived community in the Stroud District.

- **Dad Matters Gloucestershire**: A project to help dads have positive relationships with their families, supporting them with their own wellbeing and mental health. This is achieved by providing ante and post-natal groups for dads, offering 1-2-1 peer support, signposting and supporting dads to access services and information to help make sense of being a dad as well as by recruiting and training volunteers to provide peer support.



Michelle Smith
Senior Family and Volunteer Coordinator

We have seen a significant increase in referrals into our home -visiting team and I need to take this opportunity to thank our wonderful team of volunteers who have provided their support during a particularly difficult time. Navigating restrictions and keeping themselves and the families they support safe, has been challenging. Our staff and volunteers adapted ways of working to keep our support ongoing, showing their heart-warming resilience.

With four coordinators now covering Stroud and Gloucester with a Senior Coordinator in place, we are in a stronger position to be able to move forward with our support to **G**loucester based families as planned.

Our recruitment and training of volunteers is ongoing, we hold two training events a year in the Spring and Autumn covering both localities. Our volunteers make the difference, here's what some of our families had to say:

Lauren says her volunteer is *"the most wonderful woman she has ever met. She has been an absolute rock keeping in contact during Covid, being there for her, a listening ear, giving her encouragement and advice when needed and putting her in touch with other support networks."*

Chantelle says that her volunteer *"has been a huge support over the last few years. Supporting her eldest child to start school and being an emotional support for her. Chantelle says she did not have anyone else and that a phone call once a week meant the world to her, especially during Covid."*



Rhiannon Byron
Groups Lead Coordinator

The Covid 19 pandemic continued to affect the support we were able to provide at the start of this year, although groups have gradually returned to face-to-face sessions, with less groups delivered online as the year went on. Delivering sessions for parents whilst wearing face masks was a new challenge we faced as facilitators but parents were crying out for more social contact for themselves and their babies. We did as much as we could, with the government guidelines in place at the time, and varied our support between telephone calls, online group sessions, in-person group sessions and wellbeing walks in the community to help people to feel supported and connected. Thanks to the continued dedication and flexibility of staff, we have been able to support more families than ever via our group sessions, whether they were delivered online or in-person.

Throughout the year, we saw an inevitable increase in families being referred to us, enabling them to access and benefit from the range of groups we provide, many more families were shared between our various services, accessing more than one form of support from Home-Start at once. This meant that demands on staff time increased and the year saw changes and additions to group facilitators due to increased provision:

1. Our MIM co-ordinator went on to a career in psychotherapy and was succeeded by the MIM peer support volunteer, Tracey Edwards.
2. One of our home-visiting coordinators, Isla Rawson, now delivers our third MIM group (Matson/Tredworth).
3. Emily Price joined the team as a Best-Start coordinator to work alongside myself and Amy Wright, has helped to deliver some of the extra Best-Start and Bump-Start groups needed.
4. Our groups administrator has also taken on extra hours.

As restrictions have eased, we have been able to reconnect in-person with more of our referrers and formed new partnerships. The Gloucester Continuity of Care midwifery team invited us to co-deliver some of their antenatal sessions this year and this has helped us to keep a consistent numbers of referrals to our services from that team. Gloucester City has been our main area of growth this year and we now regularly run Mothers in Mind and Best-Start groups in city locations and hope to expand into more new locations in the future.



Number of groups delivered in 2021/2022:

16 Best-Start, 10 Bump-Start, 14 Mothers in Mind

Areas in which groups were delivered:

Cashes Green, Quedgeley, Kingsway, Stonehouse, Sharpness, Tredworth, Podsmead, Linden, Dursley, Online Bump-Start sesisons, plus walking groups

"After my labour I felt like I couldn't seek help with my baby but the group made me realise its ok to feel how I do and it has also made me be able to spend more time and to bond with my baby & I do see a change in his behaviour."

"The group has been so positive and upbeat about being pregnant and has been completely non judgemental. The women in the group were lovely and I made friends with one person in particular who is on a similar journey to me - I've found talking to Stef and the other lady has helped me so much to relax a bit so I can bond with my bump a bit more"



"Wednesdays are always calmer because of MiMs group. I know if I'm having a bad time I feel much better talking to mums who feel the same"

REFERRER QUOTE

When we asked referrers how their families have benefited from attending our groups, one said: "*I have found that women have enjoyed the groups, women who have had 1:1 support have needed less time/interventions from us as are being helped in practical ways that mean the most to them to help them which we often we don't have the capacity to do.*"

Sue Smith
Family, Volunteer and Arkell Group Coordinator

A huge thank you to **Elena** for all her passion and enthusiasm and a thank you to the volunteers, **Brian, Anne, Juliet and Becky,** for supporting her to provide families with such an amazing group every Wednesday and Friday at The Arkell Centre, Forest Green.

We would like to give thanks to **Forest Green Rovers**, who helped support our Christmas 2021 party, **Morrisons (Nailsworth)** who provided Easter eggs for the families, and **Nailsworth Town Council**, who provide much needed funding to enable the group to run.

I think these photos and quotes from families say it all







When coming to the group you never feel alone, as everyone is so friendly and welcoming. The children and adults all become good friends

We have made life long friends by coming to the group

This wonderful Group has been just as beneficial to me as it has to my little one. To see them experiencing so many new things through sensory play is so magical. Lockdown had us feeling so lonely but this Group has remedied that. Eternally grateful

The IMPACT of our WORK

Groups Impact

- **100%** of Best-Start and Bump-Start parents reported a reduction in parental isolation after attending the groups, with **100%** of respondents at all groups confirming they had built social networks for ongoing support.
- **100%** of Bump-Start, **96%** of MIMs and **95%** of Best-Start parents reported improved mental health and wellbeing.
- **89%** of MIMs mums report feeling better able to cope with their child's practical & emotional needs following attendance at the group.
- **95%** of Best-Start attendees report an improved understanding of baby's behaviour and ability to respond to them more effectively.
- **100%** at Bump-Start, **98%** at Best-Start and **89%** at MIMs report an increase in parenting self-confidence.

Home Visiting Impact

- Families reported a **51.9%** increase in their confidence and self esteem
- Families reported a **40.5%** improvement in their feelings of isolation
- Home visiting has improved parent's mental health by **35.8%**
- Families reported a **22.4%** improvement in their ability to manage with children under the age of 5 years

Arkell Family Fun Impact

- **100%** stated that the group had a positive impact on their child
- **85%** stated that the group had an EXCELLENT impact on their own wellbeing
- **80%** experienced reduced stress
- **90%** felt less isolated
- **85%** have improved self esteem
- **80%** have reduced anxiety

Number of referrals received 2021-2022

Home-Visting referral: 198
Bump-Start referral: 142
Best-Start referral: 273
Mothers in Mind: 223

Total referrals 836



Expenditure

Staff salary costs: £229,608
Volunteer expenses: £10,175
Rent and Insurance: £12,704
Professional fees: £6,814
General costs: £32,772
Total: 292,073

Income

Statutory grant funding: £272,796
Non statutory grants: £221,350
Other income & donations: £16,721
Total: £510,867

Dad Matters Gloucestershire

Studies have shown that **1 in 10 dads** will suffer from postnatal depression, with this number believed to be higher. A peak time for this development is between 3-6 months after birth, but symptoms can come on anytime within the first few years of being a dad.

Although new to the post we have hit the ground running! Utilising the already great work that has been done by Dad matters UK and the home start consortium here in Gloucestershire. We have been able to reconnect with existing partners and connect with new ones, to ensure our service offering is shouted from the rooftops fair and wide. Social media is key to getting our message out to dads. We have reignited our social media presence with new up-to-date, and relevant content for dads of all ages in our local area.

A prime strategy for us is to connect with Dads in situations and environments where they are thinking about being a dad. For example, within antenatal, maternity, and postnatal settings. We will be carrying out drop-in sessions in Gloucester Royal hospital women's centre to engage with new dads and dads-to-be to give support, advice, and an ear to be listened to. Alongside this, we are running peer support groups such as Walk 'n' Talks in a neutral environment giving dads the chance to connect and talk openly with other dads.

Gloucestershire is a large county with a very diverse population and remote areas. At Dad Matters, we want to be able to reach these dads and families, so a key aim of our is to ensure our service offering reaches these communities. We will do this by increasing our network of volunteers and utilising our partners' knowledge, skills, and facilities and work together to bring our **peer support groups, workshops, and signposting connections** to these areas that we have not been able to reach in the past.

During our time talking to dads and men of all ages a line that comes up a lot is ***"I wish I would have heard about you guys earlier."*** In Gloucestershire, we currently support dads with children up to 5 years. The aim though is to listen and ensure we see dads earlier and increase our reach by building solid relationships with as many maternity services in the county as possible and offering targeted support to these new dads and dads-to-be. As well as ensuring we continue to support dads with children in the older age range through our partners, other charity organisations and our self-referral system.



Nick Darrick Fuller and Ryan Jones
Dad Matters Gloucestershire Coordinators

A special thanks to our volunteers who are at the heart of everything we do

Sharon, Kim, Sarah B, Jane B, Beverley, Barbara, Jennifer, Amy C, Sondos, Anne, Sally-Ann, Gill, Susan C, Lucy, Hayley, Paul, Irene, Caroline, Juliet, Rebecca, Elizabeth, Margaret, Erica, Bobbi, Angela, Gwen, Martin, Emily H, Janette, Sally H, Tracy, Sarah H, Krystina, James, Alice, Rose, Rebekah, Aly, Jane J, Susan J, Joanne, Susan L, Sam, Lynne, Mary, Judith, Mary M, Kim M, Rhonwen, Susan M, Amy M, Linda, Daphne, Val, Nicola, Anne-Marie, Melanie, Catherine, Teresa, Jan, Melanie S, Jan S, Pamela, Andrea, Mandy, Ingrid, Janine, Gail, Harriet, Penny, Naomi, Christine, Barbara W, Joanne W, Lorriane, Nia, Virginia, Alison, Caroline, Martin G



"It makes me feel good to help people when there is no financial gain but just because I can."

"It is such a privilege to be welcomed into a family when they are struggling and to walk alongside them as they slowly learn to cope, sharing their highs and as well as their lows. To feel I may, in some small way, have helped a family get back on their feet is the biggest reward of all."

Thank you to our funders for their continued support

Peter Lang Trust, Gloucestershire County Council, Community Funding lottery, Gloucestershire Community Foundation, Gyde Trust, Barnwood Trust, Henry Smith, Stroud Town Council, Garfield Weston Foundation, Nailsworth Town Council, David Thomas Trust, Tudor Trust, Jack Lane Charity Trust, Home-Start UK , GCC - Thriving Communities, Sumerfield Charitable Trust, Masonic Trust

Thank you to our fundraisers and donors

Stonehouse Town Council, Ecclesiastical, Stroud Rotary, Nailsworth Rotary, Dursley Town Council, Dursley Lions, Waitrose Stroud, Tesco Stroud, Co-op Cainscross, The Foodbank Stroud, Westonbirt Charity, Sheila Marsh, Randwick Parish Council, Rodborough Parish Council, Uley Mums, Sal Craw, Maria Fisher, Alison Winkfield, Alison Weller, Saranta



HOME-START STROUD AND GLOUCESTER

England & Wales - Charity number 1107019

Accounts



HOME START
Stroud and Gloucester

Annual Report 2020/2021

Chair's Report
Elizabeth Ewart-James



This last year has highlighted the strength of the voluntary community sector and charities such as Home-Start in providing immediate community-led responses to meet the unexpected challenge of a pandemic on children and families.

Our team has worked so hard to provide a service to families despite all the restrictions. Working virtually has been effective (but can never replace face to face) and provided a level of support that so many local families needed. Providing a constant sense of connection and care to families referred into our services.

Home-Start UK, Best Beginnings and the Parent Infant Foundation published a brilliant report - www.babiesinlockdown.info Babies in Lock-down in August 2020 which highlights the adversities and difficulties that the pandemic created for families as well as the ways that Home-Start as a model of support was so ably able to reach out and provide support to some of the most vulnerable and marginalised children in the communities that we serve.

We continue to expand our provision of support across the county and now Home-Start Gloucestershire (the consortium of the 3 independent Gloucestershire schemes) covers the whole of the county. Across the county we received over 1000 referrals for our services which is a testament to our reputation and the adaptability that has been shown by us in these difficult times.

Also, in this year we are proud to have launched our Dad Matters Gloucestershire project to better support dads in the first 1001 days. We welcomed Lee Houghton as our Dad Matters coordinator in September and launched the project in early 2021.

We also welcomed a new trustee from the Gloucester area Becki Clarke to join our existing Gloucester development advisor Colin Pascoe in supporting the growth and development of our work in this area. It is encouraging to see that slowly we are beginning to build a strong team of volunteers to work in this area.

Because of Covid, many of our more local fundraising events have been cancelled, including our large Westonbirt Fair autumn event, which, although run virtually, did not bring in the usual large amounts of money that help fund our work. However, our existing funders and local connections have continued to generously support us (the full list can be seen at the end of this report) and as ever our thanks go out to each and everyone of them.

My thanks must also go to the board of trustees, staff and the ever growing team of volunteers for all their hard work, commitment and dedication.

Elizabeth Ewart-James

Chair of Trustees





Alex Corgier
Scheme Manager

Home-Start Stroud and Gloucester is a local community network of trained volunteers and expert support that is helping families with young children through their challenging times. We are there for parents when they need us most because childhood can't wait. Home-Start works with families in communities right across the two Districts of Stroud and Gloucester with two further Home-Start schemes in the county providing full countywide coverage.

Starting in the home, our approach is as individual as the people we are helping. No judgement, it is just compassionate, confidential help, expert support provided in a way that families need. Families struggling with poor mental health, isolation, physical health problems, bereavement and many other issues, receive the support of a volunteer who will spend around two to three hours a week in a family's home.

Alongside this we also support parents through our group support; ante-natal, post-natal and with drop in groups for mothers affected by poor mental health. We now also have a service dedicated to better supporting dads and partners in the first 1001 days of becoming a parent.

Even though lockdown has been disruptive and challenging, as a charity, we have maintained our links to local families and supported more parents and children than ever before.

Our staff team and volunteers have kept connections and support going. We have learnt, first -hand, the disproportionate impact of COVID-19 and subsequent measures on those pregnant, giving birth or at home with a baby, a toddler and school aged children. We have seen how the pandemic has widened the inequalities embedded into our society with many families facing multiple adversities which has put the wellbeing of both parents and children at risk. We have also witnessed the bravery, resilience and determination of families to get through the pandemic and we have had the privilege to virtually walk alongside them during these difficult times.

In a year where disconnection has become the norm I have been constantly reminded that connection, building relationships and the building of bonds is central to Home-Start. From connections between a parent and their child, parent to parent connections, between a family and the community around them. In our infant mental health training, which is part of our course of preparation for new staff and volunteers, we emphasize that building early relationships in the early years is the absolute foundation for the wellbeing of our children and the future generations of society. It is what Home-Start does best!

The evidence continues to accumulate to show that the first 1,001 days of a child's life, from pregnancy to age two, lay the foundations for a happy and healthy life. Although it is of course encouraging to see a positive shift towards a recognition of the importance of investing in children's wellbeing at the earliest opportunity, the fact remains that early intervention is deeply underfunded and has been for over a decade both within local authority spending and public health. The Government's *Early Years Healthy Development Review* working party have published a clear mandate on their vision for the first 1001 days (*The Best Start for Life: A vision for the first 1001 critical days April 2021*) and this can be seen as a step in the right direction. But it is still only a review with no clear message from Central Government as to how much more funding will actually be put into prioritising the first 1001 days.

Alex Corgier

Scheme Manager

There is an expectation that we will see our own referrals increase over the coming months as families begin to come into more regular contact with health visitors and other services again. But, already, over the last twelve months we have seen our referrals steadily increase (618 referrals in the last year) and are currently running at capacity. We will need to secure additional funding to expand our services to meet the further growing demand. It is therefore vital that theory, research and rhetoric need to translate into real funding opportunities for organisations such as ours that have a proven track record in supporting families in the early years.

In the Home-Start UK Home *Is Where We Start From* report (see page 5) 65% of families agreed that they had preferred receiving peer support rather than from a professional. A recent NSPCC Learning review drew extensively on Home-Start models of support. It found evidence of improvements in parental mental health, wellbeing, parenting confidence, stress levels and improved relationships with children following support from a volunteer. The report also concluded that 'volunteer-led support reduces social isolation and has impacts on overcoming reluctance or stigma associated with accessing services or addressing mental health needs'. Something that our own impact and reporting outcomes data clearly shows.

We will continue to provide and champion early intervention across the county, and, I hope that the next twelve months will bring the resources and vision required to ensure that collectively that every child has the best start in life.

Thank you to everyone to for your ongoing commitment to our work.











Home Is Where We Start From is a report produced by Home-Start UK. It combines the findings of a national survey of more than 1200 parents across the UK. The full report can be downloaded here.

Download the full report

Continued support is needed as the UK emerges from lockdown

- Whilst the majority feel optimistic about the future, 1 in 5 parents (18%) do not feel optimistic
- Almost 6 out of 10 (57%) are concerned about their own wellbeing or mental health in the year ahead
- Parents are particularly worried about their children in terms of their social development (65%) and generally not being able to live a "normal life", fearing restrictions on days out (60%) and access to facilities such as playgrounds, soft play and parent and baby groups (56%)

Home-Start have provided emotional and practical support

- 9 out of 10 parents (91%) believe that Home-Start has made a positive difference to family life
- In particular, the support from Home-Start has addressed some of the biggest challenges parents faced, including lessening feelings of isolation (74%) and helping parents cope (60%)
- The help from Home-Start has also boosted parents mental health, helping them to feel better in themselves (60%) and giving them confidence (55%) and hope for the future (45%)

Accessing support from Home-Start has been a lifeline

- Prior to receiving any support from Home-Start, parents found it difficult to ask for help, with almost half (45%) always or often feeling ashamed to need help
- Home-Start has helped people feel more comfortable asking for help and has increased their confidence in being a parent
- 8 out of 10 parents (83%) agree that Home-Start has been a lifeline, with a similar proportion (86%) believing that Home-Start provided services or service changes that were helpful during lockdown.

HOW ARE OUR LOCAL FAMILIES COPING?

100% agreed that Home-Start was welcoming to them

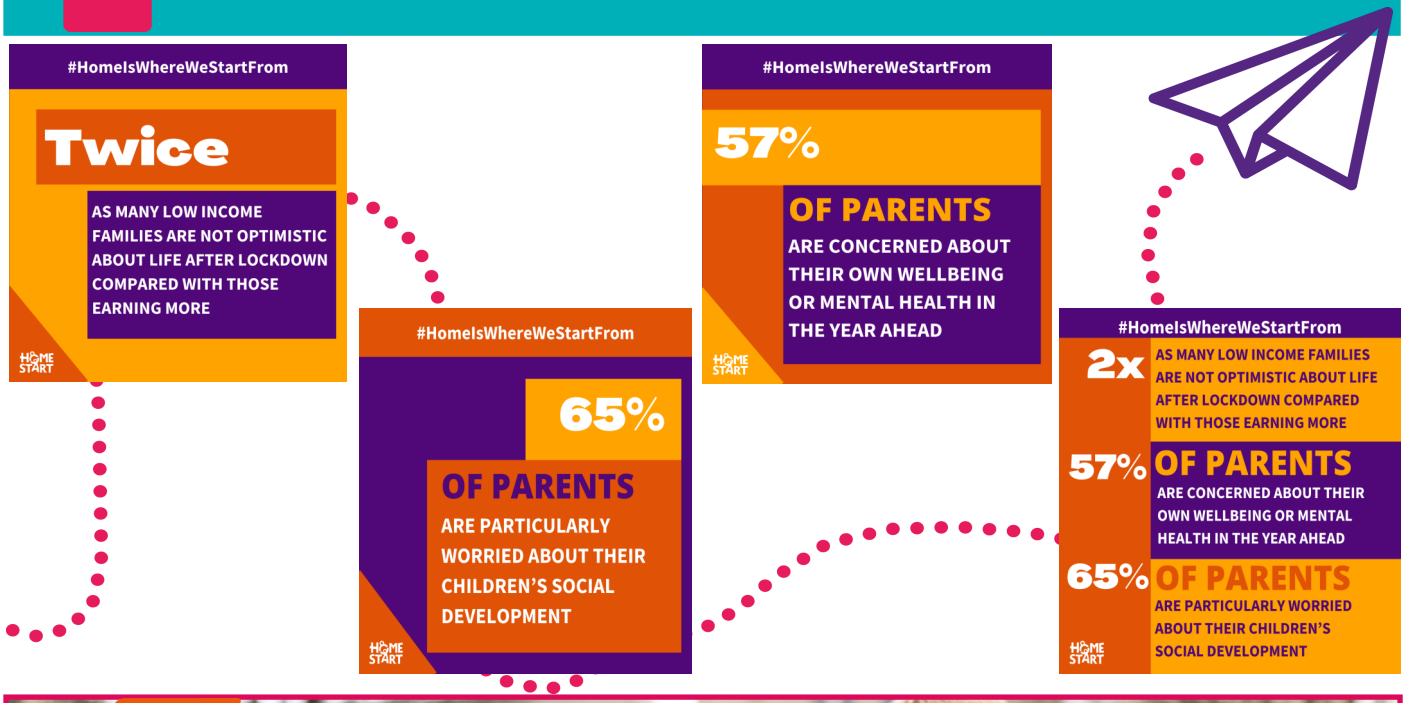
100% agreed that they had felt listened to by their volunteer or coordinator

100% agreed that Home-Start had a made a positive difference to their family

84% agreed that they had liked the way HS was able to move over to virtual support so quickly

95% agreed that HS had been a lifeline to them over the last 12 months

65% agreed that they had preferred receiving peer support rather than from a professional





Michelle Smith—Senior Coordinator

Home visiting during the Pandemic



Our support swiftly moved from face-to-face home visiting to telephone and virtual weekly support for our families. Despite this being a very different way of working, we know that families have found the continuation of care supportive, providing ongoing reassurance and a listening ear.

"I have found that home start has been my life saver this last year talking weekly with my volunteer having advice and just being able to talk with her, it was a bit of normality in a very difficult time! I can't thank all the people involved enough!! I think this charity is truly amazing!!! " Supported parent

Volunteers were giving specific training in Telephone Befriending and we continued our invaluable contact with families. We also ran a *Big Hopes, Big Future* school readiness workshop for our volunteers in July. We concentrated on 3 key areas; Parent, Home and Child with volunteers feeling able to promote home based learning using the ORIM framework (Opportunities, Recognition, Interaction and Modelling). Volunteers were given activity packs mirroring ones given to families to use together whilst demonstrating virtually.

"I have nothing but positive things to say about Home-Start and the staff they have" Supported par-

Families with children starting school were offered our Big Hopes Big Future school readiness group which ran over 7 sessions . Our sessions included children's wellbeing, positive parenting, managing children's behaviour, positive reinforcement, routines and early literacy.

"I can't fault the work Home start has done for me. Never met such amazing people in all my life"

Dr Ellie Brown (Child Psychologist) kindly joined us for our session on *transitions* and talked through parents concerns regarding behaviour during the pandemic and supporting them to support their children to start school during what has been an incredibly difficult time.

"They always listened to me and never judged. They made me laugh when I wanted to cry and listened to me when I wanted to talk" . My coordinator was so lovely and I really looked forward to talking to her each week. She always asked how I was and provided me with so many positive things to think about"

We hosted story telling via our Facebook page, provided activity packs to help keep children entertained with a puppet theatre pack, gardening, art and crafts full of ideas and challenges as well as self-care packs for Mums and Dads. Whilst delivering the packs to doorsteps, Coordinators were able to see families and provide a listening ear.

"I felt like a bad parent and didn't want to feel like that any more. Speaking to someone who's been through it is really helpful"

When additional support was needed, we were able to signpost accordingly and arrange for food parcels, clothing and equipment to be available and delivered. The most vulnerable families, where appropriate, were offered socially distanced walks or help go out for food shopping and/or medical appointments. We know these families would not have been able to do this alone and for them, Home-Start became a lifeline Thankfully, we are now seeing the restrictions being lifted and with risk assessments in place, home visiting can continue. To start supporting within the home is at the heart of what we do and it's what families, volunteers and staff have been eagerly awaiting.

FAMILIES SUPPORTED THROUGH HOME VISITING AND/OR VIRTUAL SUPPORT

122

Nia's Volunteer Journey

I trained to become a Home-Start volunteer in November 2003.

My children were 15, 13 and 11 at the time and I worked part time as a physiotherapist.

My children were all at secondary school and I felt I had a bit time to spare when I saw the advert in the local paper.

18 years later, here I am, still volunteering with Home-Start!

Home-Start has been such an important and valued part of my life. I love the way it supports families with young children.

Being a volunteer means meeting families in their homes and spending time with them each week. We get to know each other, listen and try our best to support families as their children grow. Having children of my own, I know how hard/hectic/lonely things can be sometimes. Just to have someone visit each week to talk through those times can be such a relief, "A trouble shared" as they say.

Sometimes, as volunteers, we may feel overwhelmed by a families' difficulties. In these times we always have our co-ordinators to talk to. There is always someone to support and guide us.

Visits may involve playing with the young children to give the parent a little 'child free' time. It could mean a visit to the park, the shops, a visit to a group or even a hospital visit. It may mean help with accessing services, filling in forms and so on.

Covid-19 hasn't meant that we have withdrawn our support. Families needed our support more than ever in these times. We have been doing our best offering telephone support. It doesn't feel the same of course, but we are slowly starting to meet families safely outdoors again now.

I have met many families over the years, in fact in my early years with Home-Start, I had health issues of my own and my Home-Start family supported me as much as I supported them, I felt! Sometimes family support lasts a few months, sometimes it can run into a year or more.

Spending time with Home-Start families is a real journey. From the time when you first meet the family when you are not sure of each other to developing a trusting relationship.

A relationship where the families are safe in the knowledge that you are there as a volunteer because you want to be there supporting them as their family grows.



An overview of Group-Start
Rhiannon Byron

This has been a very challenging year for all of us since the Covid 19 pandemic hit, and our group support changed rapidly to an online offer for parents. We all had to embrace technology that we hadn't used before and for some families this proved to be quite a barrier. Bearing in mind that most families seeking support with us are experiencing poor mental health, it has been even more challenging to engage with parents via telephone call or through a screen. There have been instances, where we have offered a socially distanced walk or a garden visit and delivered goody bags to doorsteps. Due to our determination to continue to supporting families through the pandemic, when many services stopped operating ,we further strengthened relationships with referrers such as youth support and midwifery teams, resulting in an increase in referrals.

Staff have worked very hard to be there for families at a time of such uncertainty, when support systems have been cut and social networks were much harder to establish. We supported a lot more families on a one-to-one basis in order to flexibly meet their needs as best we could, giving up our two week Easter holidays to continue our online group sessions at the start of the Covid-19 pandemic. Our brilliant Home-Start volunteers joined us at each session on Zoom, which enabled us to run the sessions so successfully — I couldn't be more proud of the fantastic groups team pulling together to provide such effective support to families and each other.

Total group referrals received in this year 511



"I've found this to be supportive, reassuring and informative. This has been beneficial for me and my baby. I've really enjoyed this group and I'm so grateful to the wonderful staff. Thank you!"

"It's given me valuable bonding time with my baby & a great chance to see others in the same boat. I have learnt some valuable info that had previously worried me (weaning etc.)."

"Reassurance with regard to understanding developmental phases & what to do. I find it much more useful to receive info in person. It's easier to remember this way & to be able to ask questions. This group really is invaluable & I will greatly miss it!"

Best-Start Coordinator Report



What a rollercoaster year for families with young babies! Our referral numbers have decreased this year for Best-Start specifically, which reflects the lack of contact that these families have reported having with health professionals in the first few weeks of baby's life due to Covid restrictions and we have certainly noticed a marked drop in referrals from health visitors. All our postnatal groups have been delivered online since the first lockdown of the pandemic, which has been useful for parents with older children, who might otherwise have struggled to get to our group in the community but also a real challenge for some parents who have found the prospect of interacting over a screen with strangers particularly daunting. It has also meant smaller groups of families at each group, due to the difficulty of large groups trying to communicate with one another on a video call—we wanted everyone to feel included and listened to, so groups were kept to a maximum of 8 families, rather than 12 we would normally invite to face-to-face groups. Our aim has been to support families flexibly, by offering walks, phone calls, video calls, outdoor visits and email support too.

For those who have joined our groups, there has been huge solidarity and a lot of comfort taken in knowing that they were sharing this challenging experience of becoming a parent during lockdowns. There has been a strong sense of injustice over missed opportunities to socialise and interact with others in these first few months of babies' lives and a sadness about not being able to 'share' their babies with friends and family. As different lockdowns eased, we also witnessed anxieties about parenting in public for the first time, as well as safety concerns. We were able to discuss these issues together and parents felt reassured by knowing their concerns were felt by others and they certainly were not alone.

Towards the end of this period, we were able to meet some families in the park for a group walk, when they'd only ever communicated with each other over Zoom. They were so appreciative of the opportunity to connect with one another in-person and went on to recommend the group to their friends.

We anticipate high demand for our postnatal groups moving forward, as the fall-out of multiple lockdowns and restrictions takes its toll on families who have spent much of their pregnancies isolated from friends and family.

"I've found this to be supportive, reassuring and informative. This has been beneficial for me and my baby. I've really enjoyed this group and I'm so grateful to the wonderful staff. Thank you!"

Best-Start outcomes data

Of those parents who submitted an evaluation after attending the group:

92% had increased their confidence in being a parent
90% reported Improvement in their knowledge of child development and their baby's emotional needs
86% said they had improved their understanding of baby's behaviour and their ability to respond to them more effectively

Total number of referrals:
215

Mums supported 114

Dads: supported 9

Babies: supported 106

Groups: delivered
14
Alongside 1:1 support where needed



"I hope you are well! Just wanted to say a big thanks again, I'm so glad I found this group and signed up. I remember when I did I was having an awful time with an unsettled baby. We have finally had a break through after trialling several formulas. She is happier, smilier and we have more time to play and less time consoling and comforting a screaming girl."

"I just wanted to say a huge thank you to you though. You made me feel so welcome and comfortable at every session, we really looked forward to them each week. No session ever felt judged and if there's just one thing I took away from the group (and there were a lot!!!) it was that every parenting style is different - nothing right or wrong and that helped me mentally breathe so much more easily. I put in the feedback that so many health professions become a blur when you have a baby but I will always remember you and your group for making us feel comfortable as parents, so just a huge huge personal thank you!! It was so refreshing and lovely to meet all the other mums."

"Before this group, I struggled to have the confidence in knowing what I could do to entertain my baby boy, best start gave me plenty of ideas which I enjoy putting into use. Best start has also helped me understand my baby's needs more clearly.

I cannot thank the coordinators enough! They all have played a part on my wellbeing. I suffer with mental health, which prevents me to feel comfortable with new people, however each one of these ladies made me feel super safe, understood and comforted. These groups have helped me immensely throughout this lockdown. The only downside is that they come to end, I'd happily have these groups for 20 years haha. Thank you to everyone who has made these groups possible."

Bump-Start Coordinator Report Stefanie T.Scott



In this time period, we had a 95% overall increase in the number of referrals, with 51 mums accessing 1:1 support, in the form of emails, phone calls, texts, individual zoom calls and doorstep visits to families. Due to the impact of Covid lockdowns, many families accessed both the online groups and then moved on to further 1:1 support.

Groups were supported by 2 regular volunteers/staff and a new Trustee/volunteer. All have backgrounds as parents as well as previous Home-Start volunteer/support roles.

Relationships between myself and key midwives strengthened via our communication on several vulnerable families. I was invited to sit on telephone CIN meetings and interaction with Social care teams has continued to build with many midwives collaborating with Bump and Social care at the same time to ensure streamlined support for families.

I was also invited in July to sit on an interview panel for lead midwifery roles in the Trust, which helped cultivate more collaboration between the professionals and volunteer sector and allowed an opportunity for the midwives to understand our supportive role to their services.

Bump-Start joined with Home-Start UK Government research on *UK Loneliness during Covid.* This research is continuing through 2021 and is looking at expectant women and young parents (under 25yrs) coping during the Covid crisis.

Due to the increased pressures and stresses of the pandemic, many families were presenting with significant poor mental health so Bump-Start, Best-Start and MIMs teams collaborated and supported alongside each other, offering those families frequent contact, support and crisis management.

Bump-Start offered goody bags to expectant families with doorstep visits which families found useful either antenatally and in some cases in the initial postpartum period. We would like to say a huge thank you to Stonehouse Town Council for all their fantastic donations towards these goody bags!

"Knowledge is power as they say-it's been great to get necessary, information and just helpful, useful information from both the coordinator and other mums in the group. It's also been really helpful to compare experiences with other expectant mums. I feel much more relaxed and confident about both pregnancy, labour and being a mother as a result of this ease.

I would 100% recommend to other expectant mothers ."

Bump-Start outcomes data

Of those parents who submitted evaluations:

96% said they had increased their confidence in being a parent
85% reported reduced stress and frustration around parenting
74% reported improved self-esteem

Total number of referrals:

125

(95% increase on previous year)

Online Groups delivered:

10

families received 1:1 antenatal support

51

Mums supported:

114

Dads supported: 22

Unborn babies supported:

116



"I feel like I have been taught so much on how myself and my husband can do our best at being parents . Also how it's ok to feel certain ways and when it's not ok, to talk to someone about it especially when it comes to bonding with your baby , as up until now I found that quite hard. Steph has been amazing and I will hopefully join more groups after baby is born."
Feedback from supported mum

"Everyone was really approachable even via zoom. Everyone was encouraged to take part and ask questions. No question was a silly question. It really helped me in an odd situation with lockdown due to the virus. I can't thank you enough."

Feedback from supported mum

"I'm so pleased we are able to work with you all. The midwife were very impressed (hearing about your services)! "
Gloucester City Midwife

"Thanks for joining us all yesterday it was great to see you guys – the girls were blown away by how much work you do!"

Continuity of Care Lead Midwife, Gloucester City

Mothers in Mind Coordinator Report Tracey Edwards



This last year has seen our Mothers in Mind peer support group evolve from offering face-to-face groups in the community to a virtual platform: online Mothers in Mind groups. Additional 1- to -1 emotional support was offered via telephone, text and video calls. As a group, we adapted quickly and have been able to support many more Mums who have had to deal with the extra pressure of lockdowns: shielding, home schooling, reduced contact with their families and friends, no face-to-face baby groups for mums with new babies, additional anxieties, isolation and loneliness. Mothers in Mind pushed through this challenging time and enabled mums to feel supported by each other and together they have felt stronger and more connected, helping them to cope through the duration of this pandemic. As lockdown ends and restrictions are lifted we will continue to evolve Mothers in Mind to best support mums with the challenges ahead.

In this year we said goodbye to our MIM coordinator Vanessa Reyes-Rieger leaving the scheme and myself moving from MIMs Assistant Coordinator into the role. Vanessa has been involved in the project since its first group was launched and we will miss her.

We welcomed Jo to our team of volunteer peer supporters joining volunteer Gwen and Val to help provide a warm supportive group experience for both mums, babies and toddlers.



"It has given me a space to be 'me' and talk to like minded Mums. This has had a positive impact on my mental health which then impacts how well I interact with my child."

MIMs outcomes data

Of those parents who submitted an evaluation after attending the groups:

86% of parents said that the group helped them to meet other parents and make new friends

77% reported improvements in their mental health or ability to cope with their poor mental health

77% said they felt less isolated/lonely after joining the group



Total number of referrals:

171

(13% increase on previous year)

Groups delivered

9

(online) group as well as 1:1 support

Mums: supported

86

Children supported:

81



Feedback from mums:

"Another great term of Mother's in Mind. I love feeling like I belong in a group after such an isolating year, especially shielding. Tracey has done a great job taking over and I feel fully supported from MIMs even though I am not going to be able to access the group for the next couple of months. It's such a special group, a safe space to be yourself and I am so grateful for the work."

"I am very grateful for the Mothers in Mind group. My health visitor advised me to get in touch when my mental health was beginning to struggle. I was very anxious about accessing an online group as it's not something I feel confident with. However, the group was very welcoming and I soon felt at ease. It has been nice to speak to other parents and realise I am not alone in how I feel. Being a first time mum to young baby during lockdown is hard."

"Been able to talk about my struggles and the support from the group has really helped me cope."

"Mothers in Mind has been a fantastic support to me over the last year. It's helped me to connect with other parents and openly discuss the mental health challenges that parenting brings."

Jo's Story—Mothers in Mind volunteer peer supporter

After my second child was born, my mental health declined rapidly, I spoke to my GP who prescribed me medication this initially made me feel much worse, my anxiety heightened and this made me feel worse, I was really frightened.

I rarely left the house, I was unable to leave the house, to take my first child to playgroup, social interaction was extremely exhausting and increased my anxiety levels to new heights, I was embarrassed and scared to talk to anyone for fear of losing my mind and my children. I reached out to my Mum and she was able to help me, as was my Health Visitor and I had a Home-Start Volunteer I learnt more about how I was feeling this way and it helped a little, looking back I don't think I fully opened up about my struggles with my mental health.

We wanted a third child and I was so scared and anxious when I fell pregnant again and needed lots of reassurance from my midwife, when my daughter was just 3 weeks old I needed an operation on my back. I needed support from my family to recover and it was hard relying on others to help me look after my new baby, mentally my health declined again, the anxiety was back, the isolation and guilt overpowered every waking hour of every day, physically I was in a better place my mental health was at all record low.

I reached out to the family support worker at my children's school who contacted Home-Start and they invited me to Mothers in Mind peer support group. I walked into my first group and burst into floods of tears, Tracey the peer Support Volunteer never left my side offering me gentle reassurance, a tissue and enabled me to stay within in the group until the end of the session.

I had finally made the first step into my journey to recovery and with help and support from Mothers in Mind and a Home-Start family volunteer, 3 years later I am now a trained Mothers in Mind peer support volunteer.



In January 2021 I was featured in My Cotswold Life "Home--Start is where the heart is" explaining my story of training to become a Home-Start volunteer helping other families. Because I know how it feels, I like to offer a sense of hope to other Mums who are going through the same things, It really has helped me become who I am now, my mental health is stable with the help of medication and it no longer defines me, I am Jo again, sometimes I really have to pinch myself to believe this ever happened to me.

On 7th of June 2021 I walked back into the same venue for a Mothers in Mind peer support group this time I was the Mothers in Mind peer support volunteer, we talked about how we were feeling about returning to the venue where my journey had started and for me surrounded by calm energy, it felt amazing, to just be me, supporting other mums on their journeys to recovery with Tracey the Mothers in Mind coordinator back by my side.

I am very passionate about being a peer support volunteer, it really does shine, rays of hope out of me and I am proof that Mothers in Mind can transform mums experiencing poor mental health and support them on their own journeys to recovery. My experience and training with Mothers In Mind and Home-Start have allowed me to understand the importance of supporting Mums and families through the challenges of those early crucial years of a child's life, I see the transformations in the Mums throughout their journeys and the high value of Home-Start Stroud and Gloucester services to local families.

An overview of Dad Matters

Lee Houghton

Having joined Home-Start in October 2020 as Dad Matters Coordinator, it has been a privilege to be involved in the development of the service over the past 9 months.

It has been a methodical process of raising general awareness of the project across the county as well as engaging with our partners in a variety of agencies; from midwifery teams to health visitors. from perinatal mental health teams to other voluntary sector providers.

One of the key tasks has been to make them fully aware of what Dad Matters delivers within Gloucestershire. Specific emphasis has been given on promoting the universal offer which is as follows:

Promote access to Universal Services.

Promote awareness of Attachment & Bonding and its importance in overall Child Development.

Awareness of Mental Health Needs, for baby, Mother and especially dad

It has been important to note that at the centre of Dad Matters Gloucestershire is the child. However, we recognise fully that the second largest cohort after Mothers, that supports babies and infants, are dads. We also recognise that the definition of "what is a dad?" is varied. However, our message to all is that if you identify as a dad, we are there to support you, regardless of your background and circumstances.

Key milestones that have been accomplished so far have included:

Feature Interview with Dad Matters Coordinator on BBC Radio Gloucestershire on the Anna King Morning Show

Interview feature with Dad Matters Coordinator on ITV West News as part of Magazine piece on the impact of lockdown on Mental Health

Training Perinatal Mental Health Team, Midwifery Teams, Health Visitor Teams on the provision from Dad Matters

Recruitment and Training for Dad Matters Volunteers "Dad Champions.

Training of existing Home-Start Volunteers as part of the current Prep Course.

Launch of Dad Matters Gloucestershire Facebook Pages, Instagram and Twitter

Implementation of Referral process and inputting onto CharityLog

Direct support to over 40 families including provision of online antenatal courses, mental health & well-being sessions and 1:1 support including home visits.

Production of Marketing Material Provision of banners advertising Dad Matters Gloucestershire in Gloucester Royal Hospital, Cheltenham Hospital and Stroud Maternity Centre.

Online group support we have directly supported over 40 dads since accepting referrals in February 2021. The level of provision includes simple advice/ guidance in the form of leaflets, emails and telephone calls, through to direct 1:1 support for dads and their families. We hope in the near future to start providing pop-up shops across different venues.

Much has been accomplished in a relatively short time; however, we are ambitious and keen to serve as many families as we possibly can. To quote one dad directly, "I wish this service had been there when I first became a parent". The pandemic has highlighted the level of need that is out there. Our work as Dad Matters Gloucestershire is only just beginning.





What is Dad Matters?

Dad Matters is here to support dads and partners in Gloucestershire

Our aim is to:

- Help dads have positive relationships with their families
- To support dads with their wellbeing and mental health
- To encourage dads participation in services that have traditionally been targeted for mums
- To provide peer support for dads

The Arkell Family Fun Group
Sue Smith

What a year it has been for everyone and a time to think outside the box and ensure we continued to make contact with our group families.

So, in April 2020, we were in lockdown and started with an Easter activity pack for our families. These were delivered to the door by myself and Elena. When we were able to invite the families to the Arkell Centre (but only to the door) this became a monthly activity pack to keep the children entertained. We were joined by some of the Forest Green Rover players for the Christmas pick up and were delighted that they brought along some extra goodies to give away. Morrison's and Waitrose have also been very generous in their support of helping to fill these activity packs.

Elena shared the messages she had received from the families:

'I am just writing on the request of the FGFF group families to express how grateful they are for the activity packs and seeing us on Friday. I am receiving quite a few messages directly and through Carla and Kasha who volunteer in the group, how happy Home-Start has made the children. They have been busy going on the rainbow walks and creating with the crafts.

We also kept in contact through Facebook and posted a monthly Walking Challenge, something the whole family could do during their daily exercise.

Elena, our group leader has been offering ongoing telephone support to the families, which has been greatly appreciated and ensured that families they did not feel forgotten or isolated during Covid 19.

We have also been working alongside community food distribution initiatives, The Freezer of Love, which is based in the Arkell Centre. When families pick up the activity packs they have the added bonus of collecting frozen meals, groceries and paying as much or as little as they are able.

We have now tentatively reopened the group and are so enjoying having face to face contact again with both parents and children.

There are plans to run during the summer holidays to further support families in what has been a difficulty year and particularly to support the little ones transitioning to school from nursery in September.

"The mums expressed deep gratitude towards H/S for the 'personal touch' of the telephone support, Facebook updates, story reading and the fantastic crafts packaged, delivered so lovely! Everybody has been missing the group very much and above all the presence every Wednesday and Friday, where the mums feel able to go and have a chat, and to top up! During lockdown the mums have been supporting themselves steadily through virtual means and later on by social distanced meeting. Everybody, who had been identified as in need of further support had been referred to us to talk to, as well as Carla and a few other mums had continued to meet them and speak to them. And everybody is now reported as doing well."





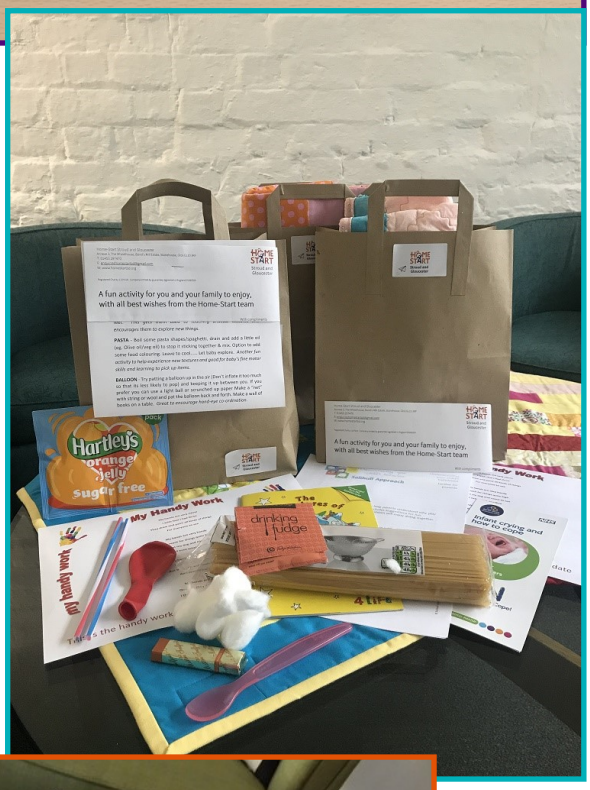




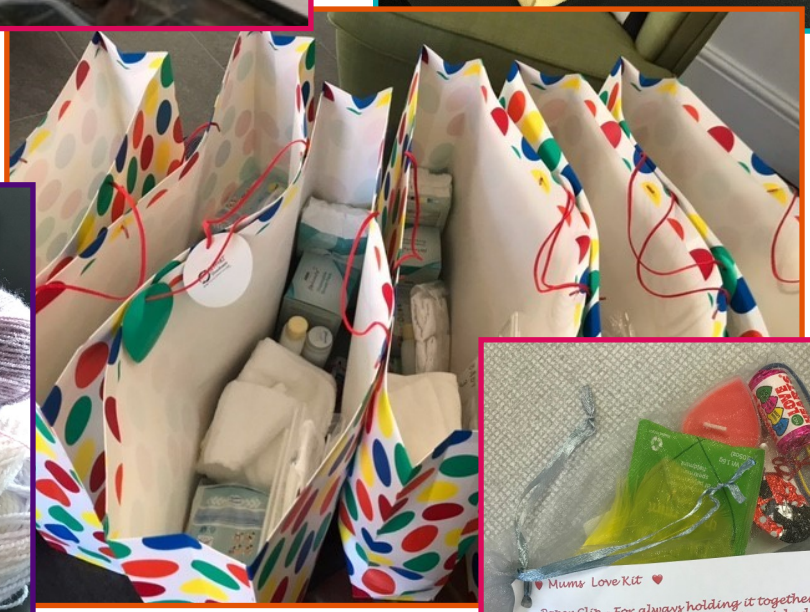
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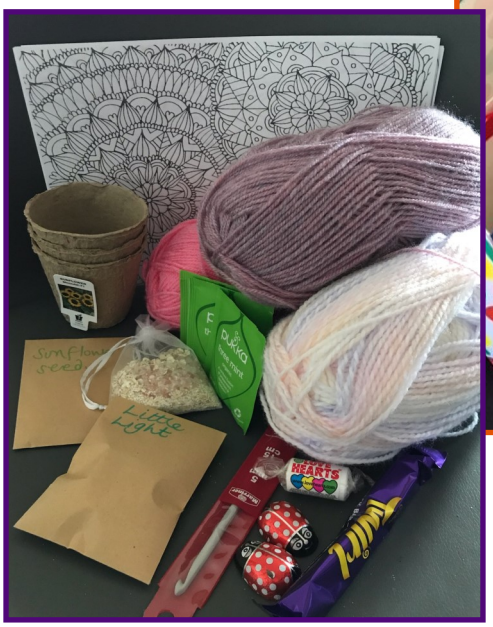




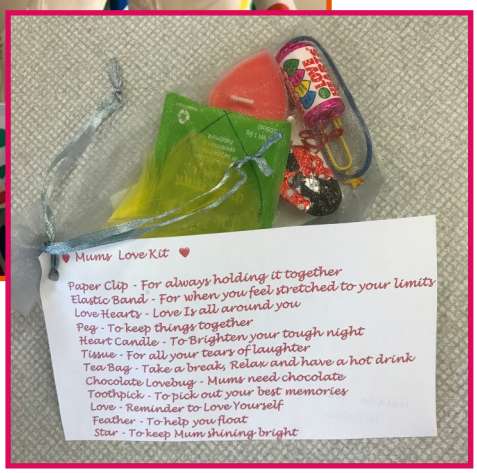


GOODY





BAGS



Treasurers Report
Heather Cunild

The last financial year saw us with income of £ 260,084 and expenditure of £243,838. We were able to procure extra funding to help the scheme cope with the effects of Covid in particular getting laptops for our staff so that they could work from home. We also benefitted from the Home-Start UK's partnership with Waitrose – the Give a little love campaign. As always our stalwart regular funders helped us meet much of the cost of running the scheme whilst through a Tudor Trust grant we have been able to employ the new Dads Matter Coordinator who is working across the county.

Expenditure in many areas was down on the previous year because of the pandemic which meant that staff, volunteers and groups were operating online rather than in person resulting in much lower travel expenses and no premises hire costs. However, we did have a one-off large outlay to get our office computer system into order allowing better quality, more reliable communication across the staff group helping us to move towards being a paperless enterprise.

Fundraising took a hit with the cancellation of our major event in the year – The Westonbirt Charities Fair. We still received a number of donations, many of them gift-aided which gives us an added boost. Fortunately, the scheme manager had made some strong and successful bids for funding which left us in a secure position at the end of the year to move onwards into 2021-2022.

INCOME
Statutory grant funding: £33,900
Non statutory grants : £200,005
Other income & donations: £26,279
Total: £260,184

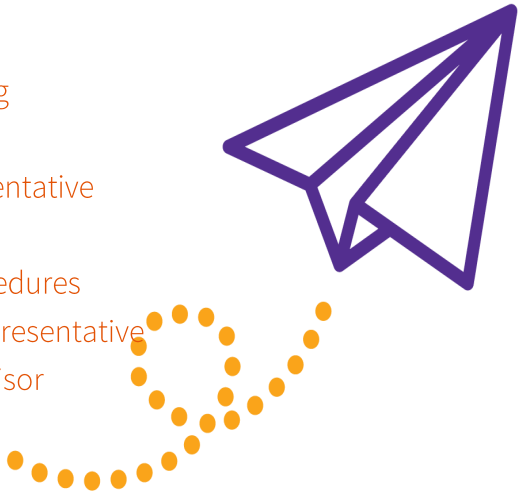
EXPENDITURE
Staff salary costs: £196,516
Volunteer expenses: £4,507
Rent and insurance: £11,080
Professional Fees: £9,964
General costs £23,580
Total : £ 245,647

Meet the Team:

Alex Corgier – Scheme Manager
Shelley James – Office and Finance Coordinator
Michelle Smith – Senior Coordinator
Sue Smith – Family Support Coordinator
Bex Wheatley – Family Support Coordinator
Isla Rawson – School Readiness Coordinator
Rhiannon Byron – Group Lead and Best-Start Coordinator
Corrine Marks – Groups Coordinator
Stefanie T.Scott – Bump-Start Group Coordinator
Vanessa Reyes Rieger – Mothers in Mind Group Coordinator
Tracey Edwards—Mims Assistant Group Drop-in Coordinator
Elena Dunn—Arkell Family Fun Group Coordinator

Meet the Trustees

Elizabeth Ewart-James—Chair
Heather Cunild—Treasurer
Malcolm Swait—Vice Chair
Diana Lapping—Fundraising
Sheila Marsh—Fundraising
Harriet Walker—Volunteer Representative
Andrew Lane—Gloucester
Barbara Harney—Policies & Procedures
Judith Munro-Faure—Group-Start Representative
Colin Pascoe—Gloucester Advisor



Thank you to our funders:

Peter Lang Trust, Gloucestershire County Council, The National Lottery, Garfield Trust, Gloucestershire Community Foundation, Gyde Trust, Barnwood Trust, Henry Smith, Stroud Town Council, Stroud District Council, Nailsworth Town Council, David Thomas Trust, Tudor Trust, Albert Hunt, Home-Start UK, Jack Lane Charity Trust

Thank you to our fundraisers and donors:

Stonehouse Town Council, Dursley Town Council, Nailsworth Rotary, Waitrose Stroud, Coco Confectionary, Fluck Funding, Willow & Oak Ltd , Western Power Distribution, Cooperative Community Support, Tesco Bags for help (Groundworks UK), The Foodbank, Westonbirt Charity, Susan Sparrow, GBSN Elizabeth Mayo, Diana Lapping, Sheila Marsh, SLoughnane, Bridgeaid, Slater & Slater, Megan Steer, Ruth Townley, Sal Craw, Alison Winkfield, Clive Amos, Becky Koos, Vanessa Kellow, Ecclesiastical, Wotton Trotters, Alan Austin, Dr Ellie Brown

Thank you to Claire Owen (Owen Accountants) for her continued support to our charity and Bill Walker our Independent GDPR advisor

A special thanks to our volunteers who are at the centre of everything we do

Nia, Sarah, Mary, Judith, Sally-Ann, Janette, Lucy, Susan, Robina, Georgina, Sondos, Alison, Beverly, Sandra, Jane, Rebecka, Jane, Gill, Sue, Sally, Martin, Gwen, Lynn, Angela, Margaret, Elizabeth, Elena, Caroline, Sam, Harriet, Pamela, Alison, Teresa, Jan, Emily, Melanie, Val, Daphne, Sarah, Amy, Rhonwen, Mandy, Penny, Ingrid, Gail, Christine, Lorraine, Alison, Joanne, Alexandra, Naomi, Jan, Janine, Nicola, Alison, Barbara, Penny, Alice, Juliet, Carole, Sharon, Catherine, Liz, Jennifer, Carol, Charmaine, Katie, Irene, Charlotte, Erica, Susan, Brian, Elena.



Home-Start Stroud and Gloucester

(A company limited by guarantee)

Report and Financial Statements

For the Year

1 April 2020 - 31 March 2021

Charity Number 1107019

Company Number 05282509

Home-Start Stroud and Gloucester
(A company limited by guarantee)

Financial Statements
For the Year ended 31 March 2021

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Home-Start Stroud and Gloucester

Reference and Administrative Information

Charity Name:	Home-Start Stroud and Gloucester
Charity Registration Number:	1107019
Company Registration Number:	05282509

Registered office and operational address:
Annexe 3, The Wheelhouse, Bond's Mill Estate, Bristol Road,
Gloucestershire, GL10 3RF

Trustees of the Management Committee:

Mrs E Ewart-James	(Chairman)
Mrs H Cunild	(Treasurer)
Mr M Swait	(Vice-Chairman)
Mrs D Lapping	
Mrs S Marsh	
Mr A. Lane	
Mrs B. Harney	
Mrs J.Munro-Faure	
Mrs H.Walker	(Volunteer Representative)

External Advisors:

Cllr S.Reed -	Stroud District Council Representative
Mr B.Walker	

Company Secretary:
Mrs Heather Cunild, The Nodes, Shortwood, Nailsworth, Glos. GL6 0SN

Reporting Accountant:
Claire Owen FCCA, Owen Accountants Ltd, Patch Cottage, High Beech Road,
The Pludds, Ruardean, GL17 9UD.

Bankers:
NatWest Bank, George Street, Stroud. Glos, GL5 3DT.

CCLA Investment Management Ltd., COIF Charity Funds, 80 Cheapside,
London, EC2V 6DZ.

Home-Start Stroud and Gloucester
Income and Expenditure Account
for the year ended 31st March 2021

	2021	2020
Incoming Resources:	£	£
Grants	1,105	-
Restricted Funds	232,800	217,502
Donations and Subscriptions	20,554	11,719
Tax Reclaim - Gift Aid	1,020	712
Fundraising	2,676	27,163
Other Income	1,850	490
Bank and Deposit Interest	79	416
	260,084	258,002
Resources Expensed:		
Funding Out		
Funds to Home-Start North-West	-	40,000
	-	40,000
Administrative expenses		
Employee costs:		
Salaries and Pensions	196,212	185,834
Recruitment Expenses	304	1,157
	196,516	186,991
Defined Benefit Contribution Scheme		
Interest Expense	83	57
Impact of any change in assumptions	108	(101)
Remeasurements amendments	-	-
	191	(44)
Premises costs:		
Office Running Costs	11,080	11,020
	11,080	11,020
General administrative expenses:		
Telephone and fax	1,488	1,092
Postage	230	420
Stationery and printing	1,853	1,875
Hospitality	78	236
Repairs, Renewals and Maintenance	3,264	964
Credit Card and Charges	30	32
Insurance	1,043	1,166
Organisers Expenses	2,323	5,892
Volunteers Expenses	4,507	6,536
Group Workers Expenses	791	2,960
Group Resources	73	2,172
Fundraising Expenditure	365	954
Committee Members' Expenses	-	371
Training Staff and Management	2,775	1,809
Training Volunteers	1,794	2,230
Family Fund Expenses	212	-
Premises Hire and Arkell Group Exp and Hire	3,134	10,156
Sundry Purchases	-	906
Depreciation	2,127	568
	26,087	40,339
Legal and professional costs:		
Accountancy fees	685	650
Consultancy and Subscription fees	8,846	6,757
Other Professional Fees	433	790
	9,964	8,197
Total Resources Expensed:	243,838	286,503
Net income / (expenditure) for the period	16,246	(28,501)
Balances Brought Forward	72,210	100,711
Balances C/Fwd at 31st March 2021	88,456	72,210

Home-Start Stroud and Gloucester
Detailed Income and Expenditure Account
for the year ended 31st March 2021

	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Incoming Resources:				
Covid-19 Grants	1,105	-	1,105	-
Restricted Funds	-	232,800	232,800	217,502
Donations and Subscriptions	20,554	-	20,554	11,719
Tax Reclaim - Gift Aid	1,020	-	1,020	712
Fundraising	2,676	-	2,676	27,163
Other Income	1,850	-	1,850	490
Bank and Deposit Interest	79	-	79	416
	27,284	232,800	260,084	258,002
Resources Expensed:				
Charitable activities:				
Restricted Funds Expenditure	-232,800	232,800	-	-
	-232,800	232,800	-	-
Funding Out				
Funds to Home-Start North-West	-	-	-	40,000
Administrative expenses				
Employee costs:				
Salaries and Pensions	196,212	-	196,212	185,834
Recruitment Expenses	304	-	304	1,157
	196,516	-	196,516	186,991
Defined Benefit Contribution Scheme				
Interest Expense	83	-	83	57
Impact of any change in assumptions	108	-	108	(101)
Remeasurements amendments	-		-	-
	191	-	191	(44)
Premises costs:				
Office Running Costs	11,080	-	11,080	11,020
	11,080	-	11,080	11,020
General administrative expenses:				
Telephone and fax	1,488	-	1,488	1,092
Postage	230	-	230	420
Stationery and printing	1,853	-	1,853	1,875
Hospitality	78	-	78	236
Repairs, Renewals and Maintenance	3,264	-	3,264	964
Credit Card and Charges	30	-	30	32
Insurance	1,043	-	1,043	1,166
Organisers Expenses	2,323	-	2,323	5,892
Volunteers Expenses	4,507	-	4,507	6,536
Group Workers Expenses	791	-	791	2,960
Group Resources	73	-	73	2,172
Fundraising Expenditure	365	-	365	954
Committee Members' Expenses	-	-	-	371
Training Staff and Management	2,775	-	2,775	1,809
Training Volunteers	1,794	-	1,794	2,230
Family Fund Expenses	212	-	212	-
Premises Hire and Arkell Group Exp and Hire	3,134	-	3,134	10,156
Sundry Purchases	-	-	-	906
Depreciation	2,127	-	2,127	568
	26,087	-	26,087	40,339
Legal and professional costs:				
Accountancy fees	685	-	685	650
Consultancy and Subscription fees	8,846	-	8,846	6,757
Other Professional Fees	433	-	433	790
	9,964	-	9,964	8,197
Total Resources Expensed:	11,038	232,800	243,838	286,503

Home-Start Stroud and Gloucester (a company limited by guarantee)
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Accounting Basis

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011.

The accruals basis of accounting is used for income and expenditure.

Income is recognised in the period in which the company is entitled to receipt income is deferred only when the donor has specified that the income is to be expended in a future period such deferred income is recognised as a liability in the accounts.

Fixed Assets and Depreciation

Depreciation is calculated to write off the cost, less estimated residual values, of tangible fixed assets over their estimated useful lives to the scheme .The office equipment/furnishings etc are depreciated at 25% pa on the reducing balance method. Computers are depreciated fully over 3 years.

Pension Scheme

The charity participates in a multi-employer pension scheme, the Pension Trust, Growth Plan. The pension liability is the responsibility of the Growth Plan. As a result it is not possible to identify the assets and liabilities of the scheme that are attributable to the charity. Accordingly, the scheme is accounted for as if it were a defined contribution scheme.

Contributions to defined contribution pension schemes are charged to the statement of financial activities in the year in which they become payable.

2 Restricted Funds

	2021	2020
	£	£
Peter Lang Trust	£80,000	£107,267
Tudor Trust	£17,000	£0
Barnwood Trust	£6,250	£0
Gloucestershire County Council	£7,000	£48,868
Stroud Town Council	£3,000	£3,000
Stroud District Council	£7,000	£7,000
Nailsworth Town Council	£4,500	£4,779
Henry Smith	£15,950	£0
Act	£0	£8,333
Albert Hunt	£3,000	£0
David Thomas	£0	£5,000
Garfield Trust	£10,000	£0
Home-Start UK	£34,100	£0
Masonic Charitable Foundation	£5,000	£0
NHS Gloucestershire	£0	£16,005
Freemasons	£0	£2,000
Gloucestershire Disability Fund	£0	£1,500

Jane Lane Charitable Trust	£0	£1,000
Austin & Hope	£0	£1,000
Dursley Town Council	£0	£750
Southern Trust Funds	£0	£1,000
Lottery Funding	£40,000	£10,000
	£232,800	£217,502

3 Tangible Fixed Assets

Tangible fixed assets-office equipment/furnishings	**2021** £	**2020** £
Cost brought forward	14,175	14,175
:plus additions	5,194	0
	19,369	14,175
Depreciation brought forward	12,470	11,902
:charge for period	2,127	568
	14,597	12,470
	4,772	1,705

4 Debtors and Prepayments

	2021 £	**2020** £
Prepayments	3,759	2,679

5 Pension Contributions

	2021 £	**2020** £
Pension Contributions Opening Provision	2,142	2,892
Pension Deficit Contributions Paid in Year	(772)	(750)
	1,370	2,142

6 Creditors: Amounts falling due within one year

	2021 £	**2020** £
Trade creditors and accruals	1,105	650
PAYE and Pensions	3,989	3,122
Credit Card	15	27
Funds restricted for the following year	41,300	10,000
	46,409	13,799

Unless a concession has been agreed with the Trustee the term to 31 January 2025 applies.

Note that the scheme's previous valuation was carried out with an effective date of 30 September 2014. This valuation showed assets of £793.4m, liabilities of £969.9m and a deficit of £176.5m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2016 to 30 September 2025:	£12,945,440 per annum	(payable monthly and increasing by 3% each on 1st April)
From 1 April 2016 to 30 September 2028:	£54,560 per annum	(payable monthly and increasing by 3% each on 1st April)

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

PRESENT VALUES OF PROVISION

RECONCILIATION OF OPENING AND CLOSING PROVISIONS

Provision at start of period	3,725	4,519
Unwinding of the discount factor (interest expense)	83	57
Deficit contribution paid	(772)	(750)
Remeasurements - impact of any change in assumptions	108	(101)
Remeasurements - amendments to the contribution schedule	-	-
Provision at end of period	3,144	3,725

7 Creditors: Amounts falling due after more than one year	2021 £
Pension Provision at Year End	£3,144

8 Reserves
There was no movement to report this year.

9 Employees Remuneration
Total remuneration for the year (excluding PAYE and employer NI Contributions) amounted to £177,396 (2020 £165,999); PAYE and employer's national insurance totalled £7,581 (2020 £13,473) and pension contributions £10,757 (2020 £7,139).There are currently eleven part time employees.

10 Officers' Remuneration and Expenses
None of the trustees nor any person connected with them has received or is due to receive any remuneration for the period directly or indirectly from charity funds.

11 Taxation
The company is exempt from corporation tax on its charitable activities.

12 Pension Scheme (To be updated once the FRS102 documentation is available to download)

The company participates in the scheme, a multi-employer scheme which provides benefits to some 950 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2019 to 31 January 2025:	£11,243,000 per annum	(payable monthly and increasing by 3% each on 1st April)

INCOME AND EXPENDITURE IMPACT

Interest expense	83	57
Remeasurements – impact of any change in assumptions	108	(101)
Remeasurements – amendments to the contribution schedule	-	-
Contributions paid in respect of future service*	*	*
Costs recognised in income and expenditure account	*	*

*includes defined contribution schemes and future service contributions (i.e. excluding any deficit reduction payments) to defined benefit schemes which are treated as defined contribution schemes. To be completed by the company.

ASSUMPTIONS

Rate of discount	0.66	2.53	1.39

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

Home-Start Stroud and Gloucester (a company limited by guarantee)

Independent Examiner's Report

I report on the accounts of the company for the year ended 31st March 2021 which are set out on pages 3 to 10.

Respective responsibilities of Trustees and Examiner

The Trustees (who are also the Directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:-
-Examine the accounts under section 145 of the 2011 Act
-Follow the procedures laid down in the General Directions given by the Charity Commission under section 145(b) of the 2011 Act; and
-State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statements

In connection with my examination, no matter has come to my attention:

(1) Which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006, and to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;

Or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C Owen FCCA
Owen Accountants Ltd
Patch Cottage
Highbeech Road
The Pludds
Ruardean
GL17 9UD

Home-Start Stroud and Gloucester (a company limited by guarantee) Independent Examiner's Report I report on the accounts of the company for the year ended 31st March 2021 which are set out on pages 3 to 10.

Respective responsibilities of Trustees and Examiner The Trustees (who are also the Directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:- -Examine the accounts under section 145 of the 2011 Act -Follow the procedures laid down in the General Directions given by the Charity Commission under section 145(b) of the 2011 Act; and -State whether particular matters have come to my attention.

Basis of independent examiner's report My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statements In connection with my examination, no matter has come to my attention:

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Or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C Owen FCCA Owen Accountants Ltd Patch Cottage Highbeech Road The Pludds Ruardean GL17 9UD