



**Because
childhood
can't wait**



**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 Lockdown 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.

“I don’t think I could have got through most days if it wasn’t for the help I got from Home-Start. The lady (volunteer) I speak to every week is like my fairy godmother. Absolutely love her!!”

Mum supported by Home-Start

HOME
START

#VolunteersWeek



HOME IS WHERE WE START FROM

home-start.org.uk



"I was treated as a friend from day one and that made me trust my volunteer immediately, I didn't feel like a 'case.'"

Mum supported by Home-Start

HOME
START

#VolunteersWeek



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

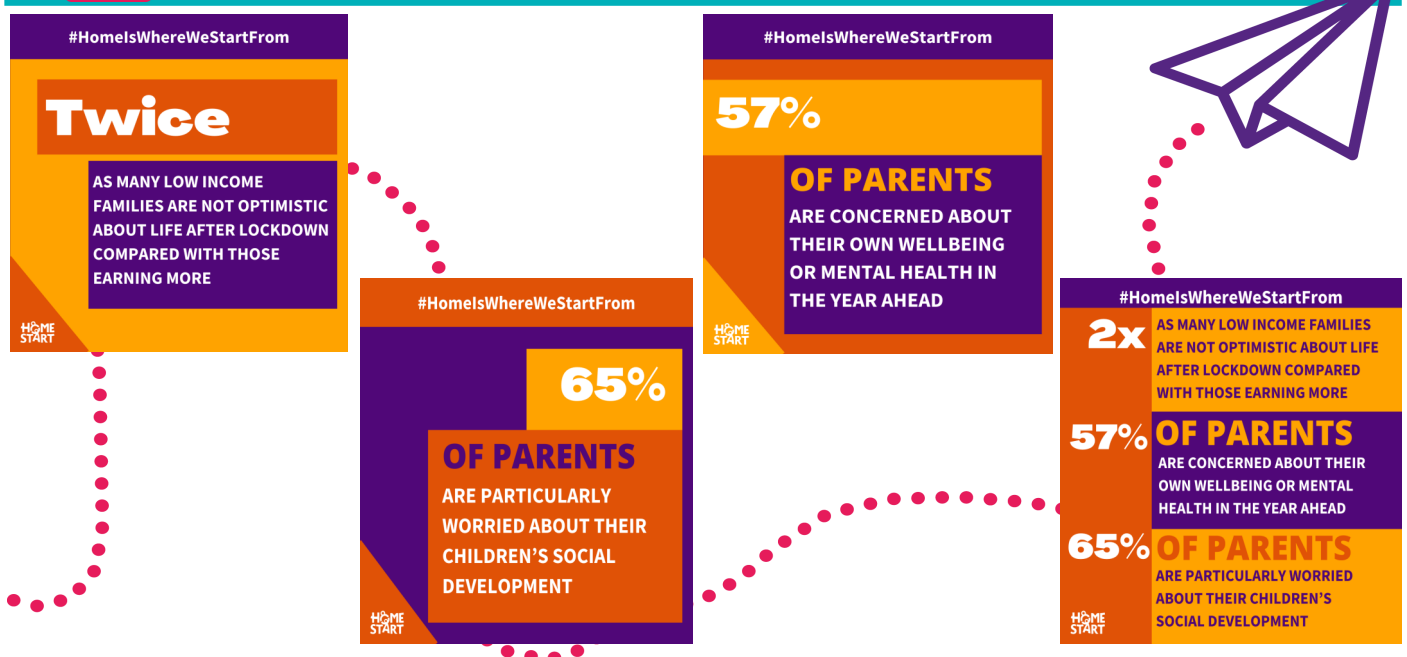
100% agreed that they had felt listened to by their volunteer or coordinator

100% agreed that Home-Start had 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

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

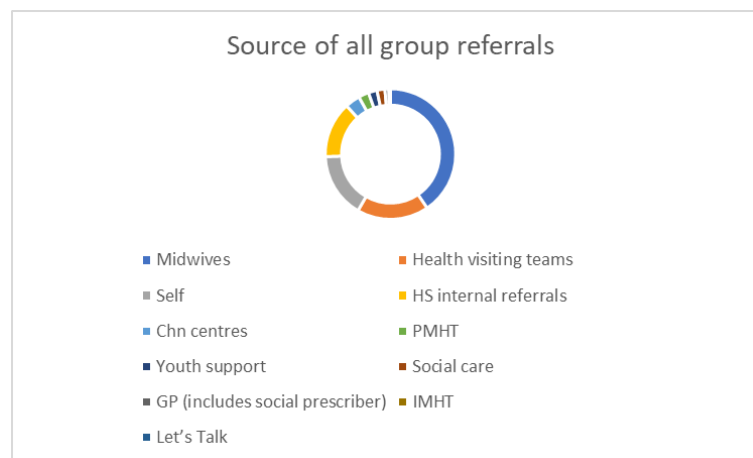


This has been a very challenging year for all of us since the Covid 19 pandemic hit, and our group support changed rapidly to an online offer for parents. We all had to embrace technology that we hadn't used before and for some families this proved to be quite a barrier. Bearing in mind that most families 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 re-

ferreders 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!”

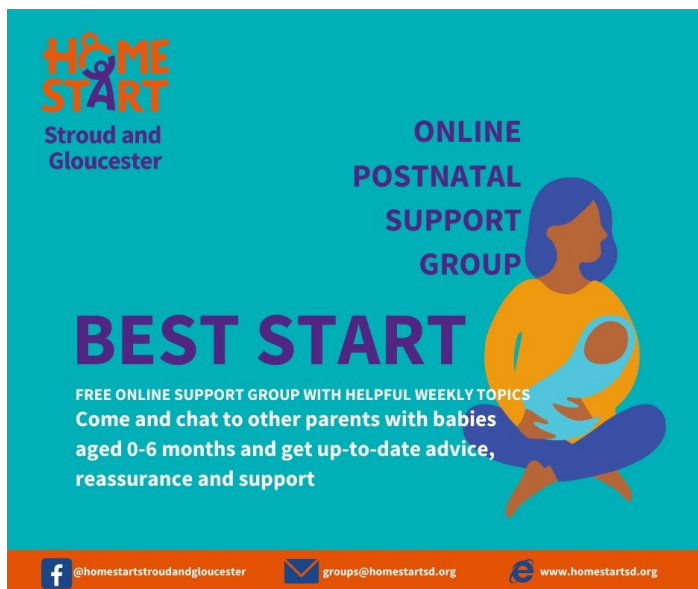
“It’s given me valuable bonding time with my baby & a great chance to see others in the same boat. I have learnt some valuable info that had previously worried me (weaning etc.).”

“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!"

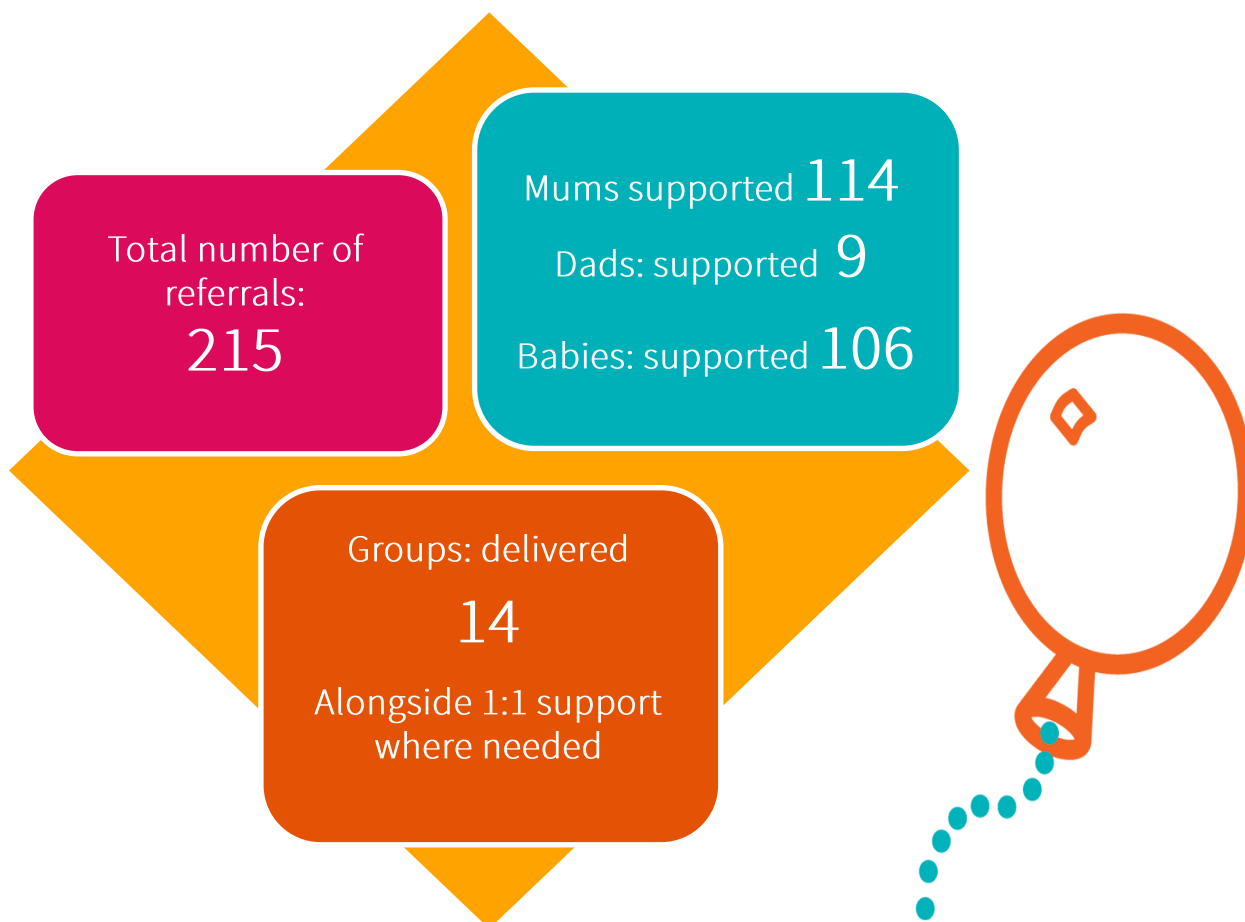
Best-Start outcomes data

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



"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 breakthrough 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.

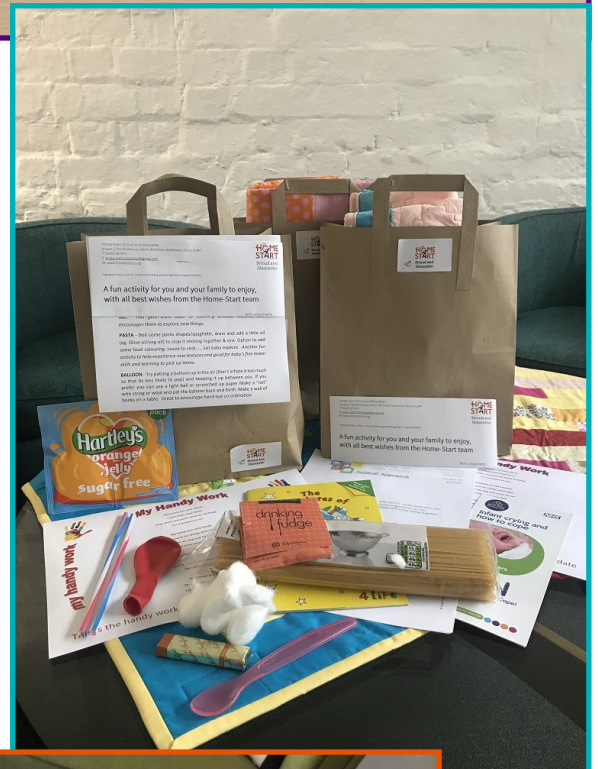
There are plans to run during the summer holidays to further support families in what has been a difficulty year and particularly to support the little ones transitioning to school from nursery in September.

"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."





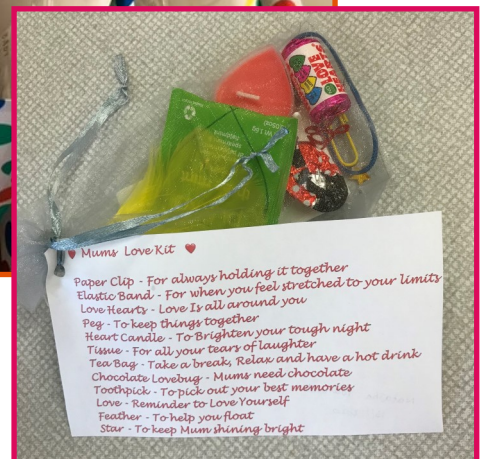
COVID



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



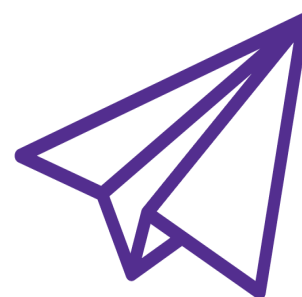


Meet the Team:

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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Balance Sheet	5
Notes forming part of the Financial Statements	6 - 7

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
	<u>260,084</u>	<u>258,002</u>
Resources Expensed:		
Funding Out		
Funds to Home-Start North-West	-	40,000
	-	<u>40,000</u>
Administrative expenses		
Employee costs:		
Salaries and Pensions	196,212	185,834
Recruitment Expenses	304	1,157
	<u>196,516</u>	<u>186,991</u>
Defined Benefit Contribution Scheme		
Interest Expense	83	57
Impact of any change in assumptions	108	(101)
Remeasurements amendments	-	-
	<u>191</u>	<u>(44)</u>
Premises costs:		
Office Running Costs	11,080	11,020
	<u>11,080</u>	<u>11,020</u>
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
	<u>26,087</u>	<u>40,339</u>
Legal and professional costs:		
Accountancy fees	685	650
Consultancy and Subscription fees	8,846	6,757
Other Professional Fees	433	790
	<u>9,964</u>	<u>8,197</u>
Total Resources Expensed:	<u>243,838</u>	<u>286,503</u>
Net income / (expenditure) for the period	16,246	(28,501)
Balances Brought Forward	72,210	100,711
Balances C/Fwd at 31st March 2021	<u>88,456</u>	<u>72,210</u>

**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
	<u>27,284</u>	<u>232,800</u>	<u>260,084</u>	<u>258,002</u>
Resources Expensed:				
Charitable activities:				
Restricted Funds Expenditure	-232,800	232,800	-	-
	<u>-232,800</u>	<u>232,800</u>	<u>-</u>	<u>-</u>
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
	<u>196,516</u>	<u>-</u>	<u>196,516</u>	<u>186,991</u>
Defined Benefit Contribution Scheme				
Interest Expense	83	-	83	57
Impact of any change in assumptions	108	-	108	(101)
Remeasurements amendments	-	-	-	-
	<u>191</u>	<u>-</u>	<u>191</u>	<u>(44)</u>
Premises costs:				
Office Running Costs	11,080	-	11,080	11,020
	<u>11,080</u>	<u>-</u>	<u>11,080</u>	<u>11,020</u>
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
	<u>26,087</u>	<u>-</u>	<u>26,087</u>	<u>40,339</u>
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
	<u>9,964</u>	<u>-</u>	<u>9,964</u>	<u>8,197</u>
Total Resources Expensed:	<u>11,038</u>	<u>232,800</u>	<u>243,838</u>	<u>286,503</u>

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

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

Jane Lane Charitable Trust £0
 Austin & Hope £0
 Dursley Town Council £0
 Southern Trust Funds £0
 Lottery Funding £40,000

£2332,800

£1,000
 £1,000
 £750
 £1,000
 £10,000
 £217,502

3 Tangible Fixed Assets

Tangible fixed assets-office equipment/furnishings

2021 £

2020 £

Cost brought forward
 plus additions

14,175
 5,194
 19,369

14,175
 0
 14,175

Depreciation brought forward
 : charge for period

12,470
 2,127
 14,597
 4,772

11,902
 568
 12,470
 1,705

4 Debtors and Prepayments

Prepayments

2021 £
 3,759

2020 £
 2,679

5 Pension Contributions

Pension Contributions Opening Provision
 Pension Deficit Contributions Paid in Year

2021 £
 2,142
 (772)
 1,370

2020 £
 2,892
 (750)
 2,142

6 Creditors: Amounts falling due within one year

Trade creditors and accruals
 PAYE and Pensions
 Credit Card
 Funds restricted for the following year

2021 £
 1,105
 3,989
 15
 41,300
 46,409

2020 £
 650
 3,122
 27
 10,000
 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

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

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:

(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