

COMPANY REGISTRATION NUMBER: 05468592
CHARITY REGISTRATION NUMBER: 1110632

Home-Start Cotswolds Ltd.
Company Limited by Guarantee
Financial Statements
31 March 2023

McGILLS
Chartered Accountants
Oakley House
Tetbury Road
Cirencester
Gloucestershire
GL7 1US

Home-Start Cotswolds Ltd.
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2023

	Page
Trustees' annual report (incorporating the director's report)	1
Independent examiner's report to the trustees	3
Statement of financial activities (including income and expenditure account)	4
Statement of financial position	5
Notes to the financial statements	6

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name Home-Start Cotswolds Ltd.

Charity registration number 1110632

Company registration number 05468592

Principal office and registered office 203 Alexander Drive
Cirencester
Gloucestershire
GL7 1UH

The trustees

Mr A R Jones
Ms E C Baker
Ms C N Ford
Mr S D Kaufmann
Mrs H C Morris (Resigned 16 May 2022)
Mrs C M Partridge
Mr D A J Pointet
Mr R G L Waller
Mrs C Hall
Mr M F Hellens

Independent examiner McGills
Oakley House
Tetbury Road
Cirencester
Gloucestershire
GL7 1US

Structure, governance and management

The details of the structure and organisation are included in the accompanying Annual Report.

Objectives and activities

Please see the Annual Report for the full objectives and activities of the charity.

Achievements and performance

Please see the Annual Report for the achievements and performance for the year ended 31st March 2023.

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Financial review

The accounts show a deficit of £4,694 compared to a surplus of £27,948 in 2022. More details of the financial position of the Charity is given in the Annual Report.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 15/6/23 and signed on behalf of the board of trustees by:



Mr A R Jones
Trustee



Mr S D Kaufmann
Trustee

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Home-Start Cotswolds Ltd.

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Home-Start Cotswolds Ltd. ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the 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

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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

McGills
Independent Examiner

Oakley House
Tetbury Road
Cirencester
Gloucestershire
GL7 1US

Home-Start Cotswolds Ltd.
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2023

		2023		2022
	Note	Unrestricted funds £	Total funds £	Total funds £
Income and endowments				
Donations and legacies	5	121,142	121,142	138,552
Investment income	6	375	375	6
Total income		<u>121,517</u>	<u>121,517</u>	<u>138,558</u>
Expenditure				
Expenditure on charitable activities	7,8	116,415	116,415	100,669
Other expenditure	9	9,796	9,796	9,941
Total expenditure		<u>126,211</u>	<u>126,211</u>	<u>110,610</u>
Net (expenditure)/income and net movement in funds		<u>(4,694)</u>	<u>(4,694)</u>	<u>27,948</u>
Reconciliation of funds				
Total funds brought forward		101,610	101,610	73,662
Total funds carried forward		<u>96,916</u>	<u>96,916</u>	<u>101,610</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 6 to 12 form part of these financial statements.

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Statement of Financial Position

31 March 2023

	Note	2023 £	£	2022 £
Fixed assets				
Tangible fixed assets	14		703	754
Current assets				
Debtors	15	1,827		726
Cash at bank and in hand		97,681		104,421
		99,508		105,147
Creditors: amounts falling due within one year	16	3,295		4,291
Net current assets			96,213	100,856
Total assets less current liabilities			96,916	101,610
Net assets			96,916	101,610
Funds of the charity				
Unrestricted funds			96,916	101,610
Total charity funds	18		96,916	101,610

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

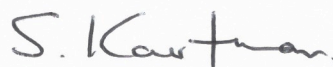
- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:



Mr A R Jones
Trustee



Mr S D Kaufmann
Trustee

The notes on pages 6 to 12 form part of these financial statements.

Home-Start Cotswolds Ltd.
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 203 Alexander Drive, Cirencester, Gloucestershire, GL7 1UH.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	- 33% reducing balance
Equipment	- 25% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Defined contribution plans *(continued)*

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The liability of the members is limited by guarantee.

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Donations				
Trusts and funders	102,801	102,801	118,903	118,903
Donations	15,223	15,223	15,570	15,570
Fundraising events	—	—	1,254	1,254
Gift aid	118	118	75	75
Grants				
Other revenue	3,000	3,000	2,750	2,750
	<u>121,142</u>	<u>121,142</u>	<u>138,552</u>	<u>138,552</u>

6. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Interest income	<u>375</u>	<u>375</u>	<u>6</u>	<u>6</u>

7. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Support costs	<u>116,415</u>	<u>116,415</u>	<u>100,669</u>	<u>100,669</u>

8. Expenditure on charitable activities by activity type

	Support costs £	Total funds 2023 £	Total fund 2022 £
Governance costs	<u>108,195</u>	<u>108,195</u>	<u>92,754</u>

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

9. Other expenditure

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Staff expenses	3,886	3,886	2,761	2,761
Volunteer expenses	3,050	3,050	1,601	1,601
Home start and other fees	12	12	5,275	5,275
Fundraising	48	48	17	17
Bank Fees	35	35	—	—
Family support	391	391	—	—
General expenses	2,374	2,374	287	287
	<u>9,796</u>	<u>9,796</u>	<u>9,941</u>	<u>9,941</u>

10. Net (expenditure)/income

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

	2023 £	2022 £
Depreciation of tangible fixed assets	<u>589</u>	<u>496</u>

11. Independent examination fees

	2023 £	2022 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>585</u>	<u>500</u>

12. Staff costs

The average head count of employees during the year was 8 (2022: 7). The average number of full-time equivalent employees during the year is analysed as follows:

	2023 No.	2022 No.
Number of staff	<u>4</u>	<u>4</u>

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

13. Trustee remuneration and expenses

No remuneration was received in the year by the trustees.

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

14. Tangible fixed assets

	Plant and machinery £	Equipment £	Total £
Cost			
At 1 April 2022	891	1,475	2,366
Additions	—	538	538
At 31 March 2023	<u>891</u>	<u>2,013</u>	<u>2,904</u>
Depreciation			
At 1 April 2022	631	981	1,612
Charge for the year	86	503	589
At 31 March 2023	<u>717</u>	<u>1,484</u>	<u>2,201</u>
Carrying amount			
At 31 March 2023	<u>174</u>	<u>529</u>	<u>703</u>
At 31 March 2022	<u>260</u>	<u>494</u>	<u>754</u>

15. Debtors

	2023 £	2022 £
Prepayments and accrued income	—	726
Other debtors	<u>1,827</u>	<u>—</u>
	<u>1,827</u>	<u>726</u>

16. Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	—	367
Accruals and deferred income	2,667	2,994
Social security and other taxes	—	358
Other creditors	<u>628</u>	<u>572</u>
	<u>3,295</u>	<u>4,291</u>

17. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £3,095 (2022: £2,724).

Home-Start Cotswolds Ltd.

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

18. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
General funds	<u>101,610</u>	<u>121,517</u>	<u>(126,211)</u>	<u>96,916</u>

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
General funds	<u>73,662</u>	<u>138,558</u>	<u>(110,610)</u>	<u>101,610</u>

19. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2023 £
Tangible fixed assets	704	704
Current assets	99,507	99,507
Creditors less than 1 year	<u>(3,295)</u>	<u>(3,295)</u>
Net assets	<u>96,916</u>	<u>96,916</u>

	Unrestricted Funds £	Total Funds 2022 £
Tangible fixed assets	754	754
Current assets	105,147	105,147
Creditors less than 1 year	<u>(4,291)</u>	<u>(4,291)</u>
Net assets	<u>101,610</u>	<u>101,610</u>

Annual Report

April 2022-March 2023

**HOME
START**
Cotswolds



Home-Start Cotswolds
c/o Cirencester Baptist Church
Chesterton Lane
Cirencester
Gloucestershire
GL7 1YE

Company Number: 5468592
Charity Number: 1110632

01285 885391
office@home-start-cotswolds.org.uk
www.home-start-cotswolds.org.uk



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

MESSAGE FROM THE CHAIR

2023 is a big birthday for Home-Start, as we celebrate 50 years since the very first scheme was formed in Leicester. It is also 16 years since Home-Start began to support families in the Cotswolds, funded by £20,000 from the National Lottery. We've come a long way since then and today our annual funding requirements are over £145,000.

This year we have continued to see the huge toll that the pandemic and cost of living crisis have taken on families – creating more stress within family life and particularly affecting parents' emotional wellbeing. As a result there has been a steady increase in the need for our work and we feel so thankful for the commitment of all our volunteers who are generous with their time, energy and compassion supporting families in so many different ways.

We've also faced our own challenges in the past year – mainly in the area of staff recruitment. As an organisation, we recognise the incredible work that our staff do and, during the course of the year, we have reviewed our salary structure to reflect this and to help with future recruitment.

Interagency working is so important for an improved service to families. As well as working with local voluntary and community sector organisations, and health providers, we are fortunate to be part of the Home-Start network, giving us access to online training, webinars and additional funding opportunities. In September, staff and trustees attended a regional workshop event with 10 other Home-Start schemes from the Southwest of England, which was a great opportunity to exchange best practice and ideas.

Of course, none of our work would be possible without our generous funders and donors. We are very grateful for the support we continue to receive from The John Armitage Trust, Peter Lang Children's Trust and The National Lottery, as well as the many donations referred to later in this report.

Finally we would like to thank Cirencester Baptist Church, who provide us with an office in a great location and superb meeting room facilities for all our training.

Steve Kaufmann

Steve Kaufmann
Chair of Trustees



Steve Kaufmann with Peter Grigg,
Chief Executive of Home-Start UK



As a health visitor I have found Home-Start Cotswolds to be an invaluable service. This year they have helped my family referrals with mental health, isolation, lack of local family support, lone parenting and a child with complex health and developmental needs." Michelle Clancy, Health Visitor

OBJECTIVES AND ACTIVITIES

Margaret Harrison, the founder of Home-Start, was an experienced community work volunteer. She realised that what many families lacked “was another parent who would understand their experience, would listen, care and have fun with them—someone to share and help in a practical, down-to-earth way”. With a grant of £1,936pa, the first Home-Start was formed and 50 years later, in 2023, Home-Start has grown into a network of 182 local charities supporting 38,000 families with 65,000 children in the UK. Home-Start also works in 20 countries across the world.



At Home-Start Cotswolds, we aim to provide early support to families across the region, to help give children the best possible start in life. Our qualified staff team and trained volunteers provide weekly home support, postnatal groups and maternal mental health groups, for families with at least one child under five. Working alongside families, we build strong relationships with parents and children, supporting them with issues such as isolation, mental health, disability, play, parenting skills, cooking and healthy eating.



Trustees Richard Waller, Hilary Morris and David Pointet at the Community Health & Wellbeing Week in Cirencester, June 2022

Over the past 17 years, we have developed a vibrant and effective Home-Start community across the Cotswolds, made up of staff, trustees, volunteers, families and funders. We are members of a consortium of three Home-Start schemes working across the whole of Gloucestershire. We also belong to a UK network of Home-Start charities who all share the same objectives to safeguard, protect and preserve the good health – both mental and physical – of children and their parents.

STRUCTURE AND ORGANISATION

MANAGEMENT COMMITTEE MEMBERS

Steve Kaufmann (Chair), Clare Baker (Safeguarding Adviser), Tony Jones (Company Secretary), Carla Partridge (Treasurer), Chris Hall, Carolyn Ford, Richard Waller, David Pointet and Mike Hellens (left March 2023).

Trustees are unpaid volunteers from a variety of backgrounds, responsible for governance, financial and strategic planning. The staff are responsible for the day-to-day operation of the scheme and report to the trustees on a regular basis.

The trustees meet bi-monthly with advisors and they form the Management Committee. There are three Sub-Committees (Personnel; Finance; Profile and Fundraising) that meet regularly and report back to the full committee. It is Home-Start policy that a trustee only serves for a maximum of three years before being subject to an election.



Carla Partridge (Trustee) speaking at the AGM 2022

In March, we were sad to say goodbye to Mike Hellens, who has been with us for six years and was a member of our Profile and Fundraising sub-committee. We are currently recruiting for new Trustees with experience of HR, fundraising and IT.



Staff, trustees and baby Dot saying goodbye to Lynn, our North Cotswolds Coordinator since 2014

STAFF

Janice Gibson, Senior Coordinator

Katharine Campbell, Senior Coordinator

Liz Wilkinson, Coordinator North Cotswolds (replaced Lynn Hurley in Nov 2022)

Sophie Holland, Group Coordinator (maternity leave)

Emily Boston, Group Coordinator (maternity cover)

Danella (Dee) Weir, Office Coordinator

Sally Mason, Administrator

Karen Roberts, Administrator (replaced Gillian Eames in Oct 2022)

All our staff work part-time and their combined hours amount to **3.6 FTE**.

ACHIEVEMENTS AND PERFORMANCE 2022-2023

FAMILIES

This year Home-Start Cotswolds has supported a total of **139** families. We offer a range of support, which includes:

Home Visiting: Weekly volunteer visits to families in their homes

Baby & Me Postnatal Groups: Eight-week support groups for new Mums and Dads

Reconnect Perinatal Mental Health Groups: Ten-week mental health support group for Mums

Home Visiting: We supported **66** families, including **139** children, with home visiting volunteers during the year. As many of us know, being a parent has never been easy; it can be lonely, frustrating and overwhelming. Often, our supported families have suffered from life changing events, such as illness, anxiety, relationship breakdown, financial worries or domestic abuse.



Bubble fun at our Summer Family Party, Aug 2022

When a family is referred to Home-Start, a volunteer is matched with them and will visit for up to three hours each week, building a trusting, supportive relationship. Our volunteers work alongside the families, helping them to overcome the challenges they are facing by offering a listening ear, friendship, encouragement to go out, ideas for play and signposting to other organisations.

Referral circumstances for families supported by home visiting

21 Lone parents

13 Families with safeguarding issues

53 Families with support for their mental health

19 Families with physical health difficulties or disabilities

12 Families who had experienced domestic abuse

19 Families with significant financial issues

11 Young parents aged under 25 yrs

4 Parent care leavers

Throughout the year we are continually referring or signposting families to other support services, such as: Food Bank, P3 (support with budgeting & debts), Household Support Fund (financial help with the energy crisis), GDASS (domestic abuse service) and local playgroups. Our volunteers also help families to access these services and to attend medical appointments.

ACHIEVEMENTS AND PERFORMANCE 2022-2023

Group Work

This started in June 2021 and our Group Coordinator worked hard to develop new groups in Tetbury, Bourton-in-the-Water and Fairford. In 2022 we reviewed and adjusted our groups, making changes in response to feedback from parents, sourcing outside support to deliver some of the sessions and building good community relationships in each town where a group is held.

We have, however, experienced a few set backs. Firstly we had difficulty recruiting maternity cover for our Group Worker and, as a consequence, we had to put our Tetbury Baby & Me group on hold until September 2023. Secondly, it has taken longer than expected to build up attendance numbers, although we now have a circulation list of over 40 referrers and numbers are slowly growing. In 2022, a total of **73** families in the Cotswolds were supported by our groups as follows:



Baby & Me Group 2022 - Infant First Aid Session



Reconnect Maternal Mental Health Group

3 Reconnect groups (10 weeks each) were held in Bourton-in-the-Water with 23 families attending.



Baby & Me Postnatal Groups

8 Baby & Me groups (8 weeks each) were held in 2022 with 50 families attending over the year. These were held in Bourton-in-the-Water and Fairford.

Dad Matters Gloucestershire

Funded by the Tudor Trust, Home-Start offers Dad Matters support to Dads across the county, to help them have the best possible relationship with their families. This is provided through groups both online and in person, run by a growing team of volunteer Dad Champions. For more information, please go to: www.dadmatters.org.uk/gloucestershire/

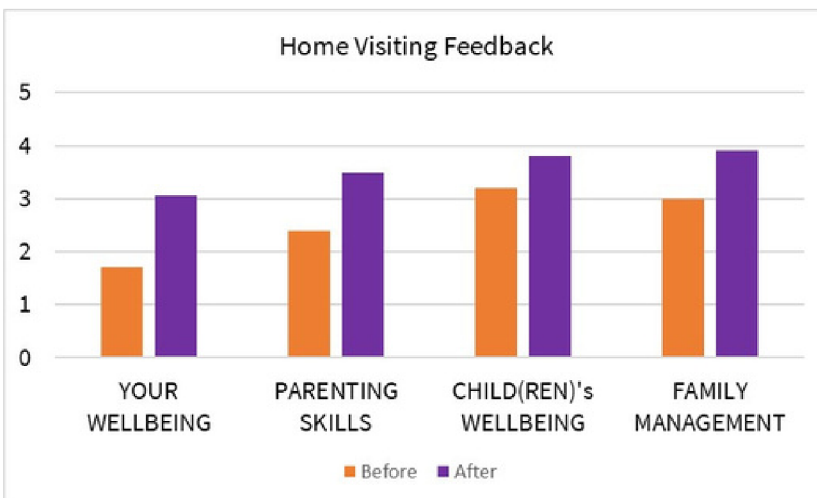
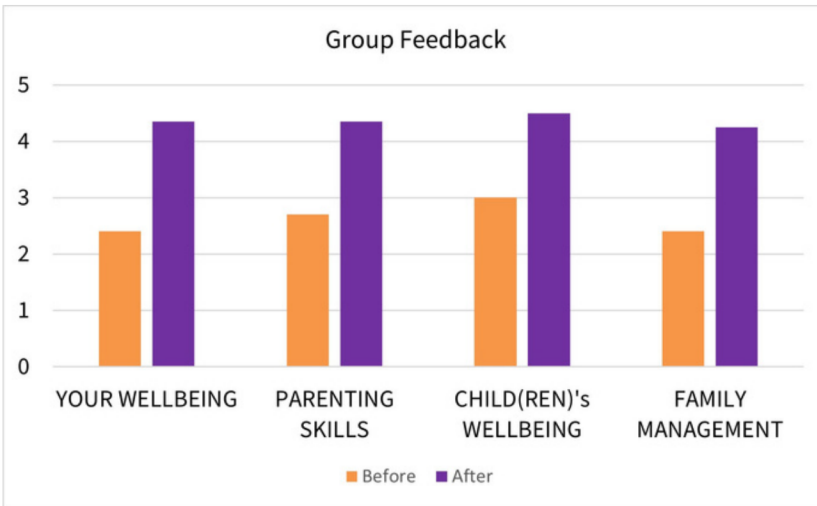


Measuring Family Outcomes

It is important that we measure the effectiveness of the support we are providing for families. We use CharityLog, a database that asks parents questions to help them assess how they and their family are coping with different areas of family life. For home visiting, this assessment is completed at the beginning of support and then at each review visit. For group work, the assessment is completed at the end of the group (please see page 7 for our outcome data.) We also collect anecdotal evidence from parents throughout the year.

ACHIEVEMENTS AND PERFORMANCE 2022-2023

Family Outcomes



Since 2021, we have been working with the University of Gloucestershire to produce an evaluation report showing the impact of our work on families in the county. The analysis took data from pre and post intervention assessments with families who were supported by home visiting and groups. The first phase of this report was finalised in 2022 and the findings show that Home-Start is having a significantly positive impact on family outcomes in all the areas of support we provide. The next stage of the research will involve a qualitative study; interviewing parents who have accessed our home visiting services to help us understand parents' experience of our support.



The chart on the left shows outcomes from the groups we held in 2022-23. The scores have been averaged over all the groups for both Baby & Me and Reconnect. Parents were asked to rate how they felt before and after attending groups, using the scale: 0 = not coping very well to 5 = coping very well.

"It has given me more information and also confidence with dealing with my baby."
(Mum attending Baby & Me)

The Home visiting data (left) shows a snapshot of the outcomes of three families who finished support in 2022-23. Parents were asked to rate how they felt at Initial, Review and End visits, using the scale: 0 = not coping very well to 5 = coping very well.

"It has allowed us to have some time apart, so I could relax and recharge my batteries. I live in the middle of nowhere and have no family or friends near me. I felt so alone and like my baby wasn't getting any interaction with the outside world and other babies. I felt huge mum guilt. The group made me excited about the week ahead, looking forward to seeing people and talking to other mums. My baby loved it and I felt that guilt lift."
(Mum attending Reconnect)

ACHIEVEMENTS AND PERFORMANCE 2022-2023

VOLUNTEERS

Simply put, our volunteers are the heart of our service. It is impossible to mention everything they do in a year to help families feel appreciated, heard, valued and supported. Giving a morning or afternoon of their time each week, they provide immense understanding and patience as they listen, reassure, encourage and accompany families through their difficult times. By helping with practical issues such as transport, form filling, cooking, play and outings, they relieve the stress of family life and improve home life for children.

At the time of writing, we have **46** trained volunteers. Throughout the year we have continued to support them with regular supervision, training and peer support groups. In 2022-2023 this included three peer support sessions, a Gong Bath session, Christmas lunch and training on Safeguarding, Domestic Abuse in Pregnancy, and Coercive Control.

In early 2023, **8** new volunteers were recruited and trained in the North Cotswolds. The 40-hour training course was held over eight weeks.



New Volunteers Training 2023



South Cotswolds Volunteer Christmas Lunch 2022

“ I thought the course was interesting, informative and very well delivered with knowledgeable course leaders and detailed handouts. ” (Trainee volunteer)

“ The Mum was new to the area so had no support network and spent most of her day in the house. Her youngest was in nursery and the older daughter was at school. There was no parent role model for the Mum, who had a turbulent history. I learnt the importance of not judging the family you are supporting. The Mum felt that so many agencies were telling her what to do or criticising what she was doing, and she just needed someone who would listen, see first hand what she was actually doing and be there to support her. ” (Home-Start Volunteer)



North Cotswolds Volunteer Christmas Lunch 2022

HOW IS HOME-START COTSWOLDS FUNDED?

GRANTS

John Armitage Charitable Trust

Peter Lang Children's Trust

The National Lottery

NHS Gloucestershire CCG (ICB)

Barnwood Trust

Gloucestershire Community Foundation

INCOME:
£121,517

EXPENDITURE:
£126,211

DONATIONS

Bridget Plant

Cirencester Quakers

Groundwork UK (Tesco Tokens)

Cotswold Auction Company

Savills (Northleach)

White Stuff

Sir Edward Horsfall

Little Farringdon Bonfire

Bibury PCC

HWM Building Services

Hatherop School

Lechlade and District Lions Club

Thank You!

To everyone who
has supported us
during the year

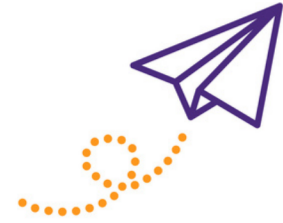
The Trustees acknowledge their responsibility to identify, assess and manage risks and ensure we take action as necessary. We retain reserves at 60% of annual expenditure, in line with our policy. A copy of the audited Annual Accounts for 2022-2023 is available on our website.

LOOKING AHEAD TO 2023-2024

Without our volunteers and staff, Home-Start Cotswolds would not be the success that it is. But equally, trustees have a vital role to play, which is why we continue to search for new trustees to join and strengthen our team. I am now stepping down as Chair after four years and, as part of our plan to continue developing our Board, I am delighted to announce that Carla Partridge, our current Treasurer, will take over from me and continue to bring her enthusiasm and professionalism to the role.

As we look forward into 2023-24, we will continue to work in close partnership with other statutory and voluntary agencies across the Cotswolds – and our Consortium partners – to ensure consistent provision of support to families who are facing difficulties. As well as providing our core service of supporting families with volunteer visits, we intend to expand our group offering and look forward to our continued partnership with Dad Matters.

Steve Kaufmann
Chair of Trustees
For and on behalf of the Trustees
May 2023



“ *I reached out to Home -Start when I was struggling to get back into things after having my third little one, and having a history of anxiety/low mood. I was placed with a lovely lady – she was my friend when I felt like I was alone; supportive and kind. We did days out together and she showed me I had nothing to fear, and that I could cope. She always checked up on me when I didn't see her. She was amazing with all three of my children. I am now going out on my own and not fearing it. I'm not pushing myself to be 'the best mummy' – there is no such thing. I am doing my best and that is good enough.”*
(Mum supported by home visits)



Office address: Home-Start Cotswolds, c/o Cirencester Baptist Church, Chesterton Lane, Cirencester, Gloucestershire GL7 1YE

Registered Office: 203 Alexander Drive, Cirencester, GL7 1UH

Bank: Lloyds, PO Box 1000, Andover, BX1 1LT

Accounts: Independently examined by McGills, Oakley House, Tetbury Road, Cirencester, Gloucestershire, GL7 1US

Home-Start Cotswolds is a Registered Charity (since July 2005) and a Company limited by guarantee.

Company Registration number: **5468592**

Charity Registration number: **1110632**

As an independent charity we work under the umbrella of Home-Start UK.