



North Somerset

Making a Difference for Families and Children

Annual Report 2022/2023

This year Home-Start North Somerset has supported 141 families with 162 children through Home-visiting and Perinatal support groups



Home-Start North Somerset, Badger House, Oldmixon Crescent, Weston-super-Mare, BS24 9AY
T: 07771 179007 E: info@home-startnorthsomerset.org.uk

Board of Trustees

Dali Sidebottom
Ian Cooper
Charles Wright
Colville Greaves
Joyce Murray
Nicky Day
Sheila French
Jane Sleigh

Chair of Trustees
Treasurer (appointed 16th September 2022)
Trustee
Trustee (appointed 9th January 2023)
Trustee (appointed 8th November 2022)
Trustee (interim treasurer from January 2022 – Sept 2022)
Trustee
Volunteer Representative

Staff Team

Julie Parsons
Sally Downey
Karen Whitaker
Mel Benson
Catriona Henderson
Helen Howes

Senior Organiser
Volunteer Coordinator
Best Start Worker
Perinatal Group Worker
Fundraising and Marketing Officer
Administrator

Volunteers

Andrea
Alex
Annette
Annie
Ann
Barbara
Belinda
Debra
Damaris

Diane
Eleanor
Fran
Gill
Helen
Holly
Izzy
Jane
Janet

Jem
Jennie
Julianne
Karen L
Karen M
Kate J
Katrina
Lindsay
Lucy

Marian
Mo
Ruth
Patsy
Petra
Sarah L
Sue O
Sue R
Val

Home-Start North Somerset

Home-Start North Somerset is a voluntary organisation that supports families who are experiencing difficulties and have at least one child under the age of five. We recruit and train volunteers who support families within their own home offering non-judgemental, confidential support, friendship and practical assistance specifically tailored to the family's needs.

Mission Statement

Childhood makes a huge impact. We aim to make sure those years count so that a child's future is not limited and families can thrive.

Our vision is to be the leading independent family support charity in North Somerset. We aim to be a partner of choice for families and organisations, known for our reliable, responsive and respected quality service. Through families and volunteers working together, we aim to improve outcomes for all.

Respectful

We welcome and respect each other's views and are confidential in the way we work together and with others.

Supportive

We believe in supporting and developing everyone involved in our charity.

Inclusive

We value collaboration with partners and aim to work in an open and non-judgemental way, listening to feedback from those we work with.

Independent

We are true to our vision and make pro-active decisions that are in the best interest of our charity.

Ambitious

We strive for success and are enthusiastic to develop and sustain an excellent service.

Responsible

We are clear on our roles and take all responsibilities seriously making sure we question and challenge in order to make carefully considered decisions at an appropriate level.

Trustworthy

We are honest and can be trusted to meet our commitments ethically and responsibly.

Effective

We aim to work effectively and efficiently making careful use of all our resources.

Home-Start North Somerset

We are a local charity and have been working exclusively in North Somerset for 18 years to provide practical and emotional support to families with young children who are experiencing difficulties. We are registered with the Charity Commission and Companies House. We are quality assured by Home-Start UK.

Our ambition is to:-

- Develop a range of services from which families can choose
- Secure resources to maintain or increase the number of families supported
- increase support groups

We aim to:-

- support families throughout the whole of North Somerset, offering support, friendship and practical assistance
- visit families in their own homes, where the dignity and identity of each individual can be respected and protected
- reassure parents that difficulties in bringing up children are not unusual and encouraging enjoyment in family life
- develop a relationship with the family in which time can be shared and understanding can be developed; the approach is flexible to take account of different needs
- encourage the parents' strengths and emotional well-being for the ultimate benefit of their own children
- encourage families to widen their network of relationships and to use effectively the support and services available within the community.

We offer free, confidential support, friendship and practical help to parents, with at least one child under 5 in North Somerset. Families are welcome to approach us themselves or with their consent may be referred by a professional such as a health visitor who is known to them.

We recruit and train home-visiting volunteers, who all have parenting experience and match them carefully with a family who has requested or been referred for support. Each volunteer then regularly visits a family in their own home, offering emotional and practical support through difficult times for as long as it is needed. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track and start to really enjoy family life again as the following quotes demonstrate.

Home-Start Home-Visiting Family Quotes

"I am blessed to have the volunteer and couldn't thank her or Home-Start enough for the support they have given".

The Home-Start support has been great and came when I needed it. The volunteer was brilliant with the kids and talks to everyone in the family. I could not have asked for a better match".

The volunteer is wonderful and non-judgemental and listens to me. She is adaptable and has a wide understanding of lots of issues like emotional resilience. It is like having a friend"

"It is a lifeline my volunteer coming on a Monday. Someone to speak to and bit of support. Can't fault her. I have more confidence. Sounding board – Confidential"

"My volunteer has given the family confidence to get out there and feel better about myself".

"The support was given quickly and my child responded very well to having the volunteer there and reassured".

"She helped my self esteem and confidence"

"The friendly face - how lovely my volunteer is. She was so easy to talk to"

"I will miss my volunteer!!! I am in a good place. Did lots of nice things together".

"Could not have better volunteer support. Listening, advice, knowledge. Whoever gets my volunteer next will be lucky"

"I really liked my volunteer and it was nice knowing she was going to be here and I could rely on her support. Looked forward to her visits and going out. Support and Friendship"

Home-Start Mums in Mind Family Quotes

"We were all so different but able to talk about the feelings we had in common. I'm not giving my negative emotions the power anymore."

"I was feeling quite negative towards myself and quite inadequate. I feel like I have more compassion towards myself and try to be kinder to myself now."

"I feel much more connected to my baby than I was at the start of the group. I was feeling like I wasn't spending enough time with either child one on one. The group allowed me to spend some time with her one on one even with other people around."

"It was such a safe space to speak with everyone and know everyone is in the same place. Talking with the other mums made me more aware...Within the last 10 weeks of doing it I've noticed such a different change in myself and how I am with my baby".

"Because of this group I've been able to go to other groups which I wouldn't have done before. It's opened my eyes and I am now capable of doing it by myself. It definitely made me feel a lot less isolated and definitely opened up a friendship group there."

"I can't thank you enough for what you've done and how you've helped me become a better parent. When your anxious you feel like you're not being a good enough parent and now I don't have any concerns with that."

"He's become more of a social baby. Knowing I had a group to go to every Wednesday got me into a routine which essentially helped him as well."

"Coming to the Wednesday group has left me feeling I don't need to continue counselling at the moment. It's really helped me manage."

Baby Massage, Baby Yoga and Toddler Yoga Quotes

"Having the chance to talk to other mums has been really helpful".

"It adds structure to an otherwise listless day and helps us make new friends and connections which is important"

"Attending group has encouraged me to get into a routine, I've learnt some new things and made some nice memories and friendships".

"Made me be social"

"Really lovely to see other mums and have a class to get out to"

"It has been nice to socialise with new people and bond more with baby"

"It is nice to do something fun with my daughter without breaking the bank. Also, nice to see other mums and have a little chat".

"Having somewhere to be on my day off from work where my son can play and I can talk to other mums greatly improves my emotional wellbeing".

"Mel is great, she covered everything we raised and was fantastic, i feel ready to have my first baby because of the excellent service she has provided and calmed me through the process".

Chair's Report

April 2022 to March 2023

In April 2022 we appeared to have seen the back of the Covid pandemic but experienced some of the inevitable fall out in terms of impact on services and the cost-of-living crisis. The latter affected our families along with the rest of the population but perhaps with greater impact as can be evidenced in the work described below.

We moved our office base to larger more suitable accommodation at Badger House The staff were pleased to return to office working offering more opportunities for collaboration and face-to-face networking.

There were some changes introduced in terms of staff roles along with the appointment of a new co-ordinator. We continued to deliver several groups for parents, babies and toddlers alongside home visiting. More details of our service provision and outcomes can be found in our end of year report in Appendix 1

Three cohorts of mums were supported at our Mums in Mind Groups (MIM) Nineteen mothers in three groups experiencing stress, depression, anxiety and isolation coming together to talk honestly and openly about life as a new or subsequent mum, mental health struggles and life circumstance. Over a 10-week period they were able to normalise their experiences, reframe their thinking, set goals and access services, supporting each other and being signposted to information and support on the WhatsApp groups which ran alongside the face-to-face groups.

We have seen more families experiencing increased anxiety and isolation. Many mums attended MIM with their second baby not having socialised in any groups with their first. More women were experiencing transience in housing moving back and forth between North Somerset and Bristol unable to access appropriate accommodation for the long term. We have given out more foodbank parcels than before and gift vouchers for parents to buy their children Christmas presents. Food, clothes, blankets, nappies and toys were regularly donated and distributed at groups.

Volunteers Diane and Alex celebrated 6 years of supporting mums and babies at group and we are so thankful to have had their consistent support to around 200 mums and babies during this time!

We ran volunteer preparation courses in Spring and Autumn 22 for new volunteers and a range of volunteer support sessions (VSS) for existing volunteers. This included the the annual Safeguarding update in July. Volunteers enjoyed a session on 'Look Say Sing Play' delivered by Emma Motherwell of the NSPCC. This initiative gives ideas and tips on how parents can help to build their babies' brain and bond through interactions and play at home. We also took part in John Lewis sponsored 'Healthy Happy Home' training for volunteers

We all gathered to celebrate together at the end of the year at our Volunteers' Christmas Lunch in Clevedon. Volunteers met before the VSS events for a coffee and chat organised by our volunteer representative who engages with our volunteers on a regular basis.

In March a group met together outdoors at Goblin Combe for a day of Connection with Nature delivered by the Avon Wildlife Trust and funded by Natural England. We considered the value of nature for wellbeing and discussed some of the barriers our families face which prevent them from spending time outdoors, as well as making willow bird feeders and natural looms.

Staff attended a North Somerset Domestic Abuse Services Launch Event at the Winter Gardens in February 23. We had a chance to meet with many other agencies, talk about Home-Start at our stand and listen to speakers.

We were thrilled to be invited to take part in 'Delivering Joy', a scheme run by Dunelm in Weston-super-Mare. Customers to the store were invited to donate Christmas gifts which will be distributed to several local charities including Home-Start. Many thanks to Dunelm and their customers for helping to deliver a little extra cheer to Home-Start families this festive season.

We were extremely grateful to be chosen by The Wrington Vale Inner Wheel as their charity of the year and benefitted from a substantial financial donation as well as nappies and baby equipment which were distributed to some of our families.

We also did Nailsea Methodist Fair and Weston Rotary Christmas Fair to raise funds and publicise our service to local people.

We have been successful in recruiting three more trustees including a new treasurer which has considerably built on the capacity and resilience of the Board.

As part of the Lottery Funding we commissioned an independent external strategic review to highlight areas for development and set us up to make the best use of the Lottery funding. We shall be working together to implement any recommendations which arise from the report. We have also signed up to new HSUK Home-Start Agreement with its increased emphasis on governance and quality assurance

Once again a big thank you to our dedicated staff, volunteers and trustees who work tirelessly to ensure support for our families continues and develops to meet constantly changing needs.

Dali Sidebottom
Chair

Treasurers Report

April 2023 to March 2023

I am pleased to report the financial year 22/23 has returned to more normal 'trading' conditions, the Covid pandemic is behind us. I am new in post as Treasurer and have been learning the ropes. I want to thank the Staff and Trustees for their hard work in raising funds for the Charity. It is a difficult climate out there, and every pound raised helps support our families.

We are very grateful to our grant funders, namely Garfield Weston, Henry Smith, North Somerset Council and the Clinical Commissioning Group for their continued support. We have taken the opportunity to review our 3-year strategic plan. This review is ensuring optimum use of grant funding. Also, to develop our services in line with staged funding over the next three years from the National Lottery .

I would also like to say big thank you to our regular contributors and our local business funders. We received £2000 from Waitrose stores in Nailsea and Portishead, £500 from TK Maxx, £50 from a local Women's Institute group and £958 from Jane Sleigh's Garden party. Thanks too for our fund-raising committee and staff for their hard work in their efforts to raise funds. I feel their efforts make Home-Start North Somerset, a 'Community Charity'.

Thank you again for all every pound donated, it really makes a difference.

Ian Cooper
Treasurer
October 2023

Financial Statement and Examined Accounts available in a separate document

Thank You!

...to all the volunteers, families, referrers, funders and friends
of the scheme who supported us this year.

We look forward to working together in the coming year.

Home-Start North Somerset
Badger House, Oldmixon Crescent, Weston-super-Mare, BS24 9AY
T: 07771 179007 E: info@home-startnorthsomerset.org.uk

Registered Charity No: 1111549
Company Number: 5555050



Bristol, North Somerset and South Gloucestershire
Clinical Commissioning Groups



**Home-Start
North
Somerset**

March 31st, 2023

Financial Statements

Limited by Guarantee



Home-Start North Somerset Ltd.

(Limited by Guarantee)

Financial Statements

Year ended March 31st, 2023

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Home-Start North Somerset Ltd.

(Limited by Guarantee)

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

Year ended March 31st, 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 North Somerset
Charity registration number	055550050
Company registration number	1111549
Principal office and registered office	Badger House, Old Mixon Crescent, Weston-Super-Mare, BS24 3HF

The Trustees	Positions	Date of Appointment
Colville Greaves	Trustee	09 January 2023
Joyce Murray	Trustee	08 November 2022
Ian Cooper	Trustee	13 September 2022
Charles Wright	Trustee	01 November 2021
Sheila French	Trustee	22 August 2019
Nicole Day	Trustee	23 February 2016
Daljit Sidebottom	Trustee	01 September 2015



Home-Start North Somerset Ltd. *(Limited by Guarantee)*

INDEPENDENT EXAMINER

ARCARDIA (SOUTH WEST) LTD residing at 9 ELBOROUGH GARDENS, WEST-SUPER-MARE,
BS24 8PL

STRUCTURE, GOVERNANCE AND MANAGEMENT

The details of the structure and organization 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 North Somerset Ltd. (Limited by Guarantee)

Financial Review

The Financial statements show a deficit of **£21,260** for year ending **March 31st 2023**, compared to a surplus of **£19,881** for the year ending March 31st 2022. Further details of the financial position of the Charity are given in the Trustees report.

The Trustees are satisfied of the following:

- A. Having undertaken the three strategic year review for 2023 - 2026, there will be funding in place to ensure the financial viability of the Charity over that time span.
- B. The cash buffer held by the Charity would be sufficient to cover liabilities in the event of cessation of the Charity.
- C. Though this year's accounts have been prepared under the accruals/prepayment basis, comparison to last year's prepared on a cash basis results in no material difference.
- D. All funds received are spent on the charitable objectives of Home-start North Somerset as this is a prerequisite of grant donors.
- E. Micro-Entity Accounts for Home-Start North Somerset Ltd as exempted by Section 477 of the Companies Act 2006 will be submitted for this period to Companies House by the relevant date.

The Trustees' annual report was approved on 7/11/23 and signed on behalf of the board.

J. debottom

Trustee

Ian R. Cooper

Trustee



Home-Start North Somerset Ltd. (Limited by Guarantee)

INDEPENDENT EXAMINERS REPORT

I report to the Trustees on my examination of the accounts of Charitable company for the year ended 31st March 2023.

Responsibilities and basis of report

As the Charity Trustees, who are also Directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('2006 Act').

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

Independent examiners 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 that in any material respect :

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

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

A handwritten signature in black ink, appearing to read 'MP' followed by a stylized flourish.

Michelle Parsons FCCA
Acardia Chartered Tax Advisors & Accountants
9 Elborough Gardens
Elborough
Weston super Mare
BS24 8PL

Statement of Financial Activities *(Income and Expenditure Account)*
Year ended March 31st, 2023

		2023	2022
	Notes	Total Funds £	Total Funds £
<u>Income</u>			
Donations	1	5,074	6,284
Grants	2	95,454	113,200
Investment income	3	717	-
Total income		101,245	119,484
<u>Expenditure</u>			
Charitable activities	4	122,505	99,603
Total expenditure		122,505	99,603
Surplus / (Deficit)		(21,260)	19,881

Statement of Financial Activities (Statement of Financial Positions)
Year ended March 31st, 2023

		2023	2022
	Notes		
Current assets			
Debtors	3	850	-
Cash at bank		51,241	67,562
		52,091	67,562
Creditors: amount falling due within one year	6	6,873	1,104
Net assets		45,218	66,458
Total charity funds	7	45,218	66,458

Statement of Financial Activities (Notes to the Financial Statements)

Year ended March 31st, 2023

Disclosure

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

Directors' responsibilities:

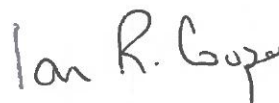
- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation 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 7/11/23 and are signed on behalf of the Board by;

A handwritten signature in black ink, appearing to read 'J. Siblebottom'.

Trustee

A handwritten signature in black ink, appearing to read 'Ian R. Gaze'.

Trustee

Statement of Financial Activities (Notes to the Financial Statements)

Year ended March 31st, 2023

1. Income

Donations

	2023	2022
	Total Funds £	Total Funds £
Donations	5,074	6,284
Total Donations	5,074	6,284

Grants funding

	<u>2023</u>	<u>2022</u>
	Total Funds £	Total Funds £
Henry Smith	44,200	43,200
CCG	25,480	30,000
Local Authority	15,000	15,000
Quartet	-	25,000
Garfield Weston	10,000	-
Lottery grant	774	-
Total Grants	95,454	113,200

Investment Income

Bank Interest	717	-
TOTAL INCOME	101,245	119,484

Statement of Financial Activities (Notes to the Financial Statements)

Year ended March 31st, 2023

2. Expenditure

Charitable activities

	2023	2022
Staff costs	95,173	77,951
Fund raising	1,960	1,568
Volunteer expenses	3,310	1,539
Group sessions	4,124	5,773
Administration	11,732	7,770
Premises	6,134	4,903
Finance	72	99
Total	122,505	99,603

Independent Examination Fee for 2022/23 was £600.

Statement of Financial Activities (Notes to the Financial Statements)

Year ended March 31st, 2023

3. Debtors

	<u>2023</u>	<u>2022</u>
	£	£
Prepayments and accrued	850	-
Income		
Total Debtors	850	-

4. Creditors: amounts falling due within one year

	<u>2023</u>	<u>2022</u>
	£	£
Accruals and deferred income	3,208	-
Social security and other taxes	3,665	1,104
Total Creditors	6,873	1,104

Statement of Financial Activities (Notes to the Financial Statements)

Year ended March 31st, 2023

5. Analysis of Charitable funds balances

	At 1 st April 2022 £	INCOME £	EXPENDITURE £	AT 31 ST MARCH 2023 £
General Funds	66,458	101,245	122,505	45,198

	At 1 st April 2021 £	INCOME £	EXPENDITURE £	AT 31 ST MARCH 2022 £
General Funds	46,577	119,484	99,603	66,458