HOME-START YORK

England & Wales · Charity number 1161151

Details

Status	Registered
Legal form	Charitable company
Company number	09471420
Registered	2015-04-01
Register	View on the Charity Commission register

Contact

Address	The Gatehouse 49 Cemetery Road York YO10 5AJ
Phone	07519 976946
Email	support@homestartyork.org
Website	homestartyork.org

Activities

Objects: A. TO SAFEGUARD, PROTECT AND PRESERVE THE GOOD HEALTH, BOTH MENTAL AND PHYSICAL OF CHILDREN AND PARENTS OF CHILDREN;B. TO PREVENT CRUELTY TO OR MALTREATMENT OF CHILDREN;C. TO RELIEVE SICKNESS, POVERTY AND NEED AMONGST CHILDREN AND PARENTS OF CHILDREN;D. TO PROMOTE THE EDUCATION OF THE PUBLIC IN BETTER STANDARDS OF CHILD CAREPRINCIPALLY BUT NOT EXCLUSIVELY WITHIN THE AREA OF THE CITY OF YORK AND ITS ENVIRONS.

Activities: a) Safeguarding, protecting and preserving the good health, both mental and physical, of children and parents of childrenb) Preventing cruelty to or maltreatment of childrenc) Relieving sickness, poverty and need amongst children and parents of childrend) Promoting the education of the public in better standards of childcare within the area of York and its environs.

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- City Of York

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£126,615	£117,994	-	-
2024-03-31	£78,951	£134,326	-	-
2023-03-31	£146,105	£110,567	-	-
2022-03-31	£120,680	£123,532	-	-
2021-03-31	£176,445	£133,199	-	-

Trustees

Name	Role	Appointed
Sandra Furby	Chair	2018-12-10
Andrew Cambridge		2025-07-02
Emily Bailey		2026-07-16
Jane Keel		2023-10-26
Jess Harrison		2023-10-26
Katherine Alexandra Nash		2026-07-16
Laura Meek		2026-07-16
Lesley Margaret Murphy		2021-04-20
Natalie McPhillips		2026-07-16
Penelope Anne Heptonstall		2021-04-20

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HOME-START YORK

England & Wales - Charity number 1161151

Accounts

HOME START York

Annual Report & Accounts

Perinatal Support

Access Services

School Readiness

Home Visiting

2024-25

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Maria Farrar
Scheme Manager

Eleanor Carswell
Administrator

Susan Deery
Family Support Coordinator

Adele Hunter
Family Support Coordinator

Staff Team 2024 -25

Manager's Report

Maria Farrar (O'Keeffe)

Over the past few years, Home-Start York has experienced a period of significant growth and evolution. We proudly launched new services aimed at supporting women during the later stages of pregnancy, demonstrating our continued dedication to meeting the changing needs of families across our community.

Our work remains centred on delivering impactful early intervention for York's parents. We were proud to take part in meaningful collaboration with the City of York Council, contributing to their Early Help event. This gathering brought together professionals from across the city to showcase and celebrate the early intervention efforts being carried out locally—work that we are proud to be actively contributing to.

None of these achievements would have been possible without the remarkable commitment of our volunteers and highly dedicated staff team. Their ability to deliver timely and effective support to parents is the cornerstone of our service. Our rigorous training and matching system ensure that families are paired with volunteers who are not only skilled, but deeply passionate about making a difference. These volunteers are the true heart of Home-Start York, offering consistent, compassionate support that empowers parents every single week.

To our staff, volunteers, partners, and supporters—thank you. Your contributions have helped make this year a strong and successful one. We look ahead with optimism and determination as we continue our mission to support and uplift families in our community.

What is Home-Start York?

Home-Start York is an independent charity offering parents in York with pre-school children, confidential support since 1988.

Providing a unique, in-home, volunteer-led service, Home-Start York fills a local community need by reaching some of the most vulnerable families in York as well as those who are simply finding parenting difficult due to stresses.

Volunteers receive training to support families with at least one child under 5 years old. Following a thorough needs assessment, families are matched with the volunteer best suited to help them meet their personal challenges.

Through weekly visits, our volunteers provide confidential, non judgmental support to parents helping them overcome challenges, build confidence and promote positive relationships, giving their children the best possible start in life.

Our service aims to promote family resilience through early intervention, preventing difficulties escalating into crisis.

Chair's Report Sandra Furby MBE

I am so pleased that we can share with you another successful year of supporting families in York. The information contained in this report illustrates the range of assistance that our staff team and wonderful volunteers have provided during the last twelve months. Home-Start York is fully embedded in the heart of the community and receives referrals from multi-agencies, all working together. Our reputation in the city has grown over the years and as new projects begin our team works hard to ensure all appropriate agencies and organisations are fully aware of who and how we can help.

None of this would be possible without our amazing staff team and outstanding volunteers who work so closely together to provide the best quality service. My thanks and the thanks of the Board of Trustees go out to you all for the fantastic job that you do.

I would also like to thank all the funding organisations and charities that enable us to continue offering the service. It is getting more and more difficult to obtain financial support and we are very grateful to those who have confidence in our ability to achieve these outcomes.

We have a strong board of trustees that guide and support the staff team. The trustees come from a variety of backgrounds and have a wealth of skills and experience. We are always looking to expand the membership of the Board and if you feel becoming a trustee is something you would be interested in, please get in touch with Maria or Eleanor to find out more. I would like to take this opportunity to give a heartfelt thanks to Val Bowman who has been our trusted treasurer for the last seven years and is stepping down. She has been an absolute asset to Home-Start York and will be sorely missed!

We hope to continue to offer our service for a long time and to be able to respond to the needs of York families in the future. I hope you find this report of interest, thank you for taking the time to read it.

Volunteer Magic Moments

Visiting a new mum who had gone through a very difficult time prior to and after the birth of her baby. Watching how she went from a scared, traumatised person into one that grew in confidence, able to go out and enjoy her baby was immensely rewarding.

I loved working with an asylum seeking mother and baby. She and I got on so well and it was great to show her parts of York she hadn't known were on her doorstep. She told me so much about her culture and appreciated having a friend in such a lonely situation.

This sounds like a really small moment but it really was huge..... when one of my family's mums found the confidence to phone the council about her garden fence which had blown down month's before leaving her garden unsecure for her children. She had previously believed that no-one would listen to her....but we talked about the conversation and - she did it and it was fixed within 2 weeks! I was so proud of her and she was really pleased with herself too. It was lovely to see her small children enjoying the garden across the summer as a result.

The little girl aged 4 developed her language and social skills. I was able to assist with the transition from nursery to primary school, giving support for parent induction meetings and child settling in sessions. Together with the Family Support Coordinator we helped this little family to improve their living conditions by accessing external help.

I think generally the happiness on the faces of my family when I arrive and a feeling that I slot into life and help and support without her really needing to ask me as we know each other well.

Referrals and Needs

Our Support

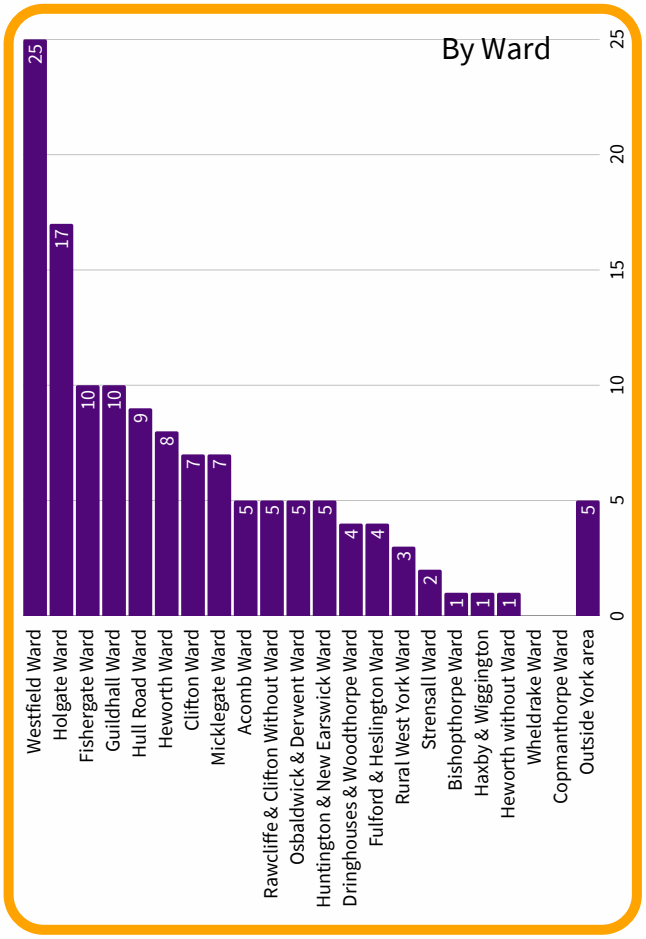
Offering weekly home visits our volunteers support parents with:

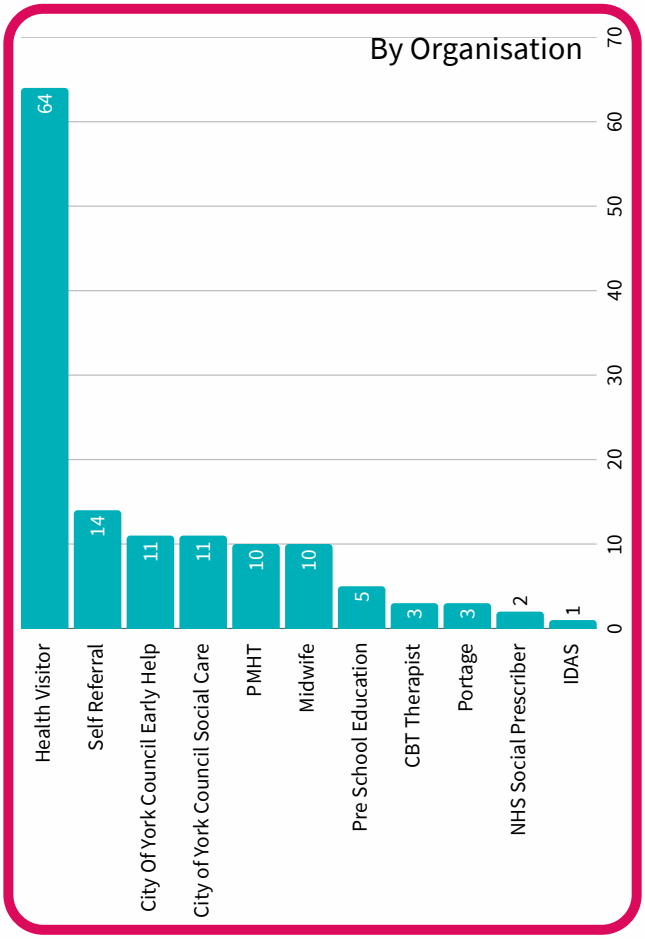
- Support from 30 weeks antenatally , to prepare for their new-born.
- Multiples, twins, triplets or several pre-school children.
- Postnatal illness or depression.
- Loneliness and isolation.
- Lone or First-time parents.
- Routines, behaviour management and play.
- Ill health, bereavement, disability or special needs.
- Accompanying to appointments and accessing local services.
- Preparing children with the skills for their school or nursery experience.

Support is based on need and engagement. Families progress and achievements are celebrated.

New Referral Sources

134 Referrals





Referrer Feedback

Gathered from: Portage, Healthy Child Team, Community Mental Health Team, Perinatal Mental Health Team, Social Workers, Education Settings, Social Prescribers, IDAS, Midwives,

A great service tailored to the individual's needs. I have seen a massive change with the many mums I have referred.

Home-Start York understood the difficulties facing one of our families and prioritised their allocation to reflect this. The match was so thoughtfully considered and the family could not speak highly enough of the service and the volunteer and said they felt they 'couldn't believe their luck'. The volunteer had supported them in getting out into the community which built their confidence to do it more and they could see the benefit this had on the children's learning, development and behaviour as well as their own and on the home environment. The relationship they built with their volunteer and them valuing 'the extra set of hands' had a huge impact and as a referrer I was so grateful that Home-Start were able to support so promptly. Thank you.

The Home-Start York team were responsive and made contact quickly. They offered my client flexibility with support and this helped her to feel more able to parent with confidence.

Families benefit from the support and knowledge of the volunteer. The emotional support that having someone outside the family visiting regularly can be invaluable when a family is struggling.

Families find Home-Start York really helpful and supportive. It enables them to get out and have much needed support when perinatal support is not available any longer.

Referrer Feedback

Outcomes, Impact and Family Feedback

237
Children aged 0-5 Nurtured

87%
of parents felt more able to manage their children's behaviour

77%
of parents reported an increase in their self esteem and confidence

75%
were more confident with the day to day running of their home

71%
of parents felt more involved in their child's development and learning

178
Families worked with this year

81%
of parents reported an improvement in their mental health

87%
of parents were feeling less isolated

284
Visits by Family Support Coordinators

Our volunteer is family, she chose us. She was always thoughtful, never judgmental. This opportunity changed my life and the tone of my days - thank you.

Home-Start York helped us at a very vulnerable time as we struggled having a medically complex child. Our volunteer was able to support me to find my confidence with my son and in my abilities. She helped me to feel strong when I felt at my weakest. She created a beautiful bond with my son who previously struggled to trust adults. We cannot put into words our thanks to Home-Start York - they have been an hugely important part of our journey and progress.

Having a Home-Start York volunteer visit weekly helped me gain confidence in getting out of the house, was someone to talk to, some much needed support and also helped me feel less alone. There was practical help as well as emotional support, just having someone to talk to and to know I wasn't the only person struggling with being a new mum and that it was okay. I had a really tough time with my mental health postpartum and I found the support team from Home-Start York invaluable and I would definitely recommend.

Our Home-Start York volunteer came to me with kindness and compassion and helped me feel like I could trust myself and cope looking after my baby and gave me confidence to start getting out of the house when even a walk felt stressful. I am so appreciative of all the support provided by Home-Start York, such a valuable service. Special thanks to the volunteer we were assigned who was a perfect match for our family and put me instantly at ease.

My volunteer was so friendly and supportive and non judgemental. It was amazing to have someone to talk to and to help build my confidence up with getting out of the house more with my baby. She helped me build up better support networks and strategies for coping with life management and managing my illness. It's honestly made such a difference. This scheme is incredible and I am so grateful for the support.

Family Feedback

Progress and Achievements Report

Spreading Joy at Christmas

We were once again incredibly grateful to Cameron from Overbury, who kindly donated Christmas presents for local families for the third year. In December, volunteers collected gifts during a festive gathering at the Home-Start York office, where they also enjoyed a warm mince pie with our team.

Supporting Families with Minister Lions

Home-Start York was proud to be chosen again by the Minister Lions as one of their supported charities from October 2024 to March 2025. Through this partnership, we identified families in need of essential items such as heated blankets and safety gates. Thanks to the generosity of the Minister Lions, we were able to supply these vital items and offer additional comfort and safety at home during the colder months.

Minster Tree Festival: Celebrating 35 Years of Service

Our contribution to the 2024 Minster Tree Festival celebrated 35 years of Home-Start York. Each ornament on our tree represented a family we've supported, symbolising the heartwarming journeys they've shared with us. The decorations also paid tribute to our dedicated volunteers who generously give their time to nurture special parent-child relationships. The Christmas lights illuminated not only the tree but the enduring spirit of compassion and community that defines our work. Here's to 35 years of making a difference—and many more to come.

Happy Healthy Homes Campaign

With the help of a £1,000 grant from Public Health, we launched the Happy Healthy Homes campaign to support families in learning how to prepare healthy meals at home. Families participated in cookery classes where they learned the basics of healthy food preparation in a fun and supportive environment.

Tadcrafters Apron Donation

We were thrilled to receive handmade aprons from Tadcrafters, gifted to parents participating in our cookery classes. These thoughtful and practical gifts added an extra layer of joy and usefulness to the experience.

Support from Smyths Toys

A heartfelt thank you to Smyths Toys for their generous donation of two "Next to Me" cribs. These were gifted to new parents who would otherwise have struggled to afford them, ensuring a cosy night's sleep for their babies.

Makaton Training with Jo Bryenton

We were delighted to offer Makaton training in May, delivered by Jo Bryenton. The session provided an engaging introduction to Makaton, using songs, games, and activities to help volunteers practice signs and symbols especially useful for families with young children. The feedback was overwhelmingly positive:

"Jo was excellent and very passionate, really enjoyed the session so thank you. I have been practicing on my 87-year-old Mum—she loves it! Thank you so much for the opportunity."

Other Local Networking

Attendance at Maternity Voices Partnership, York CVS, Volunteer Management Forum, ICS consultation events, York St John's University, University of York.

York Careers Fair – August 2024

We were invited to attend the York Careers Fair in August which proved a fantastic opportunity to raise awareness of our work and recruit new volunteers. Several attendees registered their interest in joining us to support local families.

Signposting Event with The Retreat Clinics

We participated in a valuable signposting event organised by The Retreat Clinics, which provided an excellent opportunity to connect with other local services. The event fostered discussions about how we can collaborate to offer enhanced support for families across York, particularly around mental health, neurodiversity, and legal and financial issues.

Tesco Stronger Starts – Community Support

We were delighted to be selected for Tesco's Stronger Starts blue token scheme over the Christmas and New Year period, which resulted in a generous donation of £1,000. In addition, Tesco Community Champion Jo Meier reached out to provide much-needed items including highchairs, clothing, and bedding.

University of York Student Placement

In February, we welcomed Chantelle Smart from the University of York for a 70 day student placement. Chantelle contributed meaningfully to our projects, gaining valuable experience while offering much-appreciated support to our team.

"During my 70-day placement with Home-Start York, I gained valuable, hands-on experience in family support work. I carried out initial assessments, built relationships through regular home visits, and managed my own caseload of families. I also shadowed professionals from other agencies, which deepened my understanding of multi-agency working.

I attended Child in Need (CiN) and FEHA (Family Early Help Assessment) meetings and accompanied the Family Support Coordinators to review visits and Safeguarding meetings. These experiences helped me understand the importance of collaborative working and the different procedures followed by partner organisations.

Regular reflective supervision with Maria, Adele, and Susan supported my learning throughout. These sessions helped me evaluate my practice, particularly around communication and professional confidence. Observing multi-agency work enhanced my ability to support families through signposting and participation in meetings.

The Home-Start York team played a key role in building my confidence. When I encountered areas of anxiety—such as unfamiliar topics on referral forms—I received practical guidance and encouragement. This support enabled me to prepare effectively for visits and reflect on what went well and what could improve.

Overall, this placement has been a rewarding and transformative experience. It has developed my practical skills, built my confidence, and encouraged me to become a more reflective and resilient practitioner. A big Thank you to everyone at Home Start York."

Perinatal Infant Mental Health Support (PIMHs)

Since 2023, Home-Start York expanded its service to include *Perinatal Infant Mental Health Support (PIMHs)*, providing practical and emotional support for mothers from 30+ weeks of pregnancy through to when their babies are around six months old. This new service has empowered women through weekly volunteer visits, helping them to prepare positively for birth and build stronger emotional connections with their babies.

We believe that early intervention during the perinatal period can significantly impact long-term wellbeing—preventing the development of more complex challenges and helping parents feel more confident in finding their own way forward.

Our impact in the last 12 months:

- 22 volunteers trained to deliver perinatal support
- 19 referrals received for antenatal support
- 176 babies and children aged 0–2 years referred

Volunteers praised the training as:
"Really interesting and informative, giving clear guidelines on what is expected of a volunteer giving perinatal mental health support."

They also valued the open group discussions, which offered space to reflect on lived experiences, explore the many factors influencing perinatal mental health, and develop skills to provide empathetic, informed support to families during this critical time.

Big Hopes Big Futures

Our School Readiness Programme, Big Hopes Big Futures was originally established by HSUK. No longer receiving funding or training through them we have continued to provide tailored support to families, responding directly to early childhood development needs identified during initial visits. Referral reasons are varied and include establishing routines, setting boundaries, supporting speech and language development, toileting, and encouraging engagement with early learning activities. These interventions aim to help children prepare for the transition to educational settings.

To enhance our school readiness efforts, we have collaborated with the City of York Council's Early Talk for York initiative. This partnership allows us to align resources and ensure a smooth and consistent transition for children moving from preschool into primary education.

Both families and volunteers have responded positively to the programme's short-term, solution-focused model. The structured nature of the intervention has been especially effective in guiding families through the process. A core element of the programme is its strengths-based approach, which is also reflected in our home visiting support. Volunteers play a crucial role in helping families recognise their strengths and successes, thereby promoting confidence and resilience in parenting. This empowering method helps families manage everyday challenges while providing a nurturing environment for their children's development.

Our Volunteers

As always, we wish to thank these wonderful people, the volunteers who work tirelessly with Home-Start York to support families in York, without their kindness and generosity, it would not happen.

Volunteers in year 2024-25: 49

Adrienne, Alison B, Alison T, Amanda, Angela, Angie*, Ann*, Anneliese*, Cath, Di*, Elle*, Evie*, Fiona, Glenys, Hazel, Iris*, Jane B*, Jane, Janet, Jenny, Jo, Josie*, Jorge-Ann, Julia, Kathy*, Katie*, Laura, Lesley, Lisa*, Lyn P*, Lynda, Lynn*, Maggie I, Maggie S*, Natalie B*, Natalie P, Penny, Pippa*, Rachel, Ruth R, Sandrine, Sara H, Sara L, Sue M, Sue, Tricia, Val C, Yvonne, Zephine.

* retired this year

October 2024

March 2025

A huge thank you and congratulations to Lesley who has been with Home-Start York for an amazing 10 years and Hazel and Cath who have been with us for 5 years. Thank you for everything you do and the amazing support you give to families in York.

We were saddened by the passing of our longest serving volunteer Ruth at the end of September 2024 after a three year battle with cancer. Ruth had been involved with Home-Start York for over 25 years both as a volunteer and trustee, supporting many families in York and helping new volunteers. We were extremely touched that Ruth kindly chose Home-Start York as one of the collection charities at her memorial service.

Just knowing how much the families appreciate you being there to help and be supportive. It makes you feel you're doing something very worthwhile.

Do IT!! Home-Start York genuinely helps so many local families - you WILL make a difference in their lives. Also....you'll feel all warm and fuzzy when you know that you have really helped them.

Bring your life experiences to share with another family and you will both learn so much from each other and find joy in seeing families grow in confidence and enjoy their family.

Seeing changes that seem small each week build into huge changes over time and feeling proud to be a part of that. You'll be amazed by what a difference you can make to a family just by being there alongside them when they need some extra support. It can be life changing for them and you!

The training is high quality and sensitively delivered. Giving a few hours of your time every week feels so worthwhile and rewarding.

Being able to share your knowledge and skills with another family and hopefully help to make something easier in their everyday life and help them appreciate and enjoy seeing their child achieve and grow up.

If you can spare a few hours a week to help a family that is struggling with a baby or young children, the rewards of seeing what a difference Home-Start York and our visits make is a heart warming experience.

Volunteer Feedback

Thank You to Our Sponsors and Supporters

We express our sincere gratitude to all our funders, donors and supporters this financial year.

Without you, all the stories of change for individual families in York contained within this report just couldn't happen. Your contribution has helped us improve the lives of hundreds of children and their parents, so thank you!

Arlish & Chambers
Charity of Jane Wright
City of York Council
City of York Public Health
Feoffees of St Michaels Spurriergate
Gail Tams
Minster Lions of York CIO
NHS Humber & North Yorkshire Integrated Care Board
Overbury PLC
Richard & Alison Baldwin
Ruth Somerville's - Memorial Collection
Tescos Stonger Starts
The Community Fund
The Jack Brunton Charitable Trust
The Liz & Terry Brammall Grant
The Norman Collinson Charitable Trust
The Purey Cust Trust
Tina Funnell
Whitwam Family Charitable Foundation
WL Pratt Charitable Trust
York Children's Trust
York Common Good Trust
York CVS Grants
York Energy Advice
York Rotary Club

An enormous "Thank you" to all the amazing staff, volunteers, trustees and supporters who all make Home-Start York the wonderful charity it is today.

Structure, Governance & Management

Home-Start York is a company limited by guarantee governed by its Memorandum and Articles of Association. It is a charity registered with the Charity Commission. Retiring and new trustees sharing Home-Start York's objectives are each year elected to the Trustee Board at an Annual General Meeting. The procedure for the induction and training of trustees follows carefully the policies and guidelines laid down by Home-Start UK, the national body for all Home-Start schemes.

The Trustee Board meets four times a year to agree on policies, budgets, to consider operational reports and to decide on future strategies. The staff are responsible to the Scheme Manager, who reports to the Board via the Chair and Deputy Chair. The volunteers' activities are supervised and monitored by the Coordinators.

In addition to its internal reports and the Annual Report, Home-Start York also issues reports on its performance and funding state to its two primary funders, the City of York Council and NHS Vale of York CCG. The Trustees review significant risks to the charity's continued operation regularly and ensure Home-Start UK's policies on risk mitigation are followed. The main risks are funding shortfalls, availability of suitable operating premises, and the personal safety of staff and volunteers.

Financial Review

RESERVES POLICY

The Trustees aim to maintain an unrestricted reserve equivalent to at least 12 months' normal operating expenditure so that the core activities could continue through a period of unforeseen financial difficulty. In addition, a designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality were to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any significant contingent liabilities. All reserves are maintained in a readily realisable form.
Funds materially in deficit: none.

FINANCIAL PERFORMANCE

Home Start York's total incoming resources were £126,615 an increase of £47,664 on the previous year.

The total resources expended were £117,994, a decrease of £16,332 on the previous year, the vast majority of which was staffing costs. The decision to operate with two Family Support Coordinators rather than three made a significant difference to operating cost. We intend to maintain our service above national and local expectations in future years and seek new funding for services but doing so may change our current balances. We have held our designated fund at last year's level after re-assessment of future costs, the potential liabilities that could arise on closure of the charity and continued difficulties in sourcing new funding as a result of the issues faced by charities and businesses alike in the wake of continued economic turmoil and the reduction in the levels of funding available.

RESTRICTED FUNDS

Restricted funds received or expended during the year are showing a small surplus of £1,092.

Val Bowman
Treasurer

Trustee Responsibilities in Relation to the Financial Statements

Company law requires the directors (trustees) to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for the year. In preparing those financial statements the directors (trustees) are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, or explain departures therefrom;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue on that basis.

The directors (trustees) are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities, as well as exercising proper financial controls. Members of the Board of Trustees, who are Directors for the purpose of company law, and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out inside the rear cover of this report.

DISCLOSURE

In accordance with company law, as the company's Directors, each of the Board of Trustees certifies that so far as they are aware:

• There is no relevant information of which the charity's Independent Examiner is unaware;

• As Directors of the company they have taken the necessary steps to be aware of the information which would be relevant for independent examination purposes and have communicated such to the Independent Examiner.

EXEMPTIONS

The trustees have taken advantage of the exemption available to small companies, including the audit exemption (as detailed in Note 1.2 to the financial statements).

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the Board of Trustees

Sandra Furby
Chair
8th August 2025

Statement of Financial Activities for the Year Ended 31st March 2025

	Note	Unrestricted Funds £	Designated Fund £	Restricted Funds £	2025 Total Funds £	2024 Total Funds £
INCOME FROM:						
Donations and Grants	3	122,917		1,510	124,427	76,360
Events	3					
Investment Income	3	2,188			2,188	2,591
Total Income		125,105		1,510	126,615	78,951
RESOURCES EXPENDED:						
Raising funds	4					
Charitable activities	4	117,305		689	117,994	134,326
Total Resources Expended		117,305		689	117,994	134,326
Net Income/(Expenditure)		7,800		821	8,621	(55,375)
Funds brought forward		105,357	37,000	271	142,628	198,003
Transfers between Funds						
Total funds carried forward		113,157	37,000	1,092	151,249	142,628

Balance Sheet as at 31st March 2025

	Note	2025 £	2025 £	2024 £	2024 £
Current Assets					
Debtors and Prepayments	3			2	
Cash in hand		184		18	
Cash at Bank		151,701		143,396	
			151,885		143,416
Liabilities: Amounts falling due within one year					
Creditors and accruals	4	(636)		(788)	
Net Current Assets			151,249		142,628
Total Net Assets			151,249		142,628
Represented by:					
Funds					
Unrestricted Fund	8		113,157		105,357
Designated Fund	8		37,000		37,000
Restricted Funds	8		1,092		271
			151,249		142,628

Dated: 8th August 2025 Sandra Furby , Chair For and on behalf of Home-Start York

All of the charity's operations are classed as continuing. There are no recognised gains or losses other than those stated above. The notes to the accounts on pages 16-18 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31st March 2025

1.BASIS OF PREPARATION

1.1 Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2015) and with Accounting Standards.

1.2 Exemptions

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

2. ACCOUNTING POLICIES

2.1 Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when: The charity becomes entitled to the resources. Receipt of the resources is probable, and the monetary value can be measured with sufficient reliability. When incoming resources have related expenditure the incoming resources and related expenditure are reported gross in the SoFA. Grants and Donations are only included in the SoFA when the charity has unconditional entitlement to the resources, Investment income is included in the SoFA when receivable.

2.2 Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources, using the accrual basis.

3. INCOME

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	2025 Total Funds £	Unrestricted Funds 2024	Restricted Funds 2024	2024 Total Funds £
Donations and Grants:						
City of York Council grant	23,063		23,063	17,297		17,297
CYC Public Health Grant	21,000		21,000			
Vale of York C.C.G. (N.H.S.) grant	15,649		15,649	15,649		15,649
Donations from Trusts	50,967		50,967	33,063		33,063
Other Projects	7,842	1,010	8,852	863	7,067	7,930
Other Donations	4,396	500	4,896	2,421		2,421
	122,917	1,510	124,427	69,293	7,067	76,360
Trading Activities:						
Events						
Investment Income:						
Bank and Deposit Account Interest	2,188		2,188	2,591		2,591
Total incoming resources	125,105	1,510	126,615	71,884	7,067	78,951

4. RESOURCES EXPENDED

2025	Raising Funds			Charitable Activities			2025
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs				94,782		94,782	94,782
Staff other costs				695		695	695
Volunteer costs				2,492		2,492	2,492
Family Activities				419	689	1,108	1,108
Office & premises running costs				18,917		18,917	18,917
Total resources expended				117,305	689	117,994	117,994

2024	Raising Funds			Charitable Activities			2024
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs				92,188	13,660	105,848	105,848
Staff other costs				1,227	15	1,242	1,242
Volunteer costs				2,105	500	2,605	2,605
Family Activities				100	2,264	2,364	2,364
Office & premises running costs				18,347	3,920	22,267	22,267
Total resources expended				113,967	20,359	134,326	134,326

4.1 Trustees expenses

No Trustee received remuneration for services rendered during the year.

4.2 Independent Examiners' fees	2025	2024
For reporting on the financial statements	350	340

Notes to the Financial Statements for the Year Ended 31st March 2025

5. PAID EMPLOYEES

	2025	2024
5.1 Staff Costs		
Gross salaries and benefits in kind	85,941	95,786
Employer National Insurance	1,894	2,189
Employer pension contribution	6,947	7,873
Total staff costs	94,782	105,848
5.2 Full-time equivalent employees		
Average number of full-time equivalent employees in the year	2.75	3
Working in Charitable activities	2.75	3
Working in Fundraising activities		

5.3 Pension arrangements

Staff may elect to join a pension scheme operated with The Pensions Trust. The scheme is a contracted-in occupational money purchase plan, currently growth plan 4. There is a contingent liability in relation to the guaranteed element of pension entitlement up to October 2001.

The cost of the scheme to the charity in the year	2,028	2,028

6. CREDITORS AND ACCRUALS

Independent Examination	350	340
Volunteers' expenses	286	448
	636	788

7. DETAILS OF FUNDS

7.1 Funds held

Endowment Funds:

There were no such funds held during the year.

Restricted Funds: Funds held during the year were;

Big Hopes Big Futures: Grants were made to this project by HSUK.

Perinatal Infant Mental Health: Funds were received from the Ed de Nunzio Trust and Whitwam Trust for this project and used towards training with full commencement in April 2023. Following commencement in April 2023, costs were allocated against staff, volunteers and operating expenses.

Minster Lions: Covered the cost of equipment requirements for supported families. Monies were requested and provided on a case by case basis.

Training: Funding for training was received through the Tesco Blue Token scheme.

A designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality was to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any other significant contingent liabilities.

7.2 Movement of funds	Balance B'fwd	Incoming Resources	Outgoing Resources	Transfers	Total Funds
Unrestricted Fund					
General Funds	105,367	125,105	117,305		113,157
Restricted					
Minster Lions	240	1,010	689		561
BHBF	29				29
Perinatal Infant Mental Health	2				2
Training		500			500
	271	1,510	689		1,092
Designated Fund	37,000				37,000
Closing balance	142,628	126,615	117,994		151,249

Notes to the Financial Statements for the Year Ended 31st March 2025

8. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Designated	Total
Balances as at 31st March 2025				
Current Assets	113,793	1,092	37,000	151,885
Current Liabilities	(636)			(636)
	113,157	1,092	37,000	151,249
Balances as at 31st March 2024				
Current Assets	106,145	271	37,000	143,416
CurrentLiabilities	(788)			(788)
	105,357	271	37,000	142,628

9. CONTINGENT LIABILITIES

There is a contingent liability of £2,028 (2024 - £2,028) relating to the pension scheme, which would fall due to the scheme provider if Home-Start York had no members in the scheme. The amount of the liability is as advised by the Pensions Trust following their latest Scheme Valuation.

Independent Examiner's Report to the Trustees of Home-Start York

HOME-START YORK, Charity Number: 1161151

I report on the accounts of Home-Start York for the year ended 31st March 2025, which are set out on pages 15-18.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with these records
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 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.

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.

8th August 2025

Jeff Todd FCA
Outsource Independent Examination Service
24 First Avenue
York
YO31 7YQ

HOME START York

PRESIDENT

Richard Baldwin

PATRONS

Alison Baldwin
Barbara Cooke
Sir Ron Cooke
Sallie Gray
David Miller

DIRECTORS AND TRUSTEES

Sandra Furby - Chair, Training & Supervision
Val Bowman - Treasurer
Sarah Blower - Vice Chair & Research
Penny Heptonstall - Volunteer Representative & Health & Safety
Lesley Murphy - Volunteer Representative
Jane Keel - Safeguarding
Samantha Beardsley - GDPR & Policies
Jess Harrison - Sustainability

STAFF TEAM

Maria Farrar (O'Keeffe) - Scheme Manager
Susan Deery - Family Support Coordinator
Adele Hunter - Family Support Coordinator
Eleanor Carswell - Administrator

PRINCIPAL ADVISOR

Home-Start UK

Home-Start York

The Gatehouse, Cemetery Road, York, YO10 5AJ

T: 07519 976946

E: support@homestartyork.org

W: www.homestartyork.org

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Home-Start York is a charity registered with the Charity Commission, incorporated as a company limited by guarantee.
Registered Company No: 09471420 Registered Charity No: 1161151

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#comejoinourboard
#comejoinourvolunteers

HOME-START YORK

England & Wales - Charity number 1161151

Accounts

HOME START York

Annual Report & Accounts

2023-24

Years supporting families in York

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Maria O'Keeffe
Scheme Manager

Eleanor Carswell
Administrator

Susan Deery
Family Support Coordinator

Adele Hunter
Family Support Coordinator

Staff Team 2023 - 24

Manager's Report Maria O'Keeffe

This past year has marked a significant period of growth and development for Home-Start York. We've proudly introduced new support services for women in the later stages of pregnancy, reflecting our commitment to expanding and adapting to the evolving needs of families in our community. Our focus on providing meaningful, early intervention support for first-time parents, promoting school readiness, and facilitating group sessions has been the key of our success.

A notable highlight of this year is the unprecedented number of referrals we received, 170 in total, the highest in our 35-year history. This achievement highlights the increasing recognition of our vital role in the community.

Our achievements would not have been possible without the efforts of our small but dedicated staff team. Their hard work in providing timely and appropriate support to parents is instrumental to our work. Key to this support is our training and matching process, which pairs parents with one of our 64 committed and passionate volunteers. These volunteers are the heart of Home-Start York, empowering local parents through their unwavering support and dedication each week.

To everyone involved with Home-Start York - our staff, volunteers, trustees, partners, and supporters, thank you for your invaluable contributions. Together, we have made this another year to be truly proud of, and we look forward to continuing our work to support and empower families in our community.

What is Home-Start York?

Home-Start York is an independent charity offering family focussed support to parents with pre-school children in York since 1988.

Providing a unique, in-home, volunteer-led service, Home-Start York fills a local community need by reaching some of the most vulnerable families in York as well as those who are simply finding parenting difficult due to stresses.

Our volunteers receive training to support families with at least one child under 5 years old. Following a thorough needs assessment, families are matched with the volunteer best suited to help them meet their personal challenges.

Volunteers provide regular confidential support, guidance, and practical help to assist parents in giving their children the best possible start in life.

Our service aims to promote family resilience through early intervention, preventing difficulties escalating into crisis.

Chair's Report Sandra Furby MBE

I am really delighted to share this annual report with you in my first year as Chair of Home-Start York. It has been an interesting year and we have started new exciting projects and built on the stability of our charity post Covid to ensure we are meeting the needs of our community here in York

Firstly, I would like to thank our outgoing Chair, Sue Halstead, for her contribution to the overall wellbeing of Home-Start York, firstly as a member of the Trustee Board, then Vice Chair and then Chair of the Board. Sue was paramount to ensuring we navigated our way through the pandemic and the after effects of this major challenge. Sue was very keen that the volunteers were supported to bring home visits back as the core of our service. She brought a wealth of knowledge and experience to the Board and she will be missed.

I would also like to thank Sarah Ratcliffe, who has left the Board, for her contribution over the last few years. Sarah looked after policies and procedures and liaised with our patrons and we wish her and her family well for the future. We have also welcomed new members to the Board of Trustees. They are Jess Harrison, Sam Beardsley and Jane Keel. They each bring new skills and experiences to share with us and have already made valuable contributions to discussions and debates as we develop the service.

Sarah Blower has agreed to take on the role of Vice-Chair and has been a great support to me in this role. She is very enthusiastic and has a wealth of knowledge to share with us. Lesley Murphy and Penny Heptonstall continue to represent the volunteers on the Board and they are in continuous contact with our team of volunteers and keep us up to date with what is happening. They have organised a number of get togethers for the volunteers and these have included picnics in the park, coffee at the library and walks to see our Minster Tree. Our Treasurer, Val Bowman, keeps a keen eye on the finances and ensures we make sound judgements around our expenditure and plans for the future.

So that's the current Board and as I write this, we are currently reviewing how to make our meetings more effective. As a response to recent discussions we have formed focussed sub-groups to explore issues in more detail and to make recommendations to the Board. These groups include fundraising, marketing and strategic planning.

The staff team led by Maria, continues to thrive and have a wealth of ideas and methods to ensure the efficient and effective running of Home-Start York. The Family Support Coordinators are Susan and Adele who respond to referrals, engage with families and support the volunteers and this is all underpinned by our administrator, Eleanor, who does an amazing job and is the font of all knowledge.

The highlight of the last year was our celebration of 35 years of Home-Start in York. We had a wonderful event where friends old and new shared stories and experiences. This was followed by a video which included testimonies from families previously engaged with the service and what this had meant to them. There were a few tears shed across the room at the heartfelt messages that were shown. It was an honour to be part of it and I think it reminded a lot of people in the room why they have been involved in the work of this wonderful charity.

Another success has been the introduction of our perinatal support project. This project has been well received by partners and families and the number of referrals continues to grow.

Our team of volunteers are the most wonderful people who give their time to support the families they work with and I am always amazed to hear about the support they continue to give.

The next year will still be challenging as the cost of living crisis continues to bite and the Home-Start York team will work with partners across the city to ensure we continue to remain at the forefront of family support across York.

I would like to thank everyone for all their support; volunteers, partners, patrons and families. Working together is key for us all and we hope to continue to do so for a long time to come. Finally, my thanks also go to Maria and the team for all they are doing and the strength of their commitment to Home-Start and the families they are working with. I know the service is in good hands as we face the next year and whatever challenges it brings – they will be ready!

35 Years

As we celebrate our achievements in the past year, we also reflect on the remarkable milestones reached by Home-Start York in its 35-year journey. Founded on the belief that parents and carers are pivotal in shaping their children's futures, Home-Start York has remained steadfast in its commitment to empowering families since its establishment in 1988.

The core strength of Home-Start York lies in its distinctive approach to support parents with volunteers providing gentle guidance and encouragement, dedicating their time alongside their own families and commitments . This ethos, as relevant today as it was over three decades ago, underscores the essence of our organisation.

While our fundamental philosophy remains unchanged, Home-Start York continually adapts and evolves to address the changing landscape of family dynamics. We recognise the importance of both long-term strategies and immediate responsiveness to the diverse needs of modern families.

Despite the ongoing challenges of funding, Home-Start York continues to develop and work with a wide range of referrers to promote our service and meet the needs of York's families. From supporting expectant mothers during pregnancy to combating isolation through initiatives like our BabyStart Group, and facilitating children's transitions into early years and childcare settings via our Big Hopes Big Futures programme, we strive to bridge crucial gaps in existing services.

In celebration of our 35th anniversary, we hosted a commemorative event, honouring the contributions of our dedicated staff, volunteers, and trustees, past and present. Speakers like Celia Harris, a founding member, eloquently recounted the origins of our organisation, while Sarah Blower shed light on the research validating the challenges families face and Home Start's role in addressing them. Volunteer representatives Penny and Lesley shared heartfelt experiences, underscoring the profound impact of our services.

Looking ahead, we are committed to developing our volunteer base to meet the anticipated demand. Despite challenges such as shifting volunteer demographics, with individuals needing to work longer or taking on caregiving responsibilities, we remain grateful for the unwavering dedication of all our volunteers.

The essence of our work lies in the tangible difference we make in the lives of families. Through evaluation, we continue to monitor family impact, ensuring that our interventions result in meaningful outcomes.

In summary, the past 35 years has been a testament to Home-Start York's resilience, adaptability, and unwavering dedication to serving the community. As we move forward, we remain committed to our mission of empowering families and nurturing brighter futures for generations to come.

Referrals and Needs

228
Families worked with this year

67%
of families referred were struggling with their mental health

170
New Referrals Received

143
Referred for Perinatal Support

54%
of families referred had low self esteem and confidence

36
Pregnancy Referrals

63
Families with finance issues

83
Lone Parents Referred

300
Visits by Family Support Coordinators

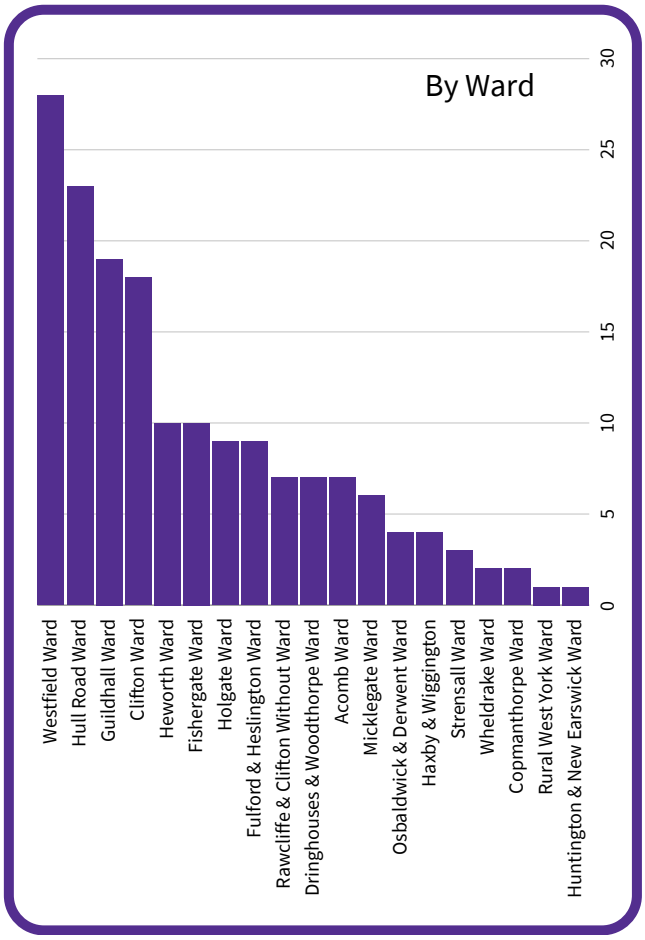
63%
of families referred were feeling isolated

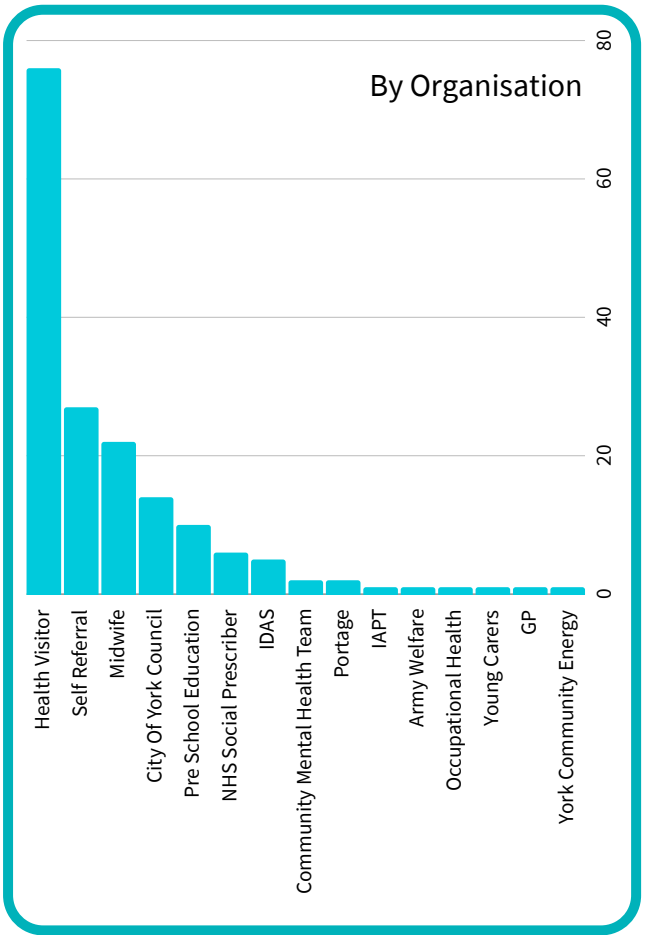
239
Children aged 0-5 Nurtured

They saved us like angels in the midst of chaos. We are a happy family now. Words are not enough to tell how kind and loving and caring the whole staff and especially my volunteer were. You are all amazing and fabulous people that I have ever met in my life. I owe you all for all the help you have given. My volunteer is the best, very loving and caring and I got so many life advices and tips to deal with the kids. My eldest son loves our volunteer to the moon and sky. We all love you!
So sad that I can't see you all again but you are a good inspiration in my life.

Family Feedback

Sources of 170 Referrals





Referrer Feedback

Home-Start York is an incredibly valuable and important charity in supporting the early years - parents, children and indirectly, professionals. Families whom I have referred have benefitted from emotional and practical support, making their homes safe and adequately equipped, parenting skills and child development through supporting parents in caring for their babies and children. Home-Start York's support is hugely appreciated by parents, children and professionals. A big thank you!!

I think the support provided is so valuable to families. Being a sole parent and struggling can be so isolating and I've heard very positive feedback from people who have received your support.

I have been referring families to Home-Start York for many years throughout my health visiting career. I have always found the support they offer families invaluable. The groups my families have attended have always been very beneficial for the families. The coordinators are always skilled in matching volunteers with families. The communication between coordinators and my service is always great. Thank you for all the hard work, thought and care you show families.

Home -Start York is an amazing charity working with families to help ensure support for parents and the best start for all children.

A great service which I have often referred to and is a vital support for parents . Having someone to chat too is really beneficial and to have someone who is consistent and reliable and there to help is irreplaceable.

Referrer Feedback

Gathered from Early Help, Portage, Healthy Child Team, Community Mental Health Team, Perinatal Mental Health Team, Social Workers, Education, Social Prescribers, IDAS, MASH, IAPT, Midwives.

Our Support

Home Visiting - A volunteer is matched with a family and their identified needs, to provide emotional support for a couple of hours each week. The volunteer will help the family to build confidence, accompany them to groups or appointments and offer practical support with the baby or children in the family home.

Big Hopes, Big Futures - Parents with children 3-5 years receive a weekly home visit to engage in our 10-week school readiness programme. In a confidential, encouraging way parents and children will be supported together to prepare for their school experience. The programme is delivered in a fun, informative and thoughtful manner.

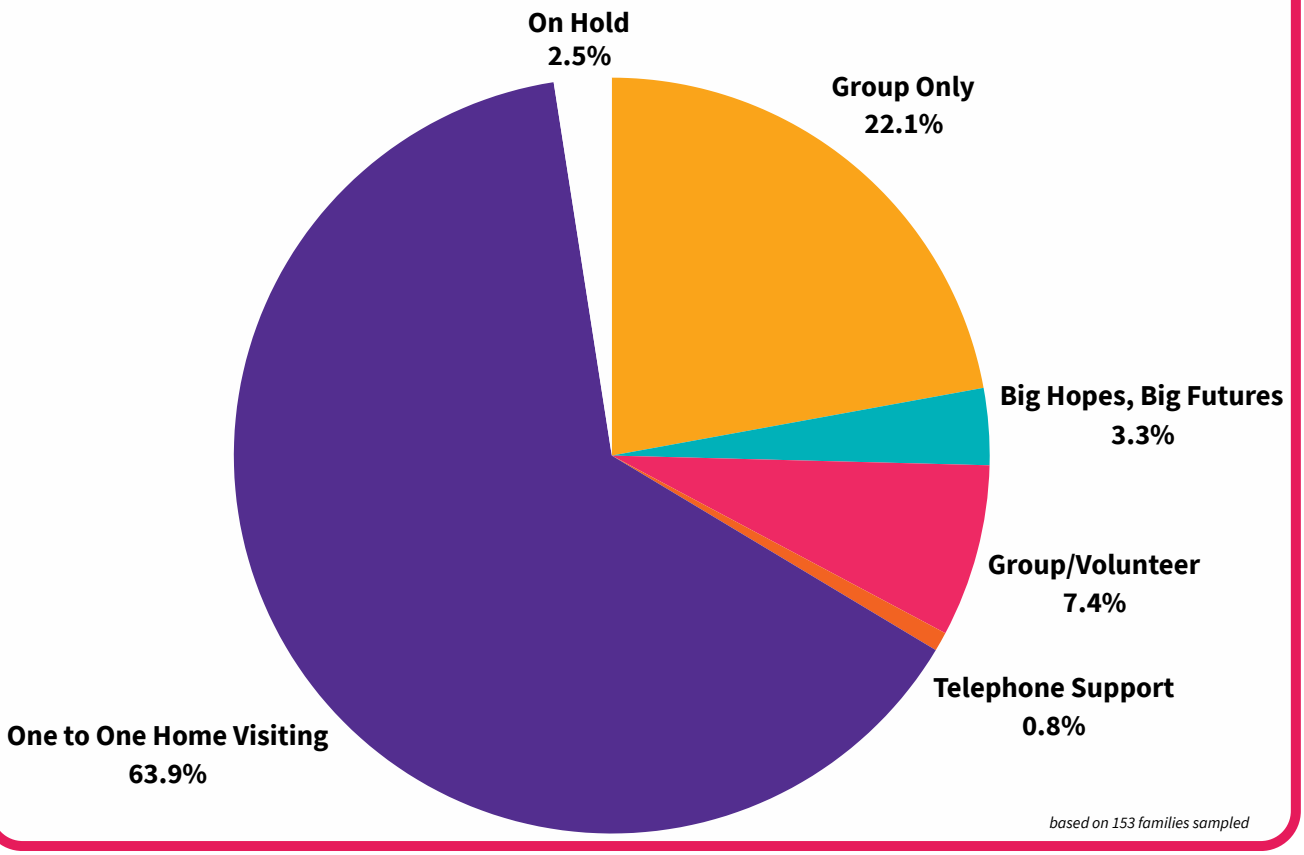
BabyStart Group - This small group provides a block of 10 weekly support sessions for parents with 0-2's who feel unable to access larger groups and who will benefit from information on their babies first 2 years and meeting new mums. A volunteer may attend with their family to provide assistance or extra reassurance or they may come to share an activity they have experience in such as baby massage, story sacks or messy play.

Telephone support - A volunteer may provide weekly telephone support calls to parents if home visiting is not suitable. The same volunteer will phone each week to offer emotional support and guidance.

NEW

Perinatal Support - From 30+ weeks pregnant a mum to be is linked with a volunteer, providing emotional support and guidance through weekly home visits. They will help her prepare practically and emotionally for baby's arrival, empowering her to build confidence as she becomes a new mum.

Support Given to Families



based on 153 families sampled

Outcomes, Impact and Feedback

86%

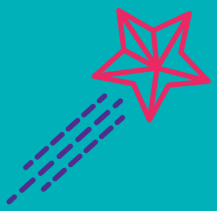
of parents felt more able to manage their children's behaviour

89%

of parents were feeling less isolated

87%

of parents reported an increase in their self esteem and confidence



88%

of parents reported an improvement in their mental health

92%

of parents felt more involved in their child's development and learning

87%

were more confident with the day to day running of their home

Our volunteer has been amazing in supporting me as a friend to chat with, to support me with a few daily tasks and help us to attend baby groups. Our volunteer was the perfect match, and we are so thankful to her as well as Home-Start York for providing the support. Thank you!

They've been a huge help with adjusting to the difficulties of looking after twins. My Home-Start York volunteer was helpful and great company. She began to feel like part of the family and will be missed.

Invaluable, she was amazing, the kids loved her. I would love her to stay. Trusted her totally. Helped my mental health. Being able to have a break, a relative was helping but then stopped so my volunteer was a godsend. I think without her I would have been lost/not coped.

Very useful and helpful and a blessing. They loved seeing her, she's really friendly. Amazing, thank you. Someone to help in the house and with the kids, someone to talk to. You're superstars!!

It gave me someone to talk to and not feel so isolated and over whelmed plus I could get a few jobs done while the boys were kept occupied. The help given was much appreciated and the volunteer was well matched.

Been wonderful. Having a volunteer really made things so much easier in the beginning. The girls really took to her. And started to see her as a friend. I hope you can keep this service going as I know there will be other mums out there struggling like I did.

The cooking sessions organised by you are very helpful, I cook most of your recipes & my kids love them. You made my life easier, thank you a million times.

Family Feedback

Progress and Achievements Report

Cookery Classes

Lena from Picnics & Parties contacted us to offer her expertise, time and resources to support families in need of cookery guidance. We promptly took her up on her amazing offer and ran three sessions, supporting 22 parents. Cooking up quick, easy, nutritional meals, Lena demonstrated techniques and recipes with lots of tips on how to adapt a basic dish into several meals, ideal for keeping children coming back for more.

Raise York

We have been involved in the collaboration events of the Family Hubs development plan throughout the city.

Raise York
Your Family Hub Network

Minister Lions York

Home-Start York were chosen as one of The Minister Lions charities to work with from October 2023 to March 2024. We were able to identify families who required items such as heated blankets, bedding and safety gates and Minister Lions kindly provided the funds to help us provide this.

This year our tree for the **Minster Tree Festival** represented the launch of our new Perinatal Infant Mental Health programme. We had prints of babies' hands and feet taken at our BabyStart group and crafted them into bauble shapes to hang on the tree.

Thank you hearts for volunteers! Eleanor created some beautiful wooden hearts with a special thank you message for our wonderful volunteers and trustees which were sent to them at Christmas.

Simon from Overbury kindly donated Christmas presents for families. Volunteers came to collect a gift from the Home-Start York office in December and enjoyed a mince pie and catch up with the staff at the same time.

Network Rail and Systra staff kindly donated chocolate Easter eggs for our families. Volunteers and staff delivered them to their families to enjoy - thank you.

Other Local Networking

Attendance at Maternity Voices Partnership, York CVS, Volunteer Management Forum, ICS consultation events, NSPCC, NESTA, York St John's University, University of York.

Perinatal Infant Mental Health Support (PIMHs)

In April 2023 Home-Start York expanded its service to include Perinatal Infant Mental Health Support, offering practical and emotional support for mothers antenatally from 30+ weeks pregnant, up to their babies being around six months old. This guidance and compassion, through weekly visits by a volunteer, empowers women to become the mothers they want to be, resulting in happier mothers with positive birth preparation and stronger bonds with their babies. Positive intervention in early years can prevent issues developing further and enables parents to feel confident to find their own way forward.

In the 12 months since we launched our PIMHs support we have: trained 3 staff and 22 volunteers, received 36 referrals for pregnancy support and 143 referrals for families needing support in the 0-2 perinatal period.

Volunteers found the training “really interesting and informative, giving clear guidelines on what is expected of a volunteer giving perinatal mental health support”. Volunteers valued the group discussions to share their own experiences and talk about the situations that affect perinatal mental health and how to support families.

> *My volunteer came when I was 36 weeks pregnant and has come weekly since then until my son was three and half months. I'm a single mum who lives alone and this was my first baby, I was very anxious and my volunteer helped me to build my confidence. I was isolated and would look forward to my Home-Start York day! My volunteer always listened to my worries without judgement. She came for walks with me when I was heavily pregnant. She helped me nest and set up my space for the baby. She looked after me in the first visit after he was born, I was in shock after a difficult birth and she came and gave me a hug and took the baby so I could shower, she made me a cup of tea and told me what a great job I was doing. I really needed that. She was with me the first time I went out with the baby, we walked with the pram to the local cafe, I don't know if I could have done that by myself, I was really scared to leave the house with him and she helped me build my confidence. She came with me to the shops with the pram, she never took over, she was just there for support. In the first couple of weeks she came in and did the washing up while I was resting with the baby, when I was more healed we switched and she held the baby while I started to get back to doing every day chores. I was so anxious about my baby getting his first vaccines, I was so upset at the thought of my baby hurting but she came with me helped me through it. Just little things like playing with the baby so I can have my lunch. My baby started to recognise her and she made him smile and laugh. It was such a relief to be able to leave him with her while I quickly had a shower, I trusted her and could hear him laughing from the shower! My final visit I was overwhelmed trying to pack and get ready for moving and having her there really helped me feel less alone as a single mum.*
>
> **Family Feedback**

BabyStart group

Home-Start York's BabyStart group is a powerful platform to offer support, build community and empower parents and is now a well-established 10 week rolling programme of support for parents with children under two years old.

Through weekly sessions we address various aspects of parenting and well-being and continuously modify and develop the programme in response to the active engagement of attendees who select weekly topics. This creates a sense of ownership and empowerment through collaborative decision making. Shaping the groups direction also helps attendees to gain confidence in their ability as individuals and parents. This year we have particularly enjoyed working with public health partners and local businesses to address parent's requests for information around dental health, music and movement and parental well-being.

The aim of the group continues to focus on fostering a supportive community whilst ensuring the interests and concerns of each new and unique group are at the forefront of the programme. Many attendees have been referred to Home-Start York for a variety of social and emotional difficulties which can make it challenging for them to seek support independently.

By bringing parents together in a safe and non-judgemental environment we observe significant improvement in the level of their comfort and communication. The familiarity of other regular group members and reassurance of facilitators helps create a supportive atmosphere which enables participants to share their experiences helping them to feel understood and supported. Parents' have reported improved confidence in their parenting skills, enhanced parent-child interaction and strengthened emotional connections.

This project remains dedicated to fostering a nurturing environment for parents and children. We extend our heartfelt gratitude to all supporters, donors and volunteers whose contributions continue to make a meaningful difference in the lives of families within our community.

I enjoyed everything. It was nice to talk to other adults/mums. It was really nice to get ideas of things to do with my baby and looking after myself.

I really loved the singing session and the wellbeing session and I like the fact that people are free to communicate.

Loved meeting other parents, didn't feel judged or any pressure. I always felt comfortable, safe and welcome.

It has given me the confidence to go on my own to mum and baby groups and helped me to have some confidence in being a mum.

Feedback gathered from families at the end of the 10 week block of sessions.

Big Hopes Big Futures

Now in its third year, the school readiness program is individual to the families as a response to early child development needs that are identified at the initial visit. Presenting needs from referrals have been varied, such as establishing routines, setting boundaries, speech and language development, toileting and helping families to engage in early learning to prepare children to get ready to attend an education setting. Having received 10 referrals from education settings this year we were able to achieve positive steps in these areas.

To complement our school readiness offer we also work with City of York Council Early Talk for York resources to provide continuity of provision between preschool and primary aged children.

Volunteers and families have enjoyed the short term, solution focused approach to the support and have found the structure of the intervention a helpful way to work with families. We have encouraged a strengths-based approach of working with families as mirrored in the support offered through home visiting. Our volunteers encourage families to recognise what they are doing well and foster an approach that empowers families to cope with the challenges of parenting.

> Excellent support tailored to my child and great understanding of the difficulties I was dealing with.
>
> *Home-Start York have been great, they have really listened to the issues we as a family have had and they made us feel really comfortable. Having the weekly visits has made me as a mum feel more confident and all the advice etc which has been shared has put me in a good place moving forward.*
>
> Wonderful, great at engaging his attention. All available support was given.
>
> **Family Feedback**

Our Volunteers

As always, we wish to thank these wonderful people, the volunteers who work tirelessly with Home-Start York to support families in York, without their kindness and generosity, it would not happen.

Volunteers in year 2023-24: 64

Abi*, Adele*, Adrienne, Alison B, Alison Bu*, Alison T, Amanda, Angela, Angie, Ann, Anna*, Anneliese, Becki*, Cate*, Cath, Chris*, Di, Elle, Elena*, Evie, Ewan*, Farren*, Fiona, Freya*, Gill*, Glenys, Hazel, Heidi*, Helen*, Iris, Jane, Janet, Jenny, Josie, Kathy, Katie, Karen*, Laura, Lesley, Lisa, Liz*, Lyn P, Lynda, Maggie, Mary B*, Mary H*, Myer*, Natalie A*, Natalie B, Natalie P, Penny, Rachel, Ruth R, Ruth S*, Sandrine, Sara H, Sara J*, Sara L, Sara M*, Sue, Tricia, Val C, Val I*, Yvonne, Zephine.

* retired this year

A huge thank you and congratulations to Ruth S and Alison Bu who supported families with Home-Start York for an amazing 25 years and Janet, Di and Cate who have been with us for 5 years. Thank you for everything you do and the amazing support you give to families in York.

The reward you get from just giving up 3 hours a week is amazing, I get back as much from seeing the family thriving as they get from me just being there for them in such a small way, just do it you won't be disappointed.

Just do it! You can make such a difference to the child and the parent. It is so rewarding. Making a difference with the help of the parent, to not only the child but the parent's mental health.

The training offered lots of opportunities to ask questions and talk about real life examples which all made for a really enjoyable and informative course. I now have a clearer vision of what difficulties parents and children may face. Thank you.

It was great to have previous/current volunteers attend the prep course to provide insight, it makes the whole process feel more human and relatable as opposed to one big leap into the unknown.

Knowing that you can support mums and young children in their journey together; watching the bond develop between them and seeing smiley faces when you visit is wonderful. Give it a go - it's very humbling and rewarding.

It is amazing that just having a chat and a laugh makes Mum feel so happy that someone visits once a week and really cares about how she is doing.

Volunteer Feedback

Thank You to Our Sponsors and Supporters

We express our sincere gratitude to all our funders, donors and supporters this financial year.

Without you, all the stories of change for individual families in York contained within this report just couldn't happen. Your contribution has helped us improve the lives of hundreds of children and their parents, so thank you!

A M Fenton Trust
Anderson Family
Arlish & Chambers
Belfrey
Charity of Jane Wright
City of York Council
City of York Public Health
Coop Local Community Fund
Gail Tams
JDL Electricals
NHS Humber & North Yorkshire Integrated Care Board
Noble Charitable Trust
Norman Collinson Charitable Trust
Overbury PLC
Rotary Club of York
The Brammell Foundation
The Holbeck Charitable Trust
The Jack Brunton Charitable Trust
The Sylvia & Colin Shepherd Charitable Trust
Tina Funnell
Two Ridings Community Foundation
WL Pratt Charitable Trust
York Children's Trust
York Dispensary
York Energy Advice
York Unitarians

An enormous "Thank you" to all the amazing staff, volunteers trustees and supporters who all make Home-Start York the wonderful charity it is today.

Structure, Governance & Management

Home-Start York is a company limited by guarantee governed by its Memorandum and Articles of Association. It is a charity registered with the Charity Commission. Retiring and new trustees sharing Home-Start York's objectives are each year elected to the Trustee Board at an Annual General Meeting. The procedure for the induction and training of trustees follows carefully the policies and guidelines laid down by Home-Start UK, the national body for all Home-Start schemes.

The Trustee Board meets four times a year to agree on policies, budgets, to consider operational reports and to decide on future strategies. The staff are responsible to the Scheme Manager, who reports to the Board via the Chair and Deputy Chair. The volunteers' activities are supervised and monitored by the Coordinators.

In addition to its internal reports and the Annual Report, Home-Start York also issues reports on its performance and funding state to its two primary funders, the City of York Council and NHS Vale of York CCG. The Trustees review significant risks to the charity's continued operation regularly and ensure Home-Start UK's policies on risk mitigation are followed. The main risks are funding shortfalls, availability of suitable operating premises, and the personal safety of staff and volunteers.

Financial Review

RESERVES POLICY

The Trustees aim to maintain an unrestricted reserve equivalent to at least 12 months' normal operating expenditure so that the core activities could continue through a period of unforeseen financial difficulty. In addition, a designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality were to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any significant contingent liabilities. All reserves are maintained in a readily realisable form.
Funds materially in deficit: none.

FINANCIAL PERFORMANCE

Home Start York's total incoming resources were £78,951 a decrease of £67,154 on the previous year.

The total resources expended were £134,326, an increase of £23,759 on the previous year, the vast majority of which was staffing costs. The addition of a further Family Support Co-Ordinator added substantially to the additional cost along with high inflationary pressures on other costs, which has decreased the general reserve balance. This now covers approximately 12 months of operational expenditure. We intend to maintain our service above national and local expectations in future years and seek new funding for services but doing so may change our current balances. We have held our designated fund at last year's level after re-assessment of future costs, the potential liabilities that could arise on closure of the charity and continued difficulties in sourcing new funding as a result of the issues faced by charities following the pandemic and the cost of living crisis which has created more competition for charitable funding.

RESTRICTED FUNDS

Restricted funds received or expended during the year are showing a small surplus of £271.

Val Bowman
Treasurer

Trustee Responsibilities in Relation to the Financial Statements

Company law requires the directors (trustees) to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for the year. In preparing those financial statements the directors (trustees) are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, or explain departures therefrom;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue on that basis.

The directors (trustees) are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities, as well as exercising proper financial controls. Members of the Board of Trustees, who are Directors for the purpose of company law, and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out inside the rear cover of this report.

DISCLOSURE

In accordance with company law, as the company's Directors, each of the Board of Trustees certifies that so far as they are aware:

• There is no relevant information of which the charity's Independent Examiner is unaware;

• As Directors of the company they have taken the necessary steps to be aware of the information which would be relevant for independent examination purposes and have communicated such to the Independent Examiner.

EXEMPTIONS

The trustees have taken advantage of the exemption available to small companies, including the audit exemption (as detailed in Note 1.2 to the financial statements).

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the Board of Trustees

Sandra Furby
Chair
2nd September 2024

Statement of Financial Activities for the Year Ended 31st March 2024

	Note	Unrestricted Funds £	Designated Fund £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
INCOME FROM:						
Donations and Grants	3	69,293		7,067	76,360	144,763
Events	3					442
Investment Income	3	2,591			2,591	900
Total Income		71,884		7,067	78,951	146,105
RESOURCES EXPENDED:						
Raising funds	4					2,326
Charitable activities	4	113,967		20,359	134,326	108,241
Total Resources Expended		113,967		20,359	134,326	110,567
Net Income/(Expenditure)		(42,083)		(13,292)	(55,375)	35,538
Funds brought forward		147,440	37,000	13,563	198,003	162,465
Transfers between Funds						
Total funds carried forward		105,357	37,000	271	142,628	198,003

Balance Sheet as at 31st March 2024

	Note	2024 £	2024 £	2023 £	2023 £
Fixed Assets:					
Current Assets					
Debtors and Prepayments		2			
Cash in hand		18		74	
Cash at Bank		143,396		198,479	
			143,416		198,553
Liabilities: Amounts falling due within one year					
Creditors and accruals	6	(788)		(550)	
Net Current Assets			142,628		198,003
Total Net Assets			142,628		198,003
Represented by:					
Funds					
Unrestricted Fund	7		105,357		147,676
Designated Fund	7		37,000		37,000
Restricted Funds	7		271		13,327
			142,628		198,003

Dated: 2nd September 2024 Sandra Furby , Chair For and on behalf of Home-Start York

All of the charity's operations are classed as continuing. There are no recognised gains or losses other than those stated above. The notes to the accounts on pages 19-21 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31st March 2024

1.BASIS OF PREPARATION

1.1 Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2015) and with Accounting Standards.

1.2 Exemptions

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

2. ACCOUNTING POLICIES

2.1 Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when: The charity becomes entitled to the resources. Receipt of the resources is probable, and the monetary value can be measured with sufficient reliability. When incoming resources have related expenditure the incoming resources and related expenditure are reported gross in the SoFA. Grants and Donations are only included in the SoFA when the charity has unconditional entitlement to the resources, Investment income is included in the SoFA when receivable.

2.2 Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources, using the accrual basis.

3. INCOME

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	2024 Total Funds £	Unrestricted Funds 2023	Restricted Funds 2023	2023 Total Funds £
Donations and Grants:						
City of York Council grant	17,297		17,297	22,500		22,500
CYC Public Health Grant				20,000		20,000
Vale of York C.C.G. (N.H.S.) grant	15,649		15,649	15,649		15,649
Donations from Trusts	33,063		33,063	58,000		58,000
Other Projects	863	7,067	7,930	2,000	22,062	24,062
Other Donations	2,421		2,421	4,552		4,552
	69,293	7,067	76,360	122,701	22,062	144,763
Trading Activities:						
Events				442		442
Investment Income:						
Bank and Deposit Account Interest	2,591		2,591	900		900
Total incoming resources	71,884	7,067	78,951	124,043	22,062	146,105

4. RESOURCES EXPENDED

2024	Raising Funds			Charitable Activities			2024
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs				92,188	13,660	105,848	105,848
Staff other costs				1,227	15	1,242	1,242
Volunteer costs				2,105	500	2,605	2,605
Family Activities				100	2,264	2,364	2,364
Office & premises running costs				18,347	3,920	22,267	22,267
Total resources expended				113,967	20,359	134,326	134,326

2023	Raising Funds			Charitable Activities			2023
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs	2,326		2,326	58,674	26,056	84,730	87,056
Staff other costs				756	87	843	843
Volunteer costs				1,869	994	2,863	2,863
Family Activities					804	804	804
Office & premises running costs				15,534	3,467	19,001	19,001
Total resources expended	2,326		2,326	76,833	31,408	108,241	110,567

4.1 Trustees expenses

No Trustee received remuneration for services rendered during the year.

4.2 Independent Examiners' fees	2024	2023
For reporting on the financial statements	340	330

Notes to the Financial Statements for the Year Ended 31st March 2024

5. PAID EMPLOYEES

	2024	2023
5.1 Staff Costs		
Gross salaries and benefits in kind	95,786	79,623
Employer National Insurance	2,189	974
Employer pension contribution	7,873	6,459
Total staff costs	105,848	87,056
5.2 Full-time equivalent employees		
Average number of full-time equivalent employees in the year	3	2.75
Working in Charitable activities	3	2.25
Working in Fundraising activities		0.5

5.3 Pension arrangements

Staff may elect to join a pension scheme operated with The Pensions Trust. The scheme is a contracted-in occupational money purchase plan, currently growth plan 4. There is a contingent liability in relation to the guaranteed element of pension entitlement up to October 2001.

The cost of the scheme to the charity in the year	2,028	2,028

6. CREDITORS AND ACCRUALS

Independent Examination	340	330
Volunteers' expenses	448	220
	788	550

7. DETAILS OF FUNDS

7.1 Funds held

Endowment Funds:

There were no such funds held during the year.

Restricted Funds: Funds held during the year were;

Young Parents Groups Clifton: Funding was previously obtained from local area wards and other sources. Further funds for the continuation of Group were contributed to by grants from York CVS, Benenden Health Group, City of York Council and CCG Perinatal Group.

Big Hopes Big Futures: Grants were made to this project by HSUK.

Perinatal Infant Mental Health: Funds were received from the Ed de Nunzio Trust and Whitwam Trust for this project and used towards training with full commencement in April 2023. Following commencement in April 2023, costs were allocated against staff, volunteers and operating expenses.

Minster Lions: Covered the cost of equipment requirements for supported families. Monies were requested and provided on a case by case basis.

A designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality was to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any other significant contingent liabilities.

7.2 Movement of funds	Balance B'fwd	Incoming Resources	Outgoing Resources	Transfers	Total Funds
Unrestricted Fund					
General Funds	147,440	71,884	113,967		105,367
Restricted					
Young Parents Clifton		3,682	3,682		
BHBF	4,066	1,563	5,600		29
Perinatal Infant Mental Health	9,496		9,495		2
Minster Lions		1,822	1,582		240
	13,563	7,067	20,359		271
Designated Fund	37,000				37,000
Closing balance	198,003	78,951	134,326		142,628

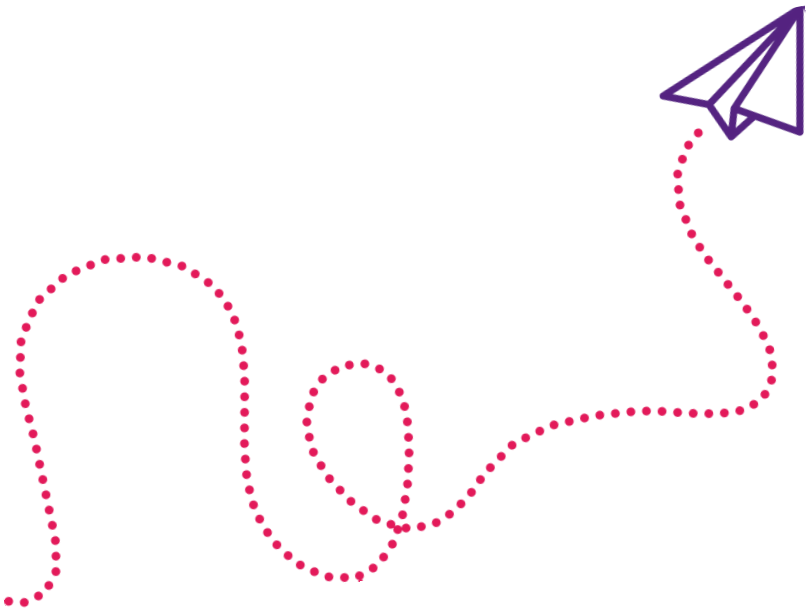
Notes to the Financial Statements for the Year Ended 31st March 2024

8. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Designated	Total
Balances as at 31st March 2024				
Current Assets	106,145	271	37,000	143,416
Current Liabilities	(788)			(788)
	105,357	271	37,000	142,628
Balances as at 31st March 2023				
Current Assets	147,990	13,563	37,000	198,553
CurrentLiabilities	(550)			(550)
	147,440	13,563	37,000	198,003

9. CONTINGENT LIABILITIES

There is a contingent liability of £2,028 (2023 - £2,028) relating to the pension scheme, which would fall due to the scheme provider if Home-Start York had no members in the scheme. The amount of the liability is as advised by the Pensions Trust following their latest Scheme Valuation. The charity also has a leasing agreement for the supply of telephone equipment and telephone services for a period of seven years from April 2018 giving a contingent liability of £864 (2023 - £1,728).



HOME-START YORK
Charity Number: 1161151

Independent Examiner's Report to the Trustees of Home-Start York

I report on the accounts of Home-Start York for the year ended 31st March 2024, which are set out on pages 18-21.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with these records
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 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.

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.

5th September 2024

Jeff Todd FCA
Outsource Independent Examination Service
24 First Avenue
York
YO31 7YQ

HOME START York

PRESIDENT

Richard Baldwin

PATRONS

Alison Baldwin
Barbara Cooke
Sir Ron Cooke
Sallie Gray
David Miller
Prof Kate Pickett
Nik Briggs
Gail Tams

DIRECTORS AND TRUSTEES

Sandra Furby - Chair, Training & Supervision
Val Bowman - Treasurer
Sarah Blower - Vice Chair & Research
Penny Heptonstall - Volunteer Representative & Health & Safety
Lesley Murphy - Volunteer Representative
Jane Keel - Safeguarding
Samantha Beardsley - GDPR & Policies
Jess Harrison - Sustainability

STAFF TEAM

Maria O'Keeffe - Scheme Manager
Susan Deery - Family Support Coordinator
Adele Hunter - Family Support Coordinator
Eleanor Carswell - Administrator

PRINCIPAL ADVISORS

Home-Start UK

Home-Start York

The Gatehouse, Cemetery Road, York, YO10 5AJ

T: 07519 976946

E: support@homestartyork.org

W: www.homestartyork.org

@homestartyork1 @homestartyork1 homestartyork

Home-Start York is a charity registered with the Charity Commission, incorporated as a company limited by guarantee.
Registered Company No: 09471420 Registered Charity No: 1161151

All images: © Home-Start York & HSUK

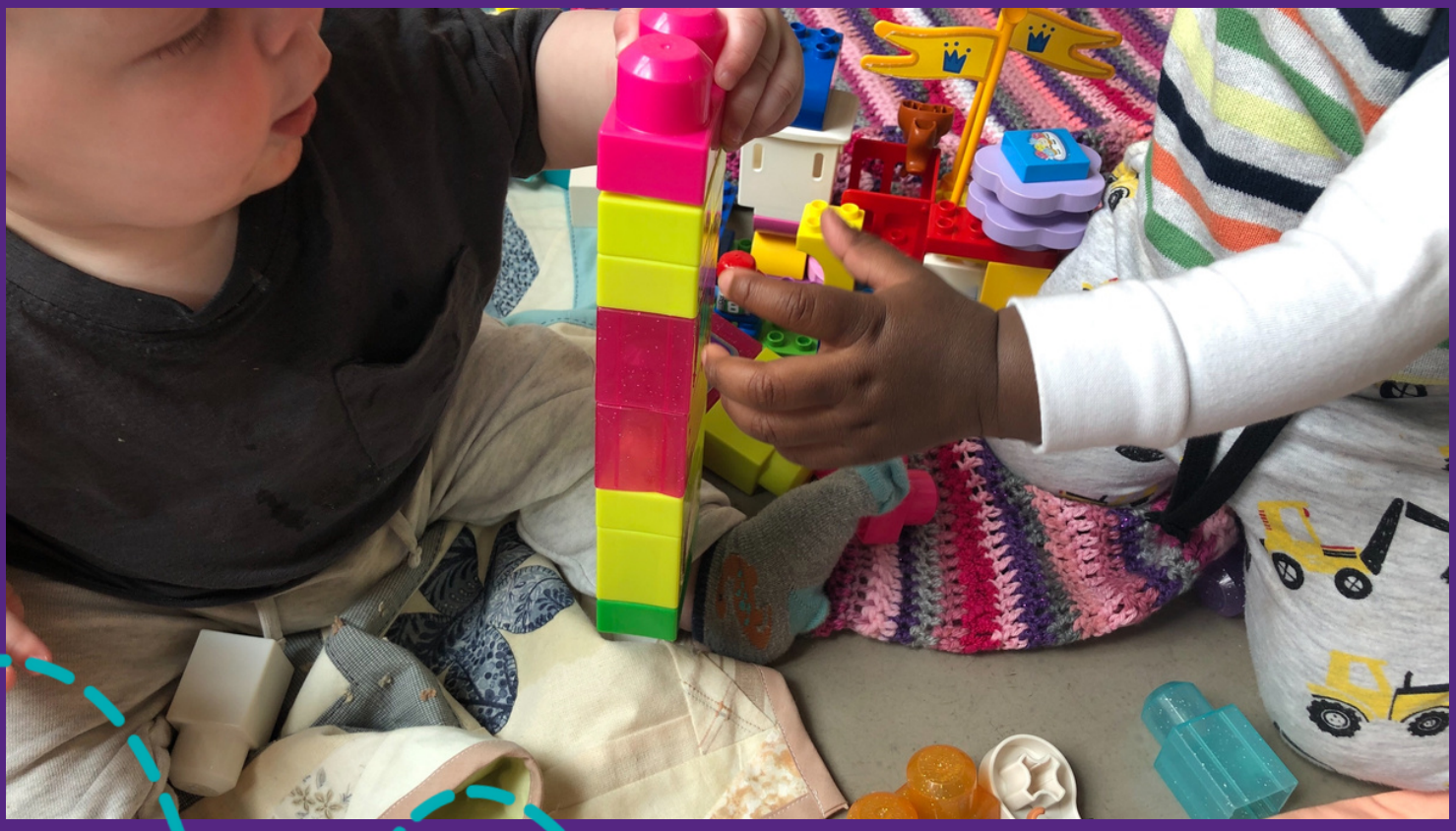
HOME-START YORK

England & Wales - Charity number 1161151

Accounts

HOME START York

Annual Report & Accounts 2022 - 23



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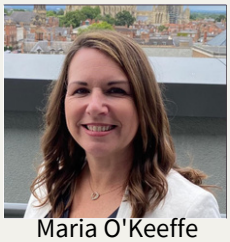


Maria O'Keeffe
Scheme Manager

Eleanor Carswell
Administrator

Susan Deery
Family Support Coordinator

Katy McGarry
Family Support Coordinator

Staff Team 2022 -23

Home-Start York has had one of its most successful years to date. Our charity is growing along with the need for support & this year, we have received the highest number of referrals (125) and developed exciting new projects with ways to provide meaningful, early intervention support for families.

Our small staff team works extremely hard to provide the right support to parents, when they need it most, training & matching one of our 57 committed and passionate volunteers who support & empower local parents, each week.

I would like to thank everyone involved with Home-Start York for making this another year to be proud of.

Maria O'Keeffe- Scheme Manager

What is Home-Start York?

Home-Start York is an independent charity offering family focussed support to parents with pre-school children in York since 1988.

Providing a unique, in-home, volunteer-led service, Home-Start York fills a local community need by reaching some of the most vulnerable families in York as well as those who are simply finding parenting difficult due to stresses.

Our volunteers receive training to support families with at least one child under 5 years old. Following a thorough needs assessment, families are matched with the volunteer best suited to help them meet their personal challenges.

Volunteers provide regular confidential support, guidance, and practical help to assist parents in giving their children the best possible start in life.

Our service aims to promote family resilience through early intervention, preventing difficulties escalating into crisis.

Our Support

Home Visiting - A volunteer is matched with a family and their identified needs, to provide emotional support for a couple of hours each week. The volunteer will help the family to build confidence, accompany them to groups or appointments and offer practical support with the baby or children in the family home.

Big Hopes, Big Futures - Parents with children 3-5 years receive a weekly home visit to engage in our 10-week school readiness programme. In a confidential, encouraging way parents and children will be supported together to prepare for their school experience. The programme is delivered in a fun, informative and thoughtful manner.

Baby-Start Group - This small group provides a block of 10 weekly support sessions for parents with 0-2's who feel unable to access larger groups and who will benefit from information on their babies first 2 years and meeting new mums. A volunteer may attend with their family to provide assistance or extra reassurance or they may come to share an activity they have experience in such as baby massage, story sacks or messy play.

Telephone support - A volunteer may provide weekly telephone support calls to parents if home visiting is not suitable. The same volunteer will phone each week to offer emotional support and guidance.

Launching in April 2023

Perinatal Support - From 30+ weeks pregnant a mum to be is linked with a volunteer, providing emotional support and guidance through weekly home visits. They will help her prepare practically and emotionally for baby's arrival, empowering her to build confidence as she becomes a new mum.

Chair's Report

As I am writing this in August 2023, I want to update you not only on the events of the 2022/23 financial year, but also to include the changes and exciting new development that has taken place since March.

The past eighteen months have seen us welcoming some new faces to both the staff team and the trustee board and several new volunteers. We are also especially excited about our new perinatal mental health project as for the first time we will be working with women who are in the later weeks of their pregnancy and have been highlighted as vulnerable to postnatal depression. The project enables our volunteers to begin building a relationship with parents before their baby arrives and we have already had several referrals.

This year we have said goodbye to Jo Harry, one of our Family Support Coordinators. Jo brought her joy and enthusiasm to the team and we know she will use her empathy and understanding to great effect in her new role as a school counsellor. Jo was replaced by Katy whose experience as a midwife has been invaluable to many of our families and volunteers. We have also welcomed Adele to the team as a Family Support Coordinator. Adele has been a Home-Start volunteer and a member of our trustee board, she brings a great deal of experience and understanding to the role.

Maria continues to manage the service and to face changes and new projects with enthusiasm. Susan and Eleanor have continued in the team as Family Support Coordinator and Administrator respectively, and I know Maria highly values their hard work and ideas.

The Trustee Board has recruited some new members this year and we are delighted to welcome Samantha Beardsley and Jane Keel to the board. We have two additional new members, Jessica Harrison and Jennifer Whitfield who will be joining us in the Autumn. Sadly, Sarah Ratcliffe is leaving the board this October. Sarah has been a trustee since 2019 and we have valued her input and legal expertise, especially her willingness to grapple with changes to Home-Start policies during her time with us. We wish her well in the future.

Fundraising is always a challenge for charities such as ours and we continue to be fortunate that Val Bowman, our treasurer, keeps a careful eye on our finances. Happily, we have received funding from City of York Council this year. We know this reflects the value they place on the preventative work that we do with vulnerable families across the city. We would not have been able to begin the new perinatal project without additional funding from The Whitwam Foundation and the Ed De Nunzio Trust. This additional funding has enabled us to employ an extra member of staff on a one year contract to help launch this work.

Sandra Furby is our deputy chair, and is always a good sounding board for me, and for Maria. Sandra, Sarah Blower and our volunteer representatives and trustees, Penny Heptonstall and Lesley Murphy all continue to share their experience and expertise with the board and staff. I would like to thank them all for their contribution and the generous amount of time they give to Home-Start.

Our dedicated and enthusiastic volunteers continue to prioritise home visiting and many have also undertaken additional training and can offer more specialist support such as our new perinatal mental health project and the Big Hopes, Big Futures school readiness programme. Some volunteers also join our Family Support Coordinator at the Groups that we run for vulnerable and isolated mothers and their babies.

I am stepping down as Chair and trustee this year, however, I am confident that Sandra and the board will continue to support the staff team and the volunteers to provide the valuable service that Home-Start offers.

Last year I commented on how our families are facing increasing fuel bills and rising food prices and it is evident that many families are still struggling with the impact of inflation on their budgets. I remain confident that Maria and the team will respond to any new challenges with their usual pragmatism, good will and compassion, and know that I speak for the trustees and all our Home-Start families when I express our gratitude for all that they do.

Susan Halstead
Chair of Trustees
August 2023

Referrals and Needs

109
Families Supported

64%
of families referred were struggling with their mental health

1/4
of parents wanted to be more involved in their children's development and learning

165
Families worked with this year

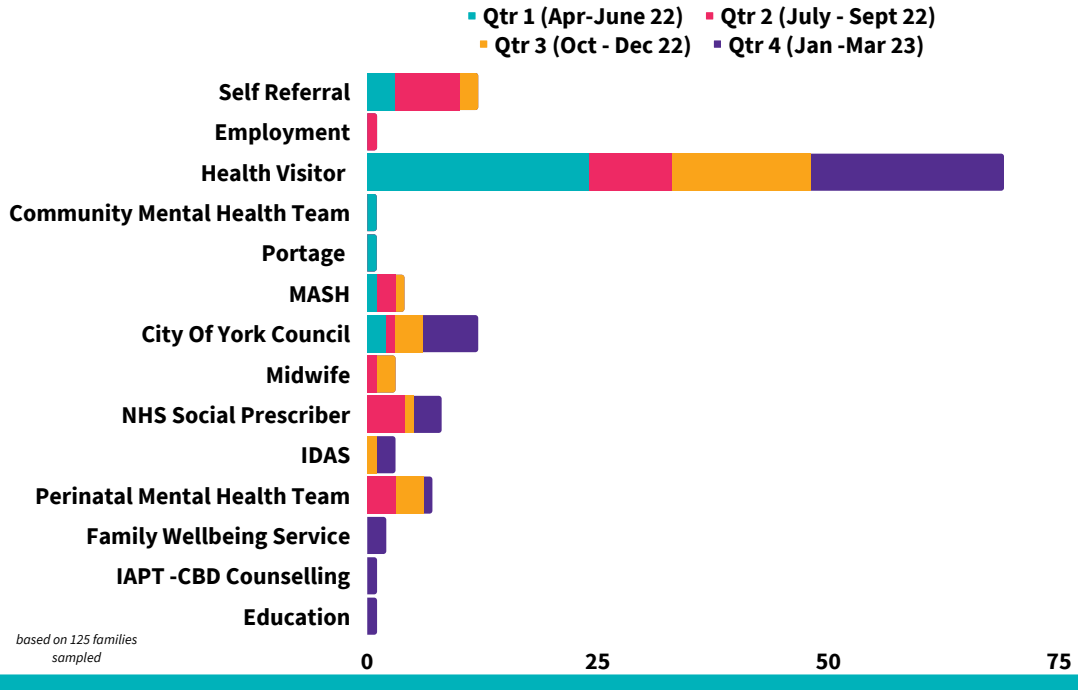
86
Families Referred for Perinatal Support

69%
of families referred were feeling isolated

125
New Referrals Received

44
Lone Parents Referred

New Referral Sources



Referrer feedback

The help is fantastic - whether it the group work or 1:1 support. It provides an additional resource to women who really need extra support at that time and also provides them with some security if other services are no longer involved. You are amazing please keep offering this wonderful service.

I have just completed a visit with a family, she loved your group and is still in touch with the other attendees and without doubt this has had a very positive effect on her mental health and her ability to parent her 1 year old daughter. Home-Start's work is invaluable for families in York.

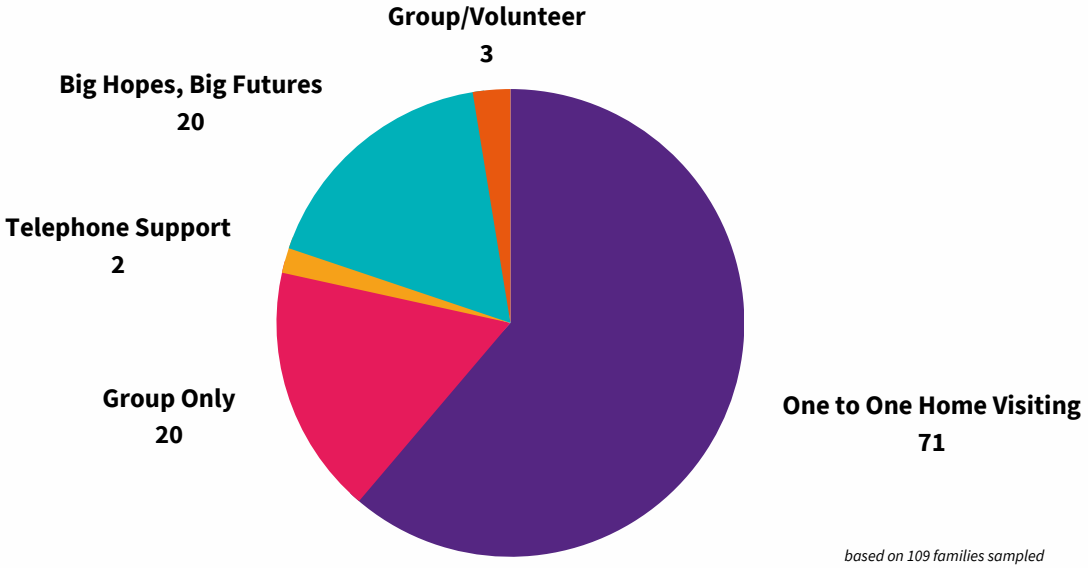
Volunteers are armed with valuable advice, practical support and someone they can talk to. This is invaluable to many families who struggle with the pressure of parenthood. Thank you for the brilliant work you do with the young children of York and their families. Your flexible, helpful and friendly approach provides an unique and invaluable addition to the services available in York.

Your service is absolutely fantastic! The support you offer to families is so valuable. I continue to hear positive stories of how the volunteer helped and I continue to inform other professionals of your service. Thank you for all of the support you give us and also the support you give the families.

I am very much looking forward to hearing about your new antenatal service you will be providing. This service is so needed in York to support families and women's mental health. Thank you for all your hard work and your wonderful volunteers.

Gathered from Early Help, Family Wellbeing, Portage, Healthy Child Team, Community Mental Health Team, Perinatal Mental Health Team, Social Workers, Education, Social Prescribers, IDAS, MASH

Support Given to Families



based on 109 families sampled

Outcomes and Impact

Lucys' Story

..a teenage homeless mum (17), living in Hostel with a 6-week-old baby referred to us by her Social Worker.

Needs

Lucy* had limited support, and as a new mum her increased isolation and loneliness was affecting her mental health. She was also struggling with self-care and personal hygiene.

Volunteer Support Role

Lucy had 2-hour weekly visits with a Home-Start York volunteer for 2 months.

Providing the time and reassurance of an extra pair of hands allowed Lucy to have a shower or batch cook without the concern that her baby was upset. The volunteer has empowered Lucy to have the confidence to settle her baby in their cot so she can have daily washes with confidence when the volunteer is not present.

With her volunteer Lucy has gone for walks in the local area and gone to a local church Baby and Toddler group. With her volunteer as support, Lucy then attended the Home-Start York Baby Group and confidently interacted with other mums.

Impact

The support and guidance that has been provided has been invaluable. Lucy is now back at college, with her baby going to a Nursery 3 days a week.

Home-Start York's volunteer has empowered and guided Lucy to have self-assurance as a mum, building her confidence to get out of the house, meet other mums and combat her isolation.

Lucy has a much clearer understanding of finances and the importance of budgeting. She is now enjoying batch cooking and keeping on top of the housework.

Lucy's confidence in being a mum has increased, establishing a routine that works for her and her baby which has allowed her to provide her own basic self-care without feeling guilty about not holding baby all day.

"I am so pleased she (the volunteer) has been coming to see me every week. I don't know what I would have done without her. I feel like I have a life again."
Lucy

**Name changed for anonymity purposes*

88%
of parents felt more able to manage their children's behaviour

94%
of parents reported an increase in their self esteem and confidence

85%
were feeling less isolated

238
Visits by Family Support Coordinators

192
Children aged 0-5 Nurtured

68%
were more confident with the day to day running of their home

82%
of parents reported an improvement in their mental health

86%
of parents felt more involved in their children's development and learning

Family Feedback

Baby Group Feedback from families
Volunteer/Home Visiting Feedback from families

We've really enjoyed attending each week. It's wonderful to be around other mums with babies of a similar age, you realise most people have the same questions as you and often worry about the same things. As we got to know each other better, I think people seemed more relaxed discussing the trials and tribulations of parenting!

I have made some friends that I would hope are for life. I got support through a tough time when I needed someone from the outside and Susan and Jo who ran the group were always there with supportive advice and help.

I really liked the kindness and welcome vibe at every meeting. I met some lovely friends and could feel and see the support offered by all the volunteers. Some really useful information was given and there was plenty of time for the kiddies to play. I think the size of the group was brilliant - not too big. It didn't over awe the babies and was easier to talk to other mums too. Can it last longer?!

I really appreciated meeting other parents, seeing what babies of different ages are like and doing taster sessions. Just having a cup of tea made for me and being offered a biscuits did wonders for my wellbeing!

Having our volunteer come round to be with the twins was amazing. I was struggling with my mental health and just knowing she was coming would always make me feel so much better. She was one of the only people who I trusted with them, that she knew how to look after them and they were safe. She was amazing, such a lovely, caring, kind individual and an asset to Home-Start as a volunteer.

My volunteer gave me parenting tips and advice, advice on healthy eating for me and my family and she gave me emotional support. She was the kindest, most lovely person I've ever met and my children adore her. She helped me so much!

We have gained more confidence in looking after the twins alone with the outstanding support from my Home-Start volunteer. She gave me advice on staying calm and giving myself time if I need it and to then come back and start again. I have been much happier since having the support and will miss it a lot.

We've been helped by a lovely lady who is very knowledgable and caring. Having someone to call and speak to has been lovely. It's a very personal/sensitive situation and to be comfortable talking to someone who has great understanding of what i'm going through has helped.

Progress and Achievements Report

We have worked in partnership with Public Health promoting oral health and safe alcohol consumption. Twenty-three of our volunteers joined us for a 2-hr training session on alcohol awareness which gave advice on recommended safe units of alcohol and the Lower Your Drinking App. We are also receiving Public Health funding from next year to support families through our home visiting support and the expansion into supporting women during pregnancy.

The John Lewis partnership initiative supported families by providing local schemes with vouchers to be used for their products around feeding and sleep. We created parental wellbeing packs containing sleep spray, teabags and face masks for the mums who attend our Baby Start group and provided them with weaning packs and bibs as part of the food and nutrition session.

Parents loved them, as did the babies!

Maria with Stephen Cottrell, Archbishop of York

Queens Platinum Jubilee Garden Party -Saturday 4 June 2022

Home-Start York were invited to join the Queens Jubilee celebrations by attending a garden party held in York Minister Deans Park. It was a beautiful day and represented by Yorks community groups, charities and dignitaries.

Time to Spare- a volunteer management tool was launched by HSUK. It provides a useful way to track volunteer recruitment, progress, and training in Happy healthy homes, food, nutrition and sleep and home finance all adding to the volunteers knowledge and ways to effectively support families.

Simon from Overbury bought lovely Christmas gifts for our families.

Other Local Networking

Attendance at Maternity Voices Partnership
York CVS Volunteer Fair,
Volunteer Management Forum,
ICS consultation events
Family Hubs Collaboration – Better Start for Life
NSPCC
NESTA
York St John's University
University of York

We produced new literature highlighting our services. Each family receives a leaflet during their home visit. Our feedback from families evidenced a need to provide families with physical information, as not everyone has access to the internet.

The Power of our Volunteers

Our lovely volunteer Wendy was nominated for a "Volunteer of the Year" award. Wendy was shortlisted to just 3 finalists but unfortunately was pipped to the post by another local charity volunteer. It was a lovely evening of celebration for many local charities in York and wonderful to be part of. Wendy said she felt overwhelmed and humbled by the nomination as she said I just do what all the other Home-Start volunteers do!

Volunteers Festival Activities to thank our Volunteers

Sharon Conway from Wellbeing Mind provided our staff and volunteers with a morning of blissful mindfulness, followed by an afternoon tea of amazing home baked cakes for volunteers to socialise as a thank you for all they do as part of HSUK's Volunteer's Festival.

Home-Start York were allocated a chalet at the **York Minster Winter Village**. We raised around £450 selling Christmas gifts and a teddy bear tombola, all while raising our profile of recruiting new volunteers. This year, our **Minister tree** symbolised each one of our wonderful volunteers. Each one designed and created their individual baubles to adorn the Home-Start York tree.

An enormous "Thank you" to all the amazing staff and volunteers who all make Home-Start York the wonderful charity it is today.

Big Hopes Big Futures

Having developed the BHBF programme over the past 18 months we have now trained eighteen of our volunteers to be able to deliver the training to Home- Start families and this year have supported 13 children on the program which lasts between 8-10 weeks and involves targeted interventions with children aged 5 and under to prepare them for nursery or school.

The school readiness program is individual to the families as a response to early child development needs that are identified at the initial visit. Presenting need from referrals has been varied, such as establishing routines, setting boundaries, speech and language development, toileting and helping families to engage in early learning to prepare children to get ready to attend an education setting.

Volunteers and families have enjoyed the short term, solution focused approach to the support and have found the structure of the intervention a helpful way to work with families. We have encouraged a strengths-based approach of working with families as mirrored in the support offered through home visiting. Our volunteers encourage families to recognise what they are doing well and foster an approach that empowers families to cope with the challenges of parenting.

After the period of support has ended, we have been able to offer longer term home visiting support where needed, but some will stop at the planned ending to BHBF support.

To complement our school readiness offer we are also to hoping to work with City of York Council Early Talk for York resources to provide continuity of provision between preschool and primary aged children.

July 2022

October 2022

Babystart group

Our Group offer is now a well- established 10 week rolling programme of support for parents with children under two years old. Now in its second year we find the model a powerful platform to offer support, build community, and empower parents.

Through weekly sessions we address various aspects of parenting and well- being and continuously modify and develop the programme in response to the active engagement of attendees who select weekly topics. This creates a sense of ownership and empowerment through collaborative decision making. Shaping the groups direction also helps attendees to gain confidence in their ability as individuals and parents. This year we have particularly enjoyed working with public health partners and local businesses to address parent's requests for information around dental health, and parental well-being.

Many attendees have been referred to Home-Start for a variety of social and emotional difficulties which can make it challenging for them to seek support independently. The aim of the group continues to focus on fostering a supportive community whilst ensuring the interests and concerns of each new and unique group are at the forefront of the programme.

By bringing parents together in a safe and non-judgemental environment we observe significant improvement in the level of their comfort and communication. The familiarity of other regular group members and reassurance of facilitators helps create a supportive atmosphere which enables participants to share their experiences helping them to feel understood and supported.

Parents have reported improved confidence in their parenting skills, enhanced parent-child interaction and strengthened emotional connections. Additionally, we also witness increased attendance consistency indicating the groups effectiveness in promoting engagement and commitment.

'Baby Start' remains dedicated to fostering a nurturing environment for parents and children. We extend our heartfelt gratitude to all supporters, donors and volunteers whose contributions continue to make a meaningful difference in the lives of families within our community.

Our Volunteers

As always, we wish to thank these wonderful people, the volunteers who work tirelessly with Home-Start York to support families in York, without their kindness and generosity, it would not happen.

Volunteers in year 2022-23: 57

Abi, Adele, Adrienne, Alison, Alison B, Angela, Ann, Anna, Anneliese, Cate, Cath, Chris, Di, Donna, Elena, Evie, Farren, Freya, Gill, Glenys, Hannah, Hazel, Heidi, Helen, Jane, Janet, Jayne, Jenny, Julia, Karen, Kate, Katherine B, Katherine J, Kathy, Katie, Lesley, Lisa, Liz, Lyn, Lynda, Mary, Melissa, Natalie, Penny, Ruth R, Ruth S, Rachel, Sara H, Sara J, Sarah M, Sarah T, Sarah W, Sue, Val, Val I, Yvonne, Zephine.

* Trained this year * Retired this year

Susan and Katy are lovely trainers who are very knowledgable, yet very easy to get on with and learn from and they both made the course very enjoyable. They are a credit to Home-Start.

It's such a privilege to walk alongside families who are finding life/parenting a struggle and by bringing your own life experiences and learning, you can help to support them to find their way through. It's such a positive feeling when you realise that you have been part of helping the families find their strength to parent and give their children the best start in life that could impact their life.

Do it! The training and support is superb. I had done nothing like this in the past so was quite under confident when I was first matched with my family but I shouldn't have been. It's only a couple of hours out of your week and a really valuable way to spend it.

I've been on a lot - a lot- of training courses over the years and I thought this was excellent, the content, the pace, Katy's and Susan's training style and handling the room. A good number of exercises to change the energy. A great course!

Outstanding Moments

When the mother of my family smiled for the first time that I'd seen . That was on my 3rd visit.

The 4 year old boy who could not sit down, focus or concentrate at the beginning of my visits being able to sit down for half an hour and effectively use a screwdriver and spanner to assemble a toy aeroplane.

The photo sent to me by a Big Hopes, Big Futures parent of herself and little boy doing a jigsaw puzzle with the caption "I bought the jigsaw myself. This is what you call success!"

A visit to the 'dressing up' clothes at the Theatre Royal with 2 children who were living in a homeless hostel with their mum and their unreserved joy at dressing up and being 'someone' else for half an hour.

Knowing that you can support mums and young children in their journey together; watching the bond develop between them. Seeing smiley faces when you visit.

Seeing a mum, with two young girls, growing in confidence in her ability to be a mum and having fun with her girls.

Thank You to Our Sponsors and Supporters

We express our sincere gratitude to all our funders, donors & supporters this financial year.

Without you, all the stories of change for individual families in York contained within this report just couldn't happen. Your contribution has helped us improve the lives of hundreds of children and their parents, so thank you!

We were pleased at the end of the financial year to have secured the opportunities to support our Perinatal Infant Mental Health support for pregnant women in 2023 so we look forward to another exiting year ahead.

A M Fenton Trust
Charity of Jane Wright Community Fund
Christine Cramb
Gail Tams
Feoffees St Michael's Spurriergate
Norman Collinson Charitable Trust
Overby PLC
Rotary Club of York
The Ed De Nunzio Charitable Trust
The Holbeck Charitable Trust
The Jack Brunton Charitable Trust
The Purey Cust Trust
The Sylvia & Colin Shepherd Charitable Trust
Tina Funnell
The Whitwam Family Trust
Two Ridings Community Foundation
Vale of York Clinical Commissioning Group
WL Pratt Charitable Trust
York Children's Trust
York Dispensary
York Unitarians
York City Council

Structure, Governance & Management

Home-Start York is a company limited by guarantee governed by its Memorandum and Articles of Association. It is a charity registered with the Charity Commission. Retiring and new trustees sharing Home-Start York's objectives are each year elected to the Trustee Board at an Annual General Meeting. The procedure for the induction and training of trustees follows carefully the policies and guidelines laid down by Home-Start UK, the national body for all Home-Start schemes.

The Trustee Board meets four times a year to agree on policies, budgets, to consider operational reports and to decide on future strategies. The staff are responsible to the Scheme Manager, who reports to the Board via the Chair and Deputy Chair. The volunteers' activities are supervised and monitored by the Coordinators.

In addition to its internal reports and the Annual Report, Home-Start York also issues reports on its performance and funding state to its two primary funders, the City of York Council and NHS Vale of York CCG. The Trustees review significant risks to the charity's continued operation regularly and ensure Home-Start UK's policies on risk mitigation are followed. The main risks are funding shortfalls, availability of suitable operating premises, and the personal safety of staff and volunteers.

Financial Review

RESERVES POLICY

The Trustees aim to maintain an unrestricted reserve equivalent to at least 6 months' normal operating expenditure so that the core activities could continue through a period of unforeseen financial difficulty. In addition, a designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality were to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any significant contingent liabilities. All reserves are maintained in a readily realisable form.
Funds materially in deficit: none.

FINANCIAL PERFORMANCE

Home Start York's total incoming resources were £146,105 an increase of £25,425 on the previous year.

The total resources expended were £110,567, a decrease of £12,965 on the previous year, the vast majority of which were savings in staffing costs. The changes to staffing structure over the year resulted in a surplus in income over expenditure of £35,538 in the year, which has increased the general reserve balance, which covers approximately 18 months of operational expenditure, a very good financial situation for a charity of our size. We intend to maintain our service above national and local expectations in future years and seek new funding for services but doing so may change our current balances. We have held our designated fund at last year's level after re-assessment of future costs, the potential liabilities that could arise on closure of the charity and continued difficulties in sourcing new funding as a result of the continued pressure on inflation and the knock on effects on running costs.

RESTRICTED FUNDS

Restricted funds received or expended during the year are showing an ongoing surplus of £13,563, which reflects forward funding received towards the new project for Perinatal Infant Mental Health for the year 23/24.

Val Bowman
Treasurer

Trustee Responsibilities in Relation to the Financial Statements

Company law requires the directors (trustees) to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for the year. In preparing those financial statements the directors (trustees) are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, or explain departures therefrom;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue on that basis.

The directors (trustees) are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities, as well as exercising proper financial controls. Members of the Board of Trustees, who are Directors for the purpose of company law, and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out inside the rear cover of this report.

DISCLOSURE

In accordance with company law, as the company's Directors, each of the Board of Trustees certifies that so far as they are aware:

• There is no relevant information of which the charity's Independent Examiner is unaware;

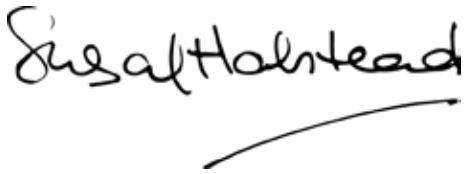
• As Directors of the company they have taken the necessary steps to be aware of the information which would be relevant for independent examination purposes and have communicated such to the Independent Examiner.

EXEMPTIONS

The trustees have taken advantage of the exemption available to small companies, including the audit exemption (as detailed in Note 1.2 to the financial statements).

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the Board of Trustees



Susan Halstead
Chair
22nd August 2023

Statement of Financial Activities for the Year Ended 31st March 2023

	Note	Unrestricted Funds £	Designated Fund £	Restricted Funds £	2023 Total Funds £	2022 Total Funds £
INCOME FROM:						
Donations and Grants	3	122,701		22,062	144,763	120,573
Events	3	442			442	
Investment Income	3	900			900	107
Total Income		124,043		22,062	146,105	120,680
RESOURCES EXPENDED:						
Raising funds	4	2,326			2,326	12,897
Charitable activities	4	76,833		31,408	108,241	110,635
Total Resources Expended		79,159		31,408	110,567	123,532
Net Income/(Expenditure)		44,884		(9,346)	35,538	(2,852)
Funds brought forward		102,792	37,000	22,673	162,465	165,317
Transfers between Funds		(236)		236		
Total funds carried forward		147,440	37,000	13,563	198,003	162,465

Balance Sheet as at 31st March 2023

	Note	2023 £	2023 £	2022 £	2022 £
Fixed Assets:			Nil		Nil
Current Assets:					
Debtors and Prepayments	6				
Cash in hand		74		60	
Cash at Bank		198,336		162,913	
			198,553		162,973
Liabilities: Amounts falling due within one year					
Creditors and accruals	7	(550)		(508)	
Net Current Assets			198,003		162,465
Total Net Assets			198,003		162,465
Represented by:					
Funds					
Unrestricted Fund	8		147,676		102,792
Designated Fund	8		37,000		37,000
Restricted Funds	8		13,327		22,673
			198,003		162,465

Dated: 22nd August 2023 Susan Halstead, Chair For and on behalf of Home-Start York

All of the charity's operations are classed as continuing. There are no recognised gains or losses other than those stated above. The notes to the accounts on pages 19-21 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31st March 2023

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2015) and with Accounting Standards.

Exemptions

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

ACCOUNTING POLICIES

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when: The charity becomes entitled to the resources. Receipt of the resources is probable, and the monetary value can be measured with sufficient reliability. When incoming resources have related expenditure the incoming resources and related expenditure are reported gross in the SoFA. Grants and Donations are only included in the SoFA when the charity has unconditional entitlement to the resources, Investment income is included in the SoFA when receivable

Assets

Relevant expenditure is capitalised if an asset can be used for more than one year and cost at least £150 including VAT.
Depreciation is provided on all tangible assets at rates calculated to write off the cost of each asset over its expected useful life, as follows:
Office equipment - 20% Straight line basis

INCOME

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	2023 Total Funds £	Unrestricted Funds 2022	Restricted Funds 2022	2022 Total Funds £
Donations and Grants:						
City of York Council grant	22,500		22,500	19,817		19.817
CYC Public Health Grant	20,000		20,000			
Vale of York C.C.G. (N.H.S.) grant	15,649		15,649	15,387		15,387
Donations from Trusts	58,000		58,000	52,146	25,580	77,726
Other Projects	2,000	22,062	24,062			
Other Donations	4,552		4,552	7,643		7,643
	122,701	22,062	144,763	94,993	25,580	120,573
Trading Activities:						
Events	442		442			
Investment Income:						
Bank and Deposit Account Interest	900		900	107		107
Total incoming resources	124,043	22,062	146,105	95,100	25,580	120,680

RESOURCES EXPENDED

2023	Raising Funds			Charitable Activities			2023
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs	2,326		2,326	58,674	26,056	84,730	87,056
Staff other costs				756	87	843	843
Volunteer costs				1,869	994	2,863	2,863
Family Activities					804	804	804
Office & premises running costs				15,534	3,467	19,001	19,001
Total resources expended	2,326		2,326	76,833	31,408	108,241	110,567

2022	Raising Funds			Charitable Activities			2022
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs	12,364	317	12,681	72,924	11,661	84,585	97,226
Staff other costs				1,105	24	1,129	1,129
Volunteer costs				1,946	365	2,311	2,311
Family Activities				993	341	1,334	1,334
Office & premises running costs				18,359	2,917	21,276	21,276
Fundraising and A.G.M. costs	216		216				216
Total resources expended	12,580	317	12,897	95,327	15,308	110,635	123,532

Trustees expenses

No Trustee received remuneration for services rendered during the year, trustees' out of pocket expenses to the value of £76 reimbursed.

Independent Examiners' fees	2023	2022
For reporting on the financial statements	330	320

Notes to the Financial Statements for the Year Ended 31st March 2023

PAID EMPLOYEES

	2023	2022
Staff Costs		
Gross salaries and benefits in kind	79,623	88,537
Employer National Insurance	974	2,174
Employer pension contribution	6,459	6,555
Total staff costs	87,056	97,266
Full-time equivalent employees		
Average number of full-time equivalent employees in the year	2.75	3.25
Working in Charitable activities	2.25	2.75
Working in Fundraising activities	0.5	0.5

Pension arrangements

Staff may elect to join a pension scheme operated with The Pensions Trust. The scheme is a contracted-in occupational money purchase plan, currently growth plan 4. There is a contingent liability in relation to the guaranteed element of pension entitlement up to October 2001.

The cost of the scheme to the charity in the year	2,028	2,028

DEBTORS

CREDITORS AND ACCRUALS

Independent Examination	330	320
Volunteers' expenses	220	80
Group running costs		108
	550	508

DETAILS OF FUNDS

Funds held

Endowment Funds:

There were no such funds held during the year.

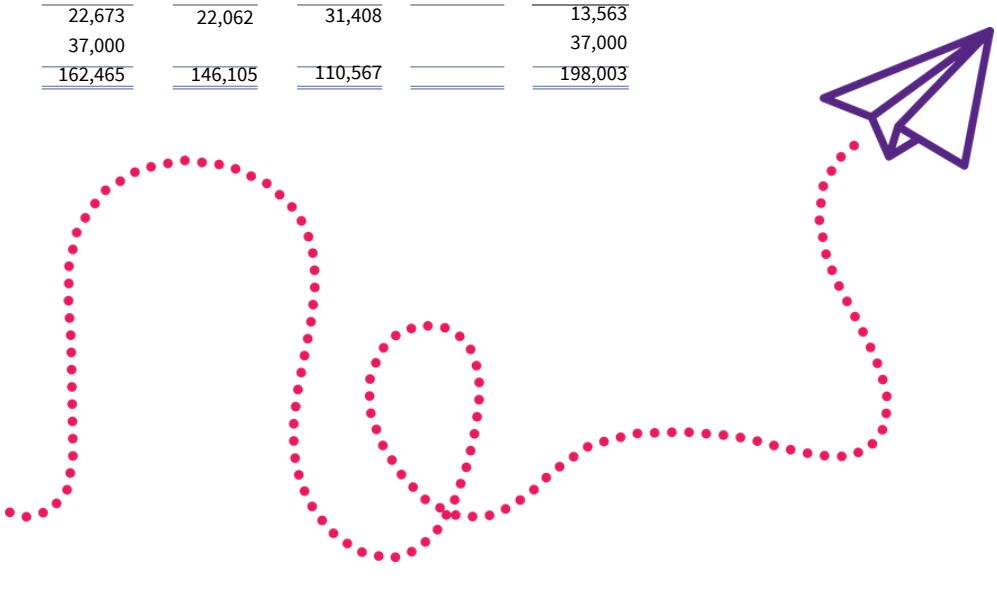
Restricted Funds: Funds held during the year were;

Young Parents Groups Clifton: Funding was previously obtained from local area wards and other sources. Further funds for the continuation of Group were contributed to by grants from York CVS, Benenden Health Group, City of York Council and CCG Perinatal Group.

Big Hopes Big Futures: Grants were made to this project by HSUK.
Perinatal Infant Mental Health: Funds were received from the Ed de Nunzio Trust and Whitwam Trust for this project and used towards training with full commencement in April 2023

A designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality was to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any other significant contingent liabilities.

Movement of funds	Balance B'fwd	Incoming Resources	Outgoing Resources	Transfers	Total Funds
Unrestricted Fund					
General Funds	102,792	124,043	79,159	-236	147,440
Restricted					
Young Parents Clifton	22,670		22,906	236	
BHBF	2	11,562	7,498		4,066
Perinatal Infant Mental Health		10,500	1,004		9,496
	22,673	22,062	31,408		13,563
Designated Fund	37,000				37,000
Closing balance	162,465	146,105	110,567		198,003



Notes to the Financial Statements for the Year Ended 31st March 2023

NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Designated	Total
Balances as at 31st March 2023				
Current Assets	147,990	13,563	37,000	198,553
Current Liabilities	(550)			(550)
	147,440	13,563	37,000	198,003
Balances as at 31st March 2022				
Current Assets	103,192	22,781	37,000	162,973
Current Liabilities	(400)	(108)		(508)
	102,792	22,673	37,000	162,465

CONTINGENT LIABILITIES

There is a contingent liability of £2,028 (2022 - £2,028) relating to the pension scheme, which would fall due to the scheme provider if Home-Start York had no members in the scheme. The amount of the liability is as advised by the Pensions Trust following their latest Scheme Valuation. The charity also has a leasing agreement for the supply of telephone equipment and telephone services for a period of seven years from April 2018 giving a contingent liability of £1,728 (2021 - £2,492).

HOME-START YORK
Charity Number: 1161151

Independent Examiner's Report to the Trustees of Home-Start York

I report on the accounts of Home-Start York for the year ended 31st March 2023, which are set out on pages 18-21.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with these records
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 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.

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.

7th September 2023

Jeff Todd FCA
Outsource Independent Examination Service
The Hiscox Building
Peaseholme Green
York
YO1 7PR

HOME START York

PRESIDENT

Richard Baldwin

PATRONS

Alison Baldwin
Barbara Cooke
Sir Ron Cooke
Sallie Gray
Sally Kirk Walker
David Miller
Prof Kate Pickett
Nik Briggs
Gail Tams

DIRECTORS AND TRUSTEES

Sue Halstead - Chair & Safeguarding Advisor
Val Bowman - Treasurer
Sandra Furby - Training, Supervision, Fundraising
Sarah Ratcliffe - Legal & Patrons Program & GDPR
Sarah Blower - Research
Adele Hunter - Community Mental Health Advisor
Penny Heptonstall - Volunteer Representative & Health & Safety
Lesley Murphy - Volunteer Representative

STAFF TEAM

Maria O'Keeffe - Scheme Manager
Susan Deery - Family Support Coordinator
Katy McGarry - Family Support Coordinator
Eleanor Carswell - Administrator

PRINCIPAL ADVISORS

Home-Start UK

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T: 07519 976946
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@homestartyork1

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homestartyork

Home-Start York is a charity registered with the Charity Commission,
incorporated as a company limited by guarantee
Registered Company No: 09471420 Registered Charity No: 1161151

All images: © Home-Start York & HSUK

HOME-START YORK

England & Wales - Charity number 1161151

Accounts

HOME START York

Annual Report & Accounts

2022

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What is Home-Start York?

Home-Start York is an independent charity offering family focussed support to parents with pre-school children in York since 1988.

Providing a unique, in-home, volunteer-led service, Home-Start York fills a local community need by reaching some of the most vulnerable families in York as well as those who are simply finding parenting difficult due to stresses.

Our volunteers receive training to support with families with at least one child under 5 years old. Following a thorough needs assessment, families are matched with the volunteer best suited to help them meet their personal challenges.

Volunteers provide regular confidential support, guidance, and practical help to assist parents in giving their children the best possible start in life.

Our service aims to promote family resilience through early intervention, preventing difficulties escalating into crisis.

2021 - 2022

Total number of new referrals received	114
Number of families carried forward from previous year	33
Total number of families worked with this year	147
Total number of families received support	121
Number of families supported by home visiting volunteer	77
Number of families supported by group	35
Number of families supported by Big Hopes Big Futures	9
Families signposted - Home-Start support not required	26
Number of children 0-2	168
Number of children 3-5	81
Total number of children under 6 supported	249

Chair's Annual Report

I am delighted to report that the past year has been a time of general stability for the staff team and the trustees at Home-Start York, this has given us a great opportunity to re-establish home visiting and recruit new volunteers.

In March, however, we said 'goodbye' to Hilary Norris. Hilary has been our dedicated administrator for 21 years during which time she has calmly and efficiently manned the office, answered the phones, triumphed over new IT systems, and warmly supported the staff, trustees and volunteers. Hilary has seen many changes at Home-Start and has always responded with good humour and positivity. I know that the trustee board will join me in thanking Hilary for all that she has done and to wish her well in retirement.

In May we will also say goodbye to Graeme Dawson, who joined us for a year as fund-raiser. Graeme brought his good humour and lots of fund-raising ideas to the service. We are grateful for his contribution and wish him well for the future. Maria will continue the fund-raising efforts, focussing on building new funding relationships, and maintaining those with current grant holders.

The scheme continues to be ably managed by Maria and it has been delightful to see Susan and Jo, our Family Case Workers, settle into their roles and bring new ideas and enthusiasm to the team. Maria, Susan and Jo have now been joined in the office by Eleanor Carswell, who has taken over Hilary's role as our administrator. Previously a Home-Start volunteer, it is a pleasure to see how quickly Eleanor has established herself as a valuable member of the team.

The Trustee Board welcomed a new member to our board last year. Kate Smart brought a wealth of experience from the public health sector and had a special interest in pre-school children and community support for young parents. Sadly, Kate died very suddenly in August this year. Understandably this has been a shock to both the board members and the staff team. While we were only just getting to know Kate, she had already brought insight and fresh ideas, and we are grateful to have known her, even for such a short time.

We were delighted when Sarah Ratcliffe, who oversees policies and procedures for the trustee board, gave birth to a little boy last October. It is especially helpful to have a board member who is herself a mother to two small children as it reminds us all of the challenges and joys of early parenthood.

We remain fortunate that Val Bowman, our treasurer, keeps a careful overview of our finances and we appreciate the time and expertise she continues to bring to this role.

I personally receive a huge amount of support from Sandra Furby, our deputy chair, and I would like to take this opportunity to thank her for the time and expertise that she brings to Home-Start.

Sarah Blower, Adele Hunter, Penny Heptonstall and Lesley Murphy have joined the board within the last two years and I would like to thank them all for the generous amount of time they give, and the varied and valuable contributions they make.

We are pleased to have received continuation funding from York City Council and Vale of York Clinical Commissioning Group. Both services have experienced restructure, leading to an uncertain future for Home-Start's commissioned service. We remain hopeful that statutory services see the value of the service we offer, especially in terms of preventative work, which helps protect vulnerable families from needing their intervention.

The majority of our dedicated and enthusiastic volunteers have returned to home visiting and are enjoying spending time with children and families as they did before the pandemic. We are also fortunate to have new volunteers completing the prep course and joining the team. I would like to thank them all for their valuable commitment, and for the support they bring to the families we serve.

Which brings me to our families. Maria and the team have, as always, responded to the changing needs of the service. Firstly, by re-establishing group work with isolated and vulnerable parents and secondly, in embracing the Big Hopes Big Futures programme which is helping to support families to improve their children's readiness for starting school. This project has proved especially popular with our families, our volunteers and referrers such as pre-school providers and health visitors across the city.

Last year I wrote about the impact of the pandemic on the poorest and most disadvantaged members of society. Sadly, our families are now facing increasing fuel bills and rising food prices. I remain confident that Maria and the team will respond to these new challenges with their usual pragmatism, good will and compassion, and know that I speak for the trustees and all our Home-Start families when I express our gratitude for all that they do.

Susan Halstead
Chair
August 2022

Scheme Manager's Report

The year started with us welcoming Susan, Jo and Graeme into the staff team. We tentatively took this as an opportunity to head back to office-based working and to forge a strong, supportive team environment.

As Covid restrictions eased, we tested regularly and returned to risk-assessed home visits. Our volunteers provided families with a mix of walks and talks, phone calls and home visits, and throughout lockdown we ran well-attended Zoom drop-in support sessions for our volunteers - a useful resource for sharing information, experiences and asking questions.

In July we delivered the Prep Course training successfully for seven new volunteers, as well as updates for five telephone befrienders. All forty-one volunteers attended the Zoom safeguarding training and signed the HSY Code of conduct and GDPR permissions.

We were successful in our application to HSUK to roll out the Big Hopes Big Futures Programme. Funded through HSUK by The Masonic Foundation, the programme is designed to support children preparing for school or nursery. Jo Harry attended the two-day course in London and then rolled out the training, along with Susan, to nine volunteers who expressed an interest. This illustrates very clearly that people want to get involved in supporting early years children who have been so adversely affected by the pandemic.

Our group to support new parents, developed and run by Susan and Jo, started in October at Clifton Parish Church Hall, initially running for seven sessions with the same mums. Each week a topic was discussed, feelings shared, bonds and friendships created, and isolation and loneliness addressed, proving a huge success with parents and referrers. With funding, we can run a ten-week group programme, enabling more parents to attend and get much-needed support. Thank you to Alex and Georgia from York St John's University for helping each week.

As we developed the service, referrals were accepted for four support methods. Home Visiting, Group, telephone support & School Readiness. Each family referred is informed about the types of support during the initial home visit, and the Family Case Workers assess need to identify the most suitable support pathway.

It has been wonderful welcoming Lesley and Penny as Volunteer Representatives. Covid made it challenging to develop our ideas, but we hope that this coming year will bring hope and excitement with more face to face meetings and training.

In December we held an informal Christmas get together for volunteers, staff and trustees, which was delightful and much needed after the long period of lockdown. It was lovely to say thank you to everyone for what has been a great support during this year.

Maria O'Keeffe

In March we said goodbye, with a delicious afternoon tea event, to our wonderful Hilary who brought warmth, dedication and commitment to the Administrator role for twenty-one years. We wish her well for a long and happy retirement. As Eleanor picks up the baton, we warmly welcome her to Home-Start York and all she will bring to the role.

None of our work would be possible without the amazing contributions from our extremely dedicated volunteers, supportive trustees, and hard-working staff, who never fail to rise to any challenge thrown at them.

Well done everyone on another wonderful year.

Partnership Working

Home-Start York was invited to take part in the training for the use of Best Beginnings' Baby Buddy app - an interactive information and guidance app for new and expectant mothers. Ten volunteers, plus Jo and Susan, attended the Zoom session hosted by Best Beginnings. The app will be promoted to new parents to complement any face-to-face support they receive, and should be seen as an additional method of information gathering.

Maria attended a two-day, online training session on Perinatal Mental Health, facilitated by a Child Psychotherapist specialising in infant mental health. The session was supported by the Rayne Foundation via Home-Start UK, who are developing the idea of rolling out volunteer training.

We were invited to take part in the York Minister Christmas Tree Festival 2021. We created some decorations for our six-foot spruce and Maria, Lesley and Penny adorned the tree on 17 November. The festival ran from 18 Nov-6 Jan 2022 and was attended by many York residents, giving the city a lovely lift after lockdown.

© The Press in York

We have partnered with the NSPCC to promote their Look, Say, Sing, Play programme designed to promote the importance of speech, language and interaction between parent and child in those hugely important early years. Twenty-six of our volunteers attended an online session led by Helen at NSPCC, and have since used the resources in their work supporting families.

Big Hopes Big Futures

We began the Big Hopes Big Futures (BHBF) programme in September 2021 and have now trained sixteen volunteers to deliver the training to Home-Start families. The programme lasts 8-10 weeks and involves targeted interventions with children aged 5 and under, to prepare them for nursery or school.

The school readiness program is individual to the families as a response to early child development needs that are identified at initial visit. Presenting need from referrals has been varied, such as establishing routines, setting boundaries, speech and language development, toileting, and helping families to engage in early learning to prepare children to attend an education setting.

Volunteers and families have enjoyed the short term, solution focused approach to the support and have found the structure of the intervention a helpful way to work. We have encouraged a strengths-based approach of working with families as mirrored in the support offered through home visiting. Our volunteers encourage families to recognise what they are doing well, and foster an approach that empowers families to cope with the challenges of parenting.

Volunteers complete the Brief Early Skills & Support Index (BESSI) at the beginning and end of the intervention. We have found that in all the cases there is some element of improvement in the areas of concern initially identified.

The BESSI tool has been met with some criticism by volunteers who have not found the questions age appropriate, while not being able to decline to answer any questions has meant volunteers have had to make judgements and answer the questions on parents' behalf. Some children born during the pandemic have missed out on opportunities to socialise with other children, and families are naturally reticent and concerned about how their children will cope with other children of their age.

After the BHBF support period has ended, we have offered longer term home visiting support where needed. It is useful, therefore, to have more volunteers trained in the delivery of the project to enable us to offer continuing support where needed.

Babystart Group

A need was identified for parents with children up to two years of age to reconnect with others and build social and emotional confidence, due to the Covid pandemic. We created a group with the objective of bringing parents together to share information, knowledge and experiences in an informal way.

A seven-week programme was developed around themes such as play and development, emotional wellbeing, food and nutrition, and access to other services. Parents were invited to request themes and suggest their own, to make sure the sessions met their needs. In addition to 1:1 work with families, available volunteers also offered their time and expertise generously to support sessions in messy play, making sensory bottles, infant massage and story sacks, or simply as extra pairs of hands. We are very grateful for their time and positivity.

The fourth group is running over the summer period and we have tailored activities to the warmer weather including walks and picnics to introduce parents to new areas of the community. We were also fortunate to be invited to use the sensory room at the The Island, which our families really enjoyed. We hope this will be a regular event when they move to new premises in 2023. We are also exploring other exciting opportunities to work with public health to promote dental health in children at the group, as well as other potential key areas in the Autumn.

In addition to the minor illnesses routinely associated with this age group, we have had challenges with variable attendance due to Covid-related issues. In response, we extended the programme from seven to ten weeks to allow connections to develop more fully. This has been really welcomed by those attending and we have received very positive feedback about the friendships that now continue.

We plan to bring all the groups we have supported together for a Christmas party in December and look forward to catching up with familiar faces again, some of whom will now have had their first birthdays!

Our Volunteers

As always, we wish to thank these wonderful people, the volunteers who work tirelessly with Home-Start to support York families. Without their kindness and generosity, it would not happen.

Active volunteers in year 2021-22: 49
Adele, Alison, Alison, Angela, Ann, Cate, Cath, Diane, Eleanor, Elena, Freya, Glenys, Gill, Hannah, Hazel, Heidi, Jane, Jane, Janet, Jenny, Julia, Kate, Katherine, Kathy, Lesley, Lyn, Lynda, Mary, Melissa, Penny, Ruth, Sarah, Sue, Val, Wendy and Zephine.

After years of commitment to our service the following volunteers retired. With thanks to: Pat, Jen, Ann, Claire, Julia, Susan, Liz, Jo, Maggie, Sandra, Sarah and Wendy.

Feedback from our volunteers

It has been a real privilege, since starting volunteering for Home-Start last October, to be welcomed into the homes of different families in York. I have felt very humbled to witness some of the struggles that these young families face. We have laughed, cried, put the world to rights, but most importantly had fun. I am very thankful that I have been able to share some of my life experiences with these families and, hopefully, enable them to feel that they are able to cope with the challenges they face. Thank you Home-Start for giving me the opportunity.

As a very new volunteer not linked with a family yet, I would like to comment on the training and support. Both the basic training and the BHBF were delivered professionally in a supportive and friendly atmosphere. I found it particularly helpful hearing the experiences of established volunteers. As a bit of a technophobe, I have greatly appreciated the support I have received from Maria and Eleanor.

After giving telephone support to a family in lockdown, it's great to be home visiting. There is a lot more information when you see the family in person.

Charity Log has been frustrating, but staff are always there, patient and giving time to support to sort out any problems. Thanks to Maria for the recent Zoom session to resolve any challenges.

Jo and Susan are wonderfully supportive and great role models.

HSY staff are impressive. They model the values of the organisation consistently with warmth, understanding and good humour!

Family Feedback*

Home-Start have been such an amazing help to me, which in turn has helped me gain the support my son needs to help him moving forward. I can't thank them enough for everything they have done for me and my family.

Home-Start came into my life at a time when I had zero support and my self-esteem was at rock bottom. With their support I'm now in a much better position and coping much better. With their help I was put in touch with other appropriate agencies that have helped my son and helped me to understand his additional needs.

I will really miss having that positive presence around me and my family now my volunteer support has ended. She was amazing.

Our volunteer was such a lovely lady. She helped so much and in many ways. She was a positive person to reassure me and build up my confidence. She modelled good behaviour for my toddler and helped me with how to manage his behaviour. She was nonjudgmental and so reassuring with everything she helped us with.

It's given me the strength to make myself feel human again, to remember and enjoy parenting again and to not beat myself up about the little things. I've really enjoyed and appreciated all the help me and my children have had. Thank you all so much.

Having someone else listen and not judge and give a different approach to different situations really helped me. To be told you're doing a good job even though you felt like you're failing.The work the charity does is incredible, and I hope I can contribute to their fundraising efforts in the future.

My volunteer gave me a chance to work through my stress and anxiety. It was a way to offload but not feel judged. She gave me a sense of security and it helped me with routine-building. I'd always look forward to her visits. A really good experience.

She provided company and friendship when I knew no one, and chances for social interaction were limited. She was great.

She helped me with my daughters' tantrums, learning more about York and what it has to offer kids, general parenting techniques.

It helped to speak to someone who is not my friend or family. The volunteer highlighted how capable and hardworking I was, which I had completely disregarded about myself and had low self-esteem.

**All feedback edited and/or anonymised to protect families' identities*

Referrer Feedback

Feedback gathered from Early Help, Healthy Child team, Staff and Community Mental Health Team, IDAS & MASH

I am very grateful for all of the hard work and time these volunteers give to help some of our most vulnerable families. During the last 2 years your support has being so valued when there were no other services available to our families. Your volunteers are brilliant, and the rest of your staff team are always so accommodating and willing to liaise should this be needed. I will continue to recommend your service and the important part it plays in our families' lives. Thank you.

Unfortunately, over the past 10 years or so, investment for families has massively decreased and, as a consequence, a number of services have ceased. With the additional impact of COVID19 this has had a massive impact on families and services. Its great Home-Start has continued to be there for families.

Volunteers that I have encountered want to make a difference. They are warm, friendly, humorous, reassuring and willing to share their experience in support of equipping mums and their families.

Home-Start has been the only service that has continued to run for families for us to refer into. York has a lot to offer families but I feel it benefits those that are in a financial position to pay for it. Home-Start has consistently been a service there for some of the most vulnerable families.

Volunteers have been worth their weight in gold to many of the families I have been working with. They are much needed and greatly appreciated by all the families I have referred to them.

As a community Mental Health nurse with an interest in perinatal mental health and wellbeing, Home-Start is imperative in some instances to the development and growth of mums and their families. Often the women on my caseload have had ongoing mental health difficulties, have various traumatic backgrounds, and lack support from partners, families and friends. Home-Start helps these mums to meet other mums through groups or to get out of the house reducing social isolation.

Home-Start York provide an excellent service to support those lonely and isolated parents, enabling them to start believing in themselves and looking at the future in a more positive manner. It has allowed those reluctant to get out and about to make new contacts, improve their mental health and positively impact on parenting ability.

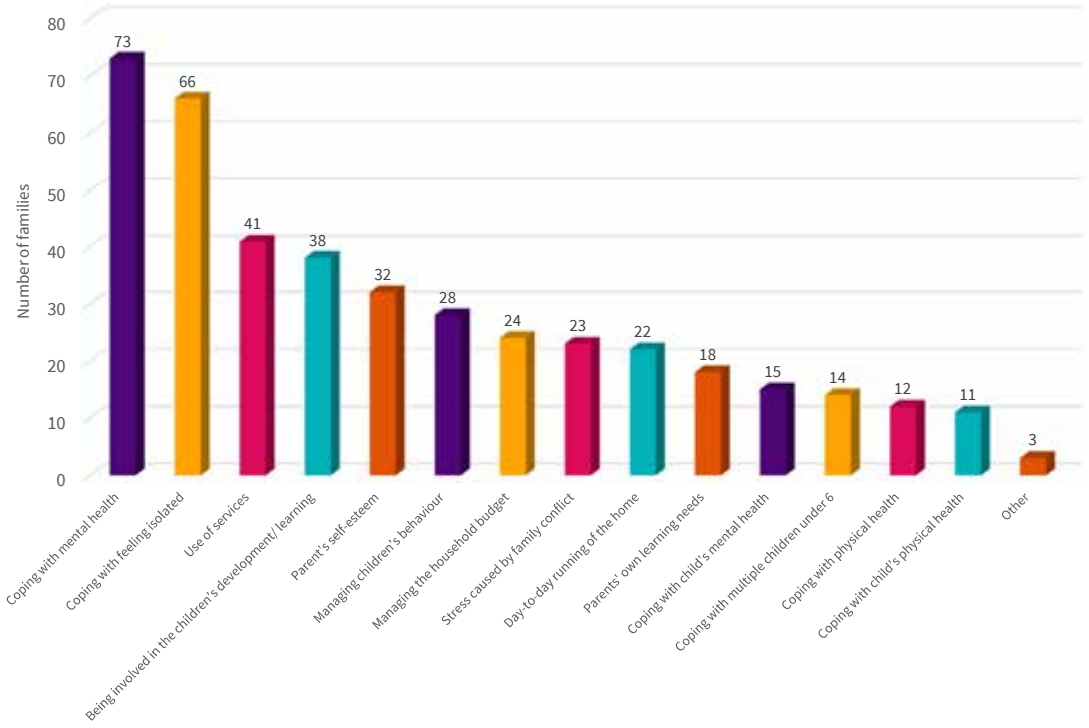
The volunteers build trusting relationships with women which is invaluable to some and they can play a significant role in supporting the parent with experiences that they might not be familiar with.

Over the years Home-Start have provided an excellent service to families in York, they are a valuable service, whether it be to support families in their own homes or signposting for support.

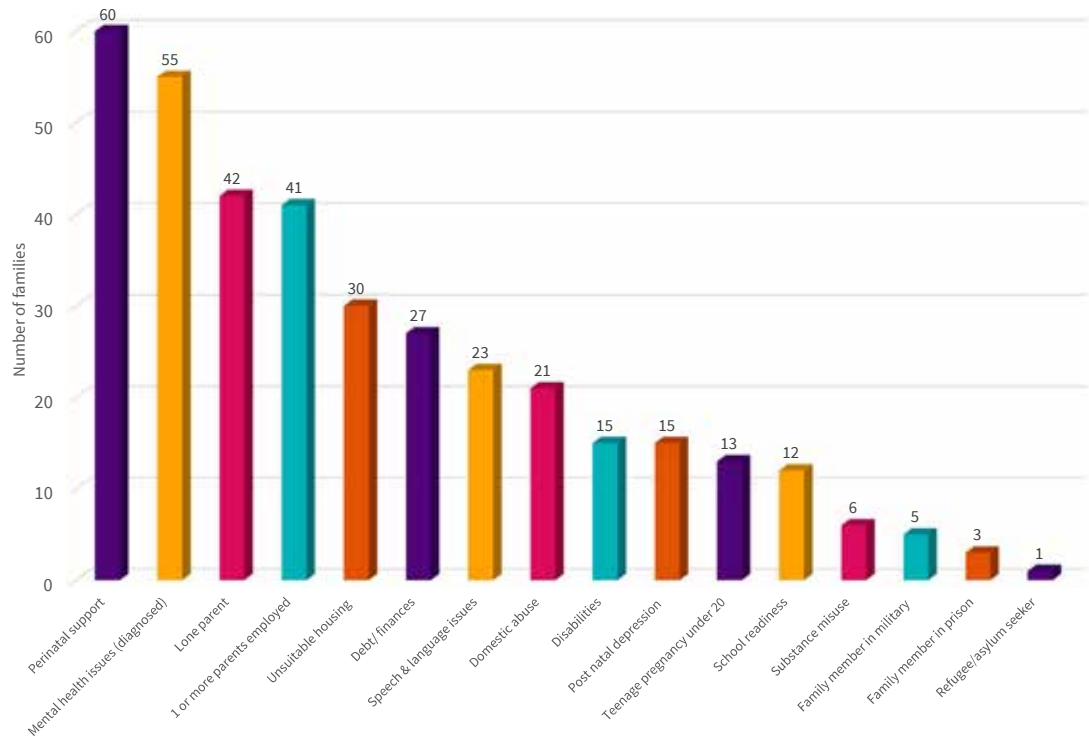
Home-Start is a fantastic service and much needed within the community. Easy to refer in, great website and friendly, experienced staff on hand to answer any questions.

This is such a valuable and vital service for families in our community at a time when there is such limited support for families with increasing high needs. The personal approach Home-Start take with families and their liaison work with professionals such as health visitors enables them to engage with hard to reach families and support parents who desperately need consistent parenting support, which is so difficult to find in other services. The practical and emotional support Home-Start provides to parents through their group and volunteer programmes is amazing, and the positive impact on health and social outcomes for parents and their children cannot be underestimated

Families' Needs Identified at Referral Stage



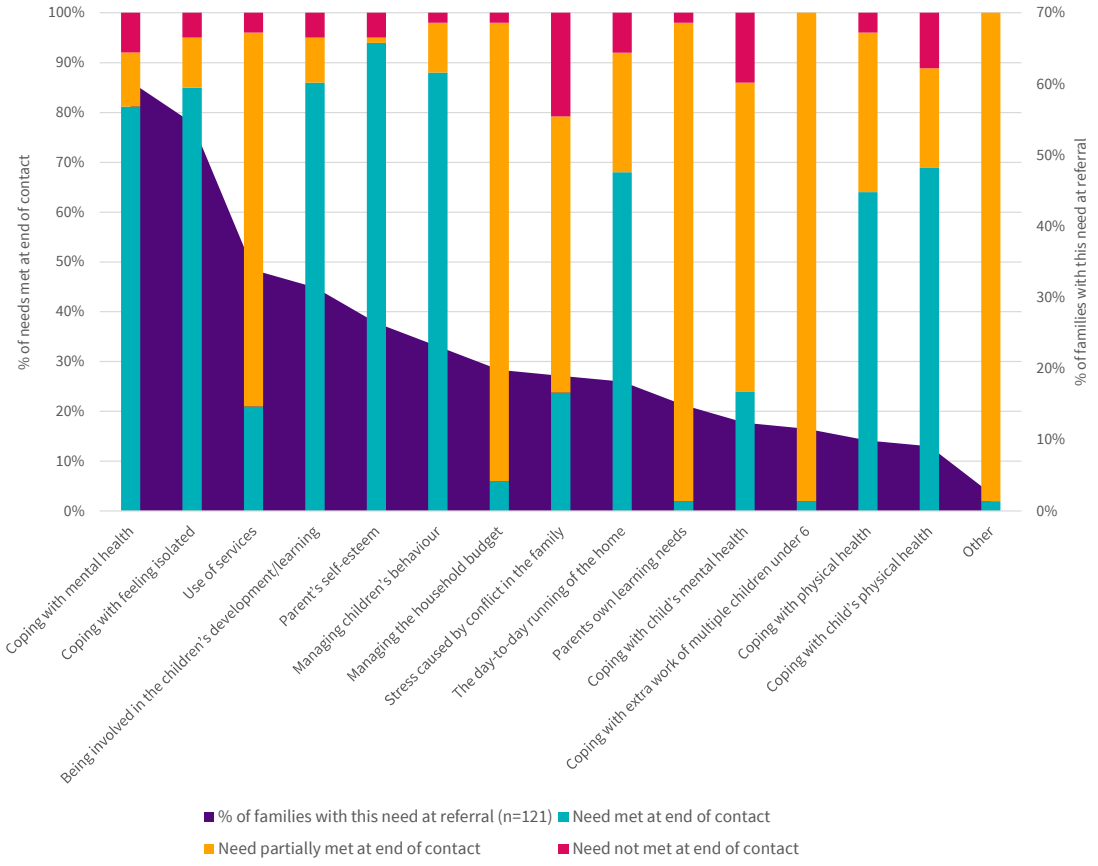
Families' Additional Needs Identified Following Referral



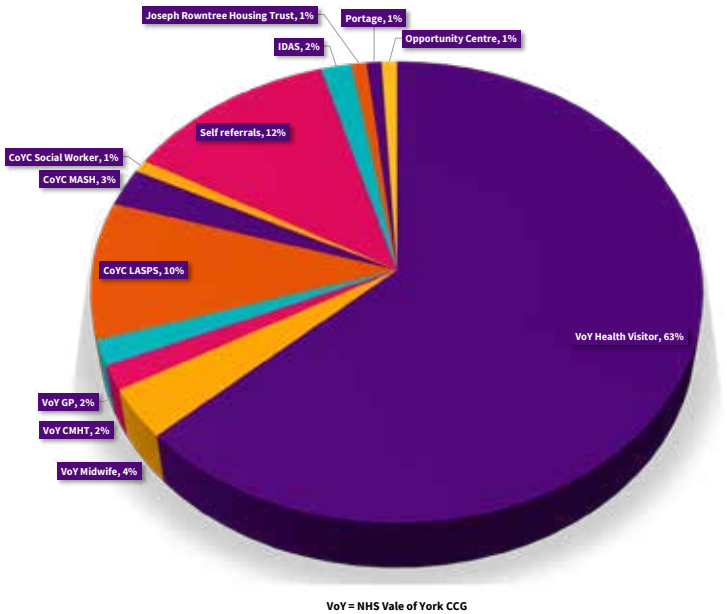
Based on 121 families sampled

Meeting Families' Needs

Based on 121 families at referral and 26 families where contact ceased in the year



Referral Sources



VoY = NHS Vale of York CCG
CoYC = City of York Council Local Area Teams Early Help Commissioned Service

Thank You to Our Sponsors and Supporters

We express our sincere gratitude to all our funders and donors this financial year. Without you, all the stories of change for individual families in York contained within this report just couldn't happen. You have changed lives, so thank you!

We were pleased at the end of the financial year to have secured the opportunity of match funding from The National Emergencies Trust's Coronavirus Appeal.

We ran our crowd-funding appeal and gained generous support from new and old donors, raising important core funds. This gave us the opportunity to promote the appeal and our service in The Press and on YO1 Radio. Thank you to all who supported us.

- Albert Hunt
- AM Fenton Trust
- Arnold Clark Community Fund
- BDW Trading Ltd
- Benenden Health
- Charles & Elsie Sykes Trust
- City of York Council
- Cottingham Charity Trust
- Gail Tams
- George A Moore Foundation
- Home-Start UK
- Jack Brunton Charitable Trust
- John Lewis and Partners
- Masonic Foundation
- Norman Collinson Charitable Trust
- Purey Cust Trust
- Rotary Club of York
- Sylvia & Colin Shepherd Charitable Trust
- Tina Funnell
- Two Ridings Community Foundation
- Vale of York Clinical Commissioning Group
- Whitwam Family Community Fund
- WL Pratt Charitable Trust
- York Children's Trust
- York Common Good Trust
- York CVS Ways to Wellbeing
- York Dispensary

Structure, Governance & Management

Home-Start York is a company limited by guarantee governed by its Memorandum and Articles of Association. It is a charity registered with the Charity Commission. Retiring and new trustees sharing Home-Start York's objectives are each year elected to the Trustee Board at an Annual General Meeting. The procedure for the induction and training of trustees follows carefully the policies and guidelines laid down by Home-Start UK, the national body for all Home-Start schemes.

The Trustee Board meets four times a year to agree on policies, budgets, to consider operational reports and to decide on future strategies. The staff are responsible to the Scheme Manager, who reports to the Board via the Chair and Deputy Chair. The volunteers' activities are supervised and monitored by the organisers.

In addition to its internal reports and the Annual Report, Home-Start York also issues reports on its performance and funding state to its two primary funders, the City of York Council and NHS Vale of York CCG. The Trustees review significant risks to the charity's continued operation regularly and ensure Home-Start UK's policies on risk mitigation are followed. The main risks are funding shortfalls, availability of suitable operating premises, and the personal safety of staff and volunteers.

Financial Review

RESERVES POLICY:

The Trustees aim to maintain an unrestricted reserve equivalent to at least 6 months' normal operating expenditure so that the core activities could continue through a period of unforeseen financial difficulty. In addition, a designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality were to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any significant contingent liabilities. All reserves are maintained in a readily realisable form. Funds materially in deficit: none.

FINANCIAL PERFORMANCE

Total incoming resources were £120,680 a decrease of £55,765 on the previous year due to the ending of the AFC Project and the cessation of funding available for COVID support.

The total resources expended were £123,532, a decrease of £9,667 on the previous year, the majority of which were savings in staffing costs due to the decision to change the way in which the charity is staffed and operated. The challenges faced over the year resulted in a deficit in income over expenditure of £2,852 in the year, which has reduced the general reserve balance, but this still covers approximately nine months of operational expenditure, a reasonable financial situation for a charity of our size. We intend to maintain our service above national and local expectations in future years and seek new funding for additional services but doing so may change our current balances. We have held our designated fund at last year's level after re-assessment of future costs, the potential liabilities that could arise on closure of the charity and continued difficulties in sourcing new funding as a result of the knock on effect of the Covid pandemic and the cost of living crisis in which the country finds itself.

RESTRICTED FUNDS

Restricted funds received or expended during the year are showing an ongoing surplus of £22,673, which reflects forward funding received towards Group for the year 22/23.

Val Bowman
Treasurer

Trustee Responsibilities in Relation to the Financial Statements

Company law requires the directors (trustees) to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for the year. In preparing those financial statements the directors (trustees) are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, or explain departures therefrom;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue on that basis.

The directors (trustees) are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities, as well as exercising proper financial controls. Members of the Board of Trustees, who are Directors for the purpose of company law, and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on the rear cover of this report.

DISCLOSURE

In accordance with company law, as the company's Directors, each of the Board of Trustees certifies that so far as they are aware:

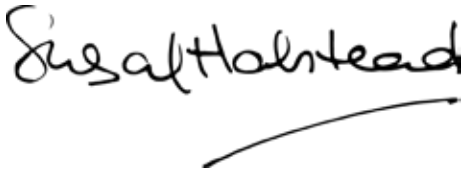
- There is no relevant information of which the charity's Independent Examiner is unaware;
- As Directors of the company they have taken the necessary steps to be aware of the information which would be relevant for independent examination purposes and have communicated such to the Independent Examiner.

EXEMPTIONS

The trustees have taken advantage of the exemption available to small companies, including the audit exemption (as detailed in Note 1.2 to the financial statements).

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the Board of Trustees



Susan Halstead
Chair
22nd August 2022

Statement of Financial Activities for the Year Ended 31st March 2022

	Note	Unrestricted Funds £	Designated Fund £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
INCOME FROM:						
Donations and Grants	3	94,993		25,580	120,573	130,963
Armed Forces Covenant Project	3					41,106
Other Projects	3					4,000
Investment Income	3	107			107	376
Total Income		95,100		25,580	120,680	176,445
RESOURCES EXPENDED:						
Raising funds	4	12,580		317	12,897	22,951
Charitable activities	4	95,327		15,308	110,635	110,248
Total Resources Expended		107,907		15,625	123,532	133,199
Net Income/(Expenditure)		(12,807)		9,955	(2,852)	43,246
Funds brought forward		111,239	37,000	17,078	165,317	122,071
Transfers between Funds		4,360		(4,360)		
Total funds carried forward		102,792	37,000	22,673	162,465	165,317

Balance Sheet as at 31st March 2022

	Note	2022 £	2022 £	2021 £	2021 £
Fixed Assets:			Nil		Nil
Current Assets:					
Debtors and Prepayments	6			564	
Cash in hand		60		138	
Cash at Bank		162,913		164,941	
			162,973		165,643
Liabilities: Amounts falling due within one year					
Creditors and accruals	7	(508)		(326)	
Net Current Assets			162,465		165,317
Total Net Assets			162,465		165,317
Represented by:					
Funds					
Unrestricted Fund	8		102,792		111,239
Designated Fund	8		37,000		37,000
Restricted Funds	8		22,673		17,078
			162,465		165,317

Dated: 22nd August 2022 Susan Halstead, Chair For and on behalf of Home-Start York

All of the charity's operations are classed as continuing. There are no recognised gains or losses other than those stated above. The notes to the accounts on pages 19-21 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31st March 2022

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2015) and with Accounting Standards.

Exemptions

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

ACCOUNTING POLICIES

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when: The charity becomes entitled to the resources. Receipt of the resources is probable, and the monetary value can be measured with sufficient reliability. When incoming resources have related expenditure the incoming resources and related expenditure are reported gross in the SoFA. Grants and Donations are only included in the SoFA when the charity has unconditional entitlement to the resources, Investment income is included in the SoFA when receivable

Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources, using the accruals basis.

Assets

Relevant expenditure is capitalised if an asset can be used for more than one year and cost at least £150 including VAT.
Depreciation is provided on all tangible assets at rates calculated to write off the cost of each asset over its expected useful life, as follows:
Office equipment - 20% Straight line basis

INCOME

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	2022 Total Funds £	Unrestricted Funds 2021	Restricted Funds 2021	2021 Total Funds £
Donations and Grants:						
City of York Council grant	19,817		19,817	14,863		14,863
Vale of York C.C.G. (N.H.S.) grant	15,387		15,387	15,387		15,387
Donations from Trusts	52,146	25,580	77,726	76,652	16,000	92,652
Armed Forces Covenant Project					41,106	41,106
Other Projects					4,000	4,000
Other Donations	7,643		7,643	8,061		8,061
	94,993	25,580	120,573	114,963	61,106	176,069
Trading Activities:						
Events						
Investment Income:						
Bank and Deposit Account Interest	107		107	376		376
Total incoming resources	95,100	25,580	120,680	115,339	61,106	176,445

RESOURCES EXPENDED

2022	Raising Funds			Charitable Activities			2022
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs	12,364	317	12,681	72,924	11,661	84,585	97,266
Staff other costs				1,105	24	1,129	1,129
Volunteer costs				1,946	365	2,311	2,311
Family Activities				993	341	1,334	1,334
Office & premises running costs				18,359	2,917	21,276	21,276
Fundraising and A.G.M. costs	216		216				216
Depreciation							
Total resources expended	12,580	317	12,897	95,327	15,308	110,635	123,532

2021	Raising Funds			Charitable Activities			2021
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs	18,154	2,500	20,654	45,038	43,756	88,794	109,448
Staff other costs				240	467	707	707
Volunteer costs				230	133	363	363
Family Activities				1,764	1,169	2,933	2,933
Office & premises running costs	1,474	607	2,081	7,741	9,509	17,250	19,331
Fundraising and A.G.M. costs	130	86	216	121	81	202	418
Depreciation							
Total resources expended	19,758	3,193	22,951	55,133	55,115	110,248	133,199

Trustees expenses

No Trustee received remuneration for services rendered during the year, trustees' out of pocket expenses to the value of £444.98 reimbursed.

Independent Examiners' fees	2022	2021
For reporting on the financial statements	320	300

Notes to the Financial Statements for the Year Ended 31st March 2022

PAID EMPLOYEES

	2022	2021
Staff Costs		
Gross salaries and benefits in kind	88,537	98,267
Employer National Insurance	2,174	3,485
Employer pension contribution	6,555	7,696
Total staff costs	97,266	109,448
Full-time equivalent employees		
Average number of full-time equivalent employees in the year	3.25	4
Working in Charitable activities	2.75	3
Working in Fundraising activities	0.5	1

Pension arrangements

Staff may elect to join a pension scheme operated with The Pensions Trust. The scheme is a contracted-in occupational money purchase plan, currently growth plan 4. There is a contingent liability in relation to the guaranteed element of pension entitlement up to October 2001.

The cost of the scheme to the charity in the year	2,028	2,897

DEBTORS

HMRC CJRS Claim		564

CREDITORS AND ACCRUALS

Independent Examination	320	300
Volunteers' expenses	80	26
Group running costs	108	
	508	326

DETAILS OF FUNDS

Funds held

Endowment Funds:

There were no such funds held during the year.

Restricted Funds: Funds held during the year were;

Armed Forces Covenant: Restricted fund to be used to support military families. Grant awarded for a period of three years. Remaining funds were transferred to unrestricted funds due to AFC not requesting refund of surplus monies

Young Parents Groups Acomb, Heworth & Clifton: Funding was previously obtained from local area wards and other sources. Further funds for the continuation of Group were contributed to by grants from York CVS, Benenden Health Group, City of York Council and CCG Perinatal Group.

Technology Fund: Grant funded by HSUK in order to purchase technology equipment for key team members.

Big Hopes Big Futures: Grants were made to this project by HSUK.

Red Cross Loneliness Fund: Deficit in fund from previous year was transferred to unrestricted

BHA: Small surplus in fund was transferred to unrestricted funds

Charity Log: Surplus in fund was transferred to unrestricted funds and put towards ongoing running costs of Charity Log system, which was funded from core monies in 2021

A designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality was to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any other significant contingent liabilities.

Movement of funds

	Balance B'fwd	Incoming Resources	Outgoing Resources	Transfers	Total Funds
Unrestricted Fund					
General Funds	111,239	95,100	107,907	4,360	102,792
Restricted					
Armed Forces Covenant	4,326			(4,326)	
Red Cross Loneliness Project	(76)			76	
BHA	58			(58)	
Young Parents Acomb	769		769		
Young Parents Heworth	3,462		3,462		
Charity Log	52			(52)	
Young Parents Clifton	7,611	22,205	7,146		22670
BHBF		3,375	3,373		2
Technology	875		875		
	17,078	25,580	15,625	(4,360)	22,673
Designated Fund	37,000				37,000
Closing balance	165,317	120,680	123,532		162,465

Notes to the Financial Statements for the Year Ended 31st March 2022

NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Designated	Total
Balances as at 31st March 2022				
Current Assets	103,192	22,781	37,000	162,973
Current Liabilities	(400)	(108)		(508)
	102,792	22,673	37,000	162,465
Balances as at 31st March 2021				
Current Assets	111,565	17,078	37,000	165,643
Current Liabilities	(326)	0		(326)
	111,239	17,078	37,000	165,317

CONTINGENT LIABILITIES

There is a contingent liability of £2,028 (2021 - £2,897) relating to the pension scheme, which would fall due to the scheme provider if Home-Start York had no members in the scheme. The amount of the liability is as advised by the Pensions Trust following their latest Scheme Valuation. The charity also has a leasing agreement for the supply of telephone equipment and telephone services for a period of seven years from April 2018 giving a contingent liability of £2,492 (2021 - £3,456).

THE HOME-START YORK STAFF TEAM - 2021/2022

HOME-START YORK
Charity Number: 1161151

Independent Examiner's Report to the Trustees

I report on the accounts of Home-Start York for the year ended 31st March 2022, which are set out on pages 18 - 21.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with these records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 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

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.

22nd September 2022

Jeff Todd FCA
Outsource Independent Examination Service
The Hiscox Building
Peasholme Green
York
YO1 7PR

PRESIDENT
The Rt Revd Dr Jonathan Frost, Dean of York

VICE PRESIDENT
Richard Baldwin

PATRONS
Alison Baldwin
Barbara Cooke
Ron Cooke
Sallie Gray
Sally Kirk Walker
David Miller
Prof Kate Pickett
Gail Tams

DIRECTORS & TRUSTEES
Sue Halstead - Chair and Safeguarding Advisor
Sarah Blower - Research
Val Bowman - Treasurer
Sandra Furby - Training, Supervision, Fundraising
Penny Heptonstall - Volunteer Representative
Adele Hunter - Community Mental Health Advisor & Volunteer
Lesley Murphy - Volunteer Representative
Sarah Ratcliffe - Legal & Patrons Programme, and GDPR
Kate Smart - Trustee

STAFF TEAM
Maria O'Keeffe - Scheme Manager
Susan Deery - Family Support Coordinator
Jo Harry - Family Support Coordinator
Graeme Dawson - Trusts & Grants Fundraiser 21/22
Hilary Norris - Administrator - Retired April 2022
Eleanor Carswell - Administrator - Appointed April 2022

PRINCIPAL ADVISORS
Home-Start UK

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The Gatehouse, 49 Cemetery Road, York, YO10 5AJ

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Home-Start York is a charity registered with the Charity Commissioner, incorporated as a company limited by guarantee

Registered Company Number: 09471420 Registered Charity Number: 1161151

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HOME-START YORK

England & Wales - Charity number 1161151

Accounts

HOME START

York

Annual Report & Accounts

2021

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What is Home-Start York?

Home-Start York is a charity that has offered focussed family support and friendship to parents with young children in York since 1988. Providing a unique, in-home, volunteer-led service, Home-Start York fills a local community need by reaching hard-to-engage, vulnerable families who may be unwilling or unable to access other agencies.

Our volunteers (all parents themselves) are trained to work with stressed families with at least one child under 6 years old. Following a thorough needs assessment, families are matched with the volunteer best suited to help them meet their unique challenges.

Image: Freepik.com

Volunteers provide regular confidential support, friendship and practical help to support parents in giving their children the best start in life. Our service aims to promote family resilience through early intervention, and to stop difficulties escalating into crisis or breakdown.

Volunteers, staff and trustees all live in the local area and understand local needs and circumstances.

Chair's Annual Report

2020/21 has seen a lot of personnel changes at Home-Start York. Nevertheless, our remarkable staff and volunteers have continued to support families across York with creativity and dedication, in lockdown or out. I know the rest of the trustees join me in being hugely grateful to them all.

David Miller resigned as chair of trustees at Home-Start York last October, and I replaced him as the Chair at that time, ably assisted by Sandra Furby as Deputy Chair. I want to acknowledge the enormous contribution that David made during his time with us. He left Home-Start York with a comfortable financial reserve which has been invaluable during the past months. David not only entertained us, most especially as the Circus Ring Master, but also embedded new processes and procedures to meet the challenges of the coming years.

Sadly, we also said goodbye to Barbara Cooke who had been a Home-Start York Trustee for many years. I am thankful that she contributed significantly to the service both practically (great soup!) and with her calmness and attention to detail in overseeing our policies and procedures. We wish her a very happy retirement.

We also said good bye to Georgina Langstaff and Sarwat Shah who both resigned from the trustees last year and I would like to take this opportunity to thank them for their contribution and support.

We have also said goodbye to three staff members this year; Debs Hilton has retired from her role as a Family Case Worker after seven years and she will be remembered by us all for her enthusiasm and commitment to Home-Start children and families. Sophie Metcalfe has also moved on, having taken the role of our first paid fundraiser. She has left us with a healthy bank balance and an extensive address book of both current and potential donors.

Beth Cairns' temporary role working with our groups and supporting Sophie with social media and fundraising came to an end in March 2021. Beth helped to bring student volunteers into the service both to assist with delivering the loneliness project and also to help obtain feedback from our families during the pandemic.

During these many changes I have continued to be hugely grateful for the dedication and on occasion, stoicism, of Maria O'Keeffe and Hilary Norris, who have continued in their roles and cheerfully filled the gaps whenever it was needed.

We are delighted to welcome Susan Deery and Jo Harry as new Family Case Workers, who despite only having been in post a short time have made strong connections with our volunteers and families and are bringing new ideas and a fresh approach to the role.

Image: Carlos Magno, Unsplash

We are also very pleased to have recruited Graeme Dawson as our new fundraiser and he is working with Sandra Furby to re-establish connections with our donors and to ensure that we can continue with our work.

The trustee board has also recruited four new members; Adele Hunter has been a Home-Start volunteer and has a background in adult mental health. Penny Heptonstall and Lesley Murphy have both been volunteers for many years and have joined the trustee board as Volunteer Representatives, as such they have already begun to build relationships with our volunteers and to support them to share good practice and ideas. Dr Sarah Blower is a research fellow at the University of York with a special interest in child mental health and the emotional, social and behavioural wellbeing of children. We have already benefited from the insight and experience that they have shared with us.

I remain incredibly grateful to the rest of our trustees, Val Bowman who is our much-valued treasurer. Sandra Furby is our Deputy Chair and brings experience in fundraising and human resources as well as being a great listening ear and Sarah Ratcliffe whose legal expertise is invaluable and who has oversight of our policies and our patrons. Thank you to you all.

I must of course also remember our Home-Start families. In writing this I read through the last two annual reports and note that David Miller commented in 2019 that it had been a 'memorable year'…. as indeed has 2020/21! Inevitably the restrictions and complexities of the pandemic have the greatest impact on the poorest and most disadvantaged in society, and the increases in child poverty and domestic abuse have been well documented. Our families continue to need and value the support that we give, and have been grateful for the adaptations we have made in order to keep in touch with them.

Susan Halstead
Chair
August 2021

Image: Ashton Bingham, Unsplash

Scheme Manager's Report

This year's report starts in a year presenting a challenging time for the world. The COVID-19 pandemic forced the country into lockdown on 23rd March 2020 and prevented human contact as we knew it.

Home-Start York, faced with this challenge, stepped up and a new way of working began. Staff were provided with laptops and phones to allow them to work from home and us all to communicate effectively with each other, the families, volunteers, our community partners, and funders. We all watched the daily government announcements hoping the return to normality wasn't too far away, unaware that we had a long road ahead.

Volunteers were supported and provided with written guidance to move safely to telephone befriending and our group work moved seamlessly from libraries to Zoom. Young mums attended weekly Zoom calls to share ideas, get support and see friendly faces. WhatsApp groups were set up for sharing information, resources, and ideas for families – all providing a great way to stay in touch and provide a link between staff and volunteers.

Over the summer months, we saw restrictions ease and the development of "Walk & Talk". Volunteers could help families get out of the house and meet in small groups of six. As part of our Armed Forces Covenant agreement, our Family Case Worker met weekly with military mums, who found themselves further isolated, away from families and local support networks. Our Group Worker arranged mums' meet ups in parks and on Zoom, providing sessions each week with the aim to reduce isolation and loneliness. Story time, and a session from Bloom and Bond Baby Massage proved a great hit.

Funding enabled us to provide training to our existing volunteers and recruit and train nine additional telephone support volunteers, growing our team to 46. In August, Lesley Murphy and a friend kindly provided us with a wonderful concert, live-streamed to our homes, in aid of Refugee Action York and Home-Start York. It was a delightful Sunday afternoon enjoying lovely music and fantastic singing with Lesley's gorgeous garden and glorious weather to top it off!!

Winter came, as the nation went back into lockdown and, once again, we had to adapt to supporting families by phone and video calls. Families were struggling, and the novelty of home schooling was wearing thin. Home-Start York continued to be there for families and give them support, encouragement and, on occasions, a light at the end of the tunnel.

The work of Home-Start York would not be possible without the generous support of local organisations, trusts and individuals in giving funds, quilts, toys, technology, masks, equipment and necessary items for our families in need. We are very grateful.

A special thank you for the commitment of our wonderful volunteers, without whom Home-Start York just would not exist. An enormous thank you to all our Staff, Trustees and Patrons. This year has been tough for everyone affected by this pandemic. We all worked remarkably hard and kept Home-Start York going, and of that I am very proud.

Finally… thank you to our families for your strength and willingness to let us into your homes, be alongside you with your children and be part of your amazing parenting journey. We are here for you and the future parents who need us.

Maria O'Keeffe

Partnership Working

We have continued our strong track record of partnership working with key Health and Social Care, voluntary sector and community teams and early years professionals. Home-Start York sits on Early Help panels, attends Family Early Help Assessment meetings, and we are also active members of other community infrastructure groups in York.

In the presence of COVID-19 we utilised our links with partner organisations including the food banks and Little Helping Hands to provide reactive support to our families most in need. Volunteers got involved, collecting City of York Council Rapid Response food parcels from New Earswick Folk Hall, to take to families in need. Staff worked with food banks and local initiatives across the city to ensure no families went hungry.

Our families continued to benefit over the Christmas period as Home-Start UK gave us the great news that John Lewis & Partners were supporting Home-Starts with their Christmas campaign, "Give a Little Love". The local John Lewis at Vangarde and Waitrose, Foss Bank kindly donated goody bags, toys and clothes and we delivered over 50 bags to our families as a great big Merry Christmas treat.

Our military mums were given goody bags and in turn donated special hampers for some Home-Start families most in need. This was a lovely gesture and showed us how communities can come together to support each other.

Rotary York Ainsty donated their beautiful handmade masks which we delivered to all of our families and volunteers with activities and chocolate. They also kindly presented Home-Start York with a Community Citation Award in appreciation of "our outstanding work in mitigating the effects of the global pandemic through community support, activities and making York a safer place to live".

We gratefully received 50 reconditioned Samsung tablets for families, allowing them to access the internet and socially interact via video communication. This enabled our mums to join local parenting classes, our group and be more involved in their school-aged childrens' learning.

Students from York St John University joined the groups to gain experience and have since worked to produce an independent evaluation for all the families supported. This will help us to gain an understanding of the effects the pandemic has had on parents. This vital information will shape our service going forward and allow us to look at the development of a School Readiness Programme and a New Parents Group for first time mums who have been affected by the pandemic.

We have been extremely fortunate to receive essential funds from City of York Council, Vale of York NHS Clinical Commissioning Group, Armed Forces Covenant Fund, local and national trust funders, and individuals to enable us to continue our vital work with families. Thank you each and every one for the generous consideration you have shown to Home-Start York.

Our Volunteers

As always, we thank these wonderful people, the volunteers who work tirelessly with Home-Start to support York families. Without their kindness and generosity, it would not happen.

Sandra*, Gill, Sylvia*, Claire, Alison, Glenys, Alison, Mary, Eleanor, Cate, Susan, Lynda, Jo, Ann, Melissa*, Gwen*, Maggie, Jen, Wendy, Penny, Julia, Bethany*, Angela*, Adele, Katherine, Hazel, Wendy, Georgina*, Julia, Janet, Ann, Sue, Elena, Sarah, Lesley, Linda, Lyn, Pat, Sandra, Cath, Ruth, Zephine, Diane, Heidi, Jayne, Sarah

Some of their feedback on volunteering with Home-Start York during the year:

I felt the continued link with my families was very worthwhile although so different to home visits. However, I think the children really missed out as the nearest thing I had to personal interaction with children was a couple of FaceTime calls. I am sure the phone calls helped to limit parental loneliness and were a useful opportunity to identify some signposting needs. The greatest joy was seeing the families face to face when delivering Christmas presents and much needed new baby equipment for a premature baby, tears of relief all round!

Home-Start York were great during the pandemic and shifted to supporting families remotely very quickly. Having non statutory body lifeline for families in need was great.

Support for volunteers has been good including Zoom calls and WhatsApp groups. It has been different supporting families through Zoom and phone call rather than in person although it has been easier now that we can met for walks.

I found telephone support calls difficult and I am pleased to be getting back to supporting families in the home and engaging with parents and their children face to face. The guidelines that have been put in place for home visiting are very clear.

The arrangements during the pandemic were excellent. I walked at a social distance with my H-S mum and Deb was on the end of a phone for advice. WhatsApp was a godsend.

The Zoom calls with volunteers have been useful for hearing how other volunteers have managed during telephone support. It is good to hear hints and tips from other volunteers.

Families where contact has been positive have been an enriching experience for both family and volunteer. For me it has been rewarding to see one family become confident in parenting skills and looking forward to their future with much more hope and independence. That is what makes my role feel worthwhile.

Families who have moved into the York area during the pandemic have not been able to meet with other parents and thus have been even more isolated. It has been necessary to continue supporting the family for much longer as it has not been possible to go to parenting groups, other than virtually.

Thanks to Home-Start staff for continuing so effectively in these difficult times.

Online training for new volunteers worked well in January and May. It has been a bit daunting starting with phone support and then moving to garden chats and walks as restrictions lift.

Meaningful relationships have taken longer to develop by phone calls alone. For some families, this means contact has been too difficult and they have not continued.

As a volunteer I found that where families have been struggling with complex situations, it has been so hard to help them find their own network of relationships.

** Retired during the year 2020-21*

Family Feedback*

I felt it helped to speak to someone who isn't my friend or family. When I spoke to [the volunteer] I felt she highlighted how capable I am and how hard I work which I completely disregarded about myself and therefore had low self-esteem.

My volunteer was so kind, she listened to be concerns but never made me feel stupid or silly for feeling afraid. It was lovely when we met in the summer as she had been such a help to me.

They were always there and willing to help wherever they could even during difficult times in the pandemic.

Home-Start are great I can't praise their work enough. I love that I could have a call from someone, it literally made my week in lockdown.

I really struggled with my baby as she was born in lockdown. Not being able to have my family or friends visits absolutely destroyed my confidence so when I was referred to Home-Start by my health visitor it really gave me hope. The lady who supported me each week was so kind and patient. She really listened so I didn't feel so alone.

I will forever be grateful for the help I received from Home-Start. Maria is absolutely wonderful. She really took the time to get to know me, so that she could find the perfect volunteer for me, she was sympathetic to my situation, and I felt really supported by her throughout my whole time with the charity. The work the charity does is incredible, and I hope I can contribute to their fundraising efforts in the future.

**All feedback edited and anonymised to protect families' identities*

Feedback on Support Delivered During COVID-19

We supported 96 families this year, of which 29 responded to our independent evaluation survey, conducted by students from York St John University.

Out of a total of 29 responses from mothers who have received some sort of support from Home-Start York during lockdown:

- 100% of people would recommend Home-Start York to other parents
- 86% graded support received from Home-Start York at the highest level
- Only one person felt that there was room for improvement regarding the support received
- 79% recognised that their lives improved with support
- 25 out of 29 stated that the support benefited others as well as themselves

Direct comments

“Home-Start were amazing and really helped me during a difficult time having multiples born in lockdown”

“I became more in charge”

“I have already told friends about how great it is”

“Group became my second family”

“I don’t know what I would have done without this support”

“A really positive experience”

“I was a calmer mother as a result of having support”

Overall, support provided by Home-Start York has been recognised as being positive and has helped many individuals throughout the lockdown period. The continuation of support has been beneficial to many, with much appreciation evident in the feedback given. Home-Start York will strive to continue providing amazing support to many individuals.

Report conducted by students of York St John University - Alex, Kristee, Georgia & Sarah. Thank you all for your contribution.

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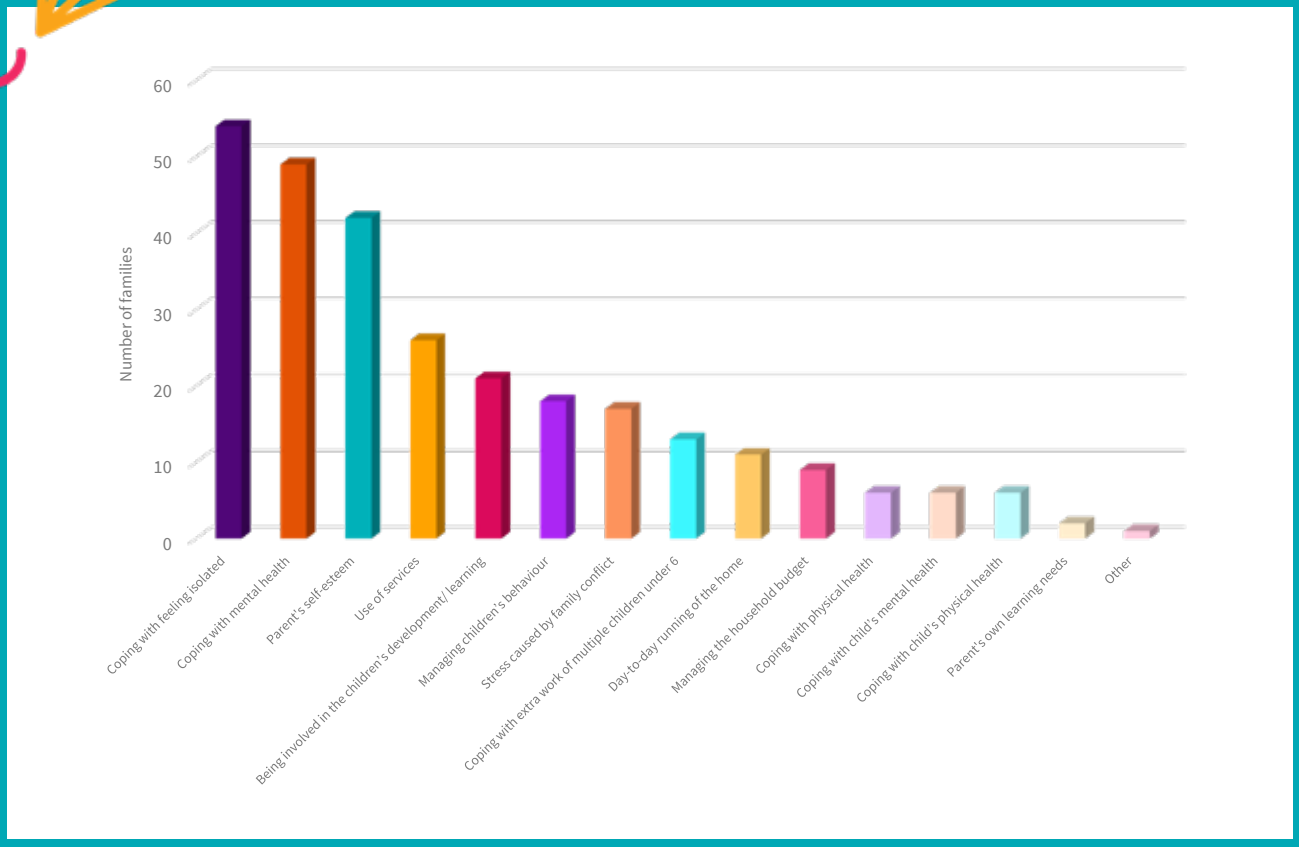
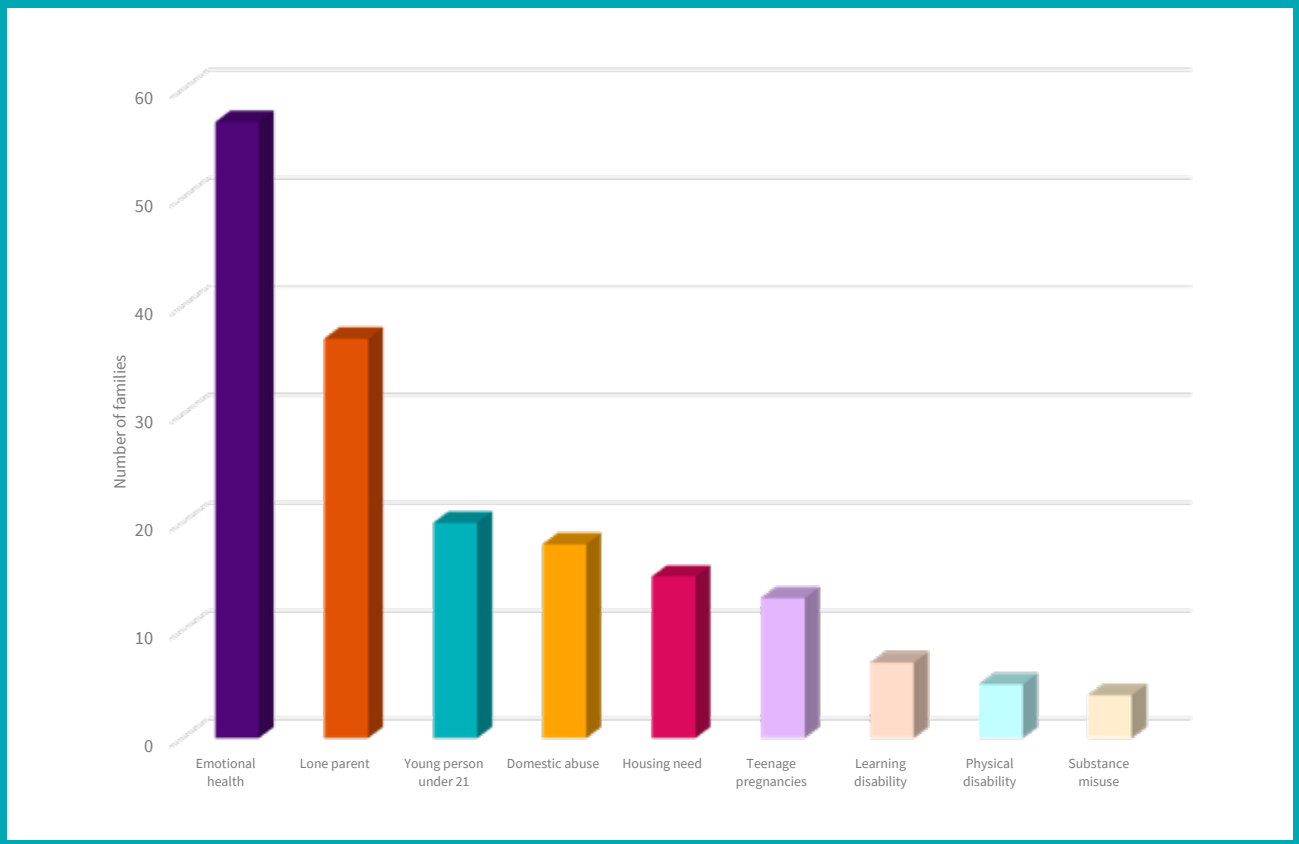
Families' Needs Identified at Referral Stage



Families' Additional Needs Identified Following Referral

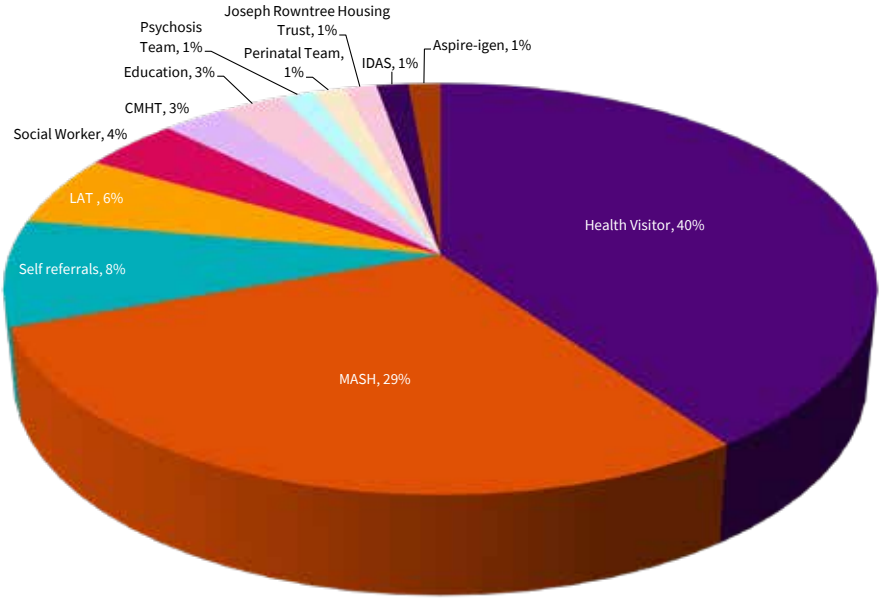


Based on 72 families sampled

Meeting Families' Needs

Based on 72 families at referral and 34 families where contact ceased in the year

Referral Sources



Thank You to our Sponsors and Supporters

Th

Thanks to our funders and donors - and all who gave anonymously - without whom our work would not be possible:

- Age Partnership Foundation
- Amazon Smile
- Armed Forces Covenant Fund
- City of York Council commissioned services and ward committees
- Ed De Nunzio Charitable Trust
- Enterprise Rent-A-Car UK Ltd
- Tina Funnell
- Government Loneliness COVID-19 Fund, administered by Home-Start UK
- Government funding through the Coronavirus Community Support Fund, administered by The National Lottery Community Fund
- Holbeck Charitable Trust
- Home-Start UK
- Howden Joinery
- John Lewis Partnership – and their local John Lewis & Partners and Waitrose & Partners stores
- Joseph Rowntree Housing Trust Committee
- NHS Vale of York CCG
- Persimmon
- Sir Jules Thorn Charitable Trust
- St Edward the Confessor Church, Dringhouses
- Tang Hall Big Local
- Gail Tamms
- The Albert Hunt Trust
- The Brelms Trust
- The Holbeck Charitable Trust
- The Liz and Terry Bramall Foundation
- The Lord Mayors of York's Charity of the Year fundraising
- The National Lottery Community Fund
- The Norman Collinson Charitable Trust
- In memory of Joyce Thompson
- TSYS staff
- Two Ridings Community Foundation
- University of York
- York Children's Trust
- York Common Good Trust
- York Rotary

image: standard images licensed

Structure, Governance & Management

Home-Start York is a company limited by guarantee governed by its Memorandum and Articles of Association. It is a charity registered with the Charity Commission. Retiring and new trustees sharing Home-Start York's objectives are each year elected to the Trustee Board at an Annual General Meeting. The procedure for the induction and training of trustees follows carefully the policies and guidelines laid down by Home-Start UK, the national body for all Home-Start schemes.

The Trustee Board meets six times a year to agree on policies, budgets, to consider operational reports and to decide on future strategies. The staff are responsible to the Scheme Manager, who reports to the Board via the Chair and Deputy Chair. The volunteers' activities are supervised and monitored by the organisers.

In addition to its internal reports and the Annual Report, Home-Start York also issues reports on its performance and funding state to its two primary funders, the City of York Council and NHS Vale of York CCG. The Trustees review significant risks to the charity's continued operation regularly and ensure Home-Start UK's policies on risk mitigation are followed. The main risks are funding shortfalls, availability of suitable operating premises, and the personal safety of staff and volunteers.

Financial Review

RESERVES POLICY:

The Trustees aim to maintain an unrestricted reserve equivalent to at least 6 months' normal operating expenditure so that the core activities could continue through a period of unforeseen financial difficulty. In addition, a designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality were to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any significant contingent liabilities. All reserves are maintained in a readily realisable form. Funds materially in deficit: none.

FINANCIAL PERFORMANCE:

Home-Start York's total incoming resources were £176,445 an increase of £27,340 on the previous year due to better income from Home-Start UK, Trusts and the AFC Project.

The total resources expended were £133,199, an increase of £7,649 on the previous year, the majority of which was staffing costs. This increase was despite reductions in some expenditure areas due to the change in service provision due to COVID-19 restrictions. Despite the challenging year, there was a surplus of income over expenditure of £43,246 in the year, which has been added to the general reserve balance, which now covers approximately nine months' operational expenditure; a reasonable financial situation for a charity of our size. We intend to maintain our service above national and local expectations in future years and seek new funding for additional services, but doing so may change our current balances significantly. We have held our designated fund at last year's level after re-assessment of future costs, the potential liabilities that could arise on closure of the charity and anticipated difficulties in sourcing new funding as a result of the knock on effect of the pandemic.

RESTRICTED FUNDS:

Restricted funds received or expended during the year are showing an ongoing surplus of £17,078, which reflects timing differences.

Val Bowman
Treasurer

Trustee Responsibilities in Relation to the Financial Statements

Company law requires the directors (trustees) to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for the year. In preparing those financial statements the directors (trustees) are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, or explain departures therefrom;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue on that basis.

The directors (trustees) are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities, as well as exercising proper financial controls. Members of the Board of Trustees, who are Directors for the purpose of company law, and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on the rear cover of this report.

DISCLOSURE

In accordance with company law, as the company's Directors, each of the Board of Trustees certifies that so far as they are aware:

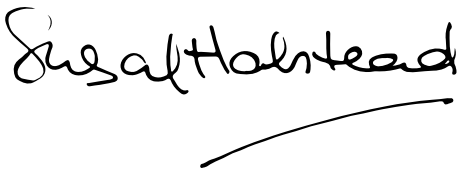
- There is no relevant information of which the charity's Independent Examiner is unaware;
- As Directors of the company they have taken the necessary steps to be aware of the information which would be relevant for independent examination purposes and have communicated such to the Independent Examiner.

EXEMPTIONS

The trustees have taken advantage of the exemption available to small companies, including the audit exemption (as detailed in Note 1.2 to the financial statements).

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the Board of Trustees



Susan Halstead
Chair
20th August 2021

Statement of Financial Activities for the Year Ended 31st March 2021

	Note	Unrestricted Funds £	Designated Fund £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
INCOME FROM:						
Donations and Grants	3	114,963		16,000	130,963	94,198
Armed Forces Covenant Project	3			41,106	41,106	41,076
Other Projects	3			4,000	4,000	12,040
Trading Activities	3					1,205
Investment Income	3	376			376	586
Total Income		115,339		61,106	176,445	149,105
RESOURCES EXPENDED:						
Raising funds	4	19,758		3,193	22,951	14,057
Charitable activities	4	55,133		55,115	110,248	111,493
Total Resources Expended		74,891		58,308	133,199	125,550
Net Income		40,448		2,798	43,246	23,555
Funds brought forward		70,791	37,000	14,280	122,071	98,516
Transfers between Funds						
Total funds carried forward		111,239	37,000	17,078	165,317	122,071

Balance Sheet as at 31st March 2021

	Note	2021 £	2021 £	2020 £	2020 £
Fixed Assets:			Nil		Nil
Current Assets:					
Debtors and Prepayments	6	564			
Cash in hand		138		133	
Cash at Bank		164,941		125,070	
			165,643		125,203
Liabilities: Amounts falling due within one year					
Creditors and accruals	7	(326)		(3,132)	
Net Current Assets			165,317		122,071
Total Net Assets			165,317		122,071
Represented by:					
Funds					
Unrestricted Fund	8		111,239		70,791
Designated Fund	8		37,000		37,000
Restricted Funds	8		17,078		14,280
			165,317		122,071

Dated: 17th August 2021 Susan Halstead, Chair For and on behalf of Home-Start York

All of the charity's operations are classed as continuing. There are no recognised gains or losses other than those stated above. The notes to the accounts on pages 16 - 18 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31st March 2021

1 BASIS OF PREPARATION

1.1 Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2015) and with Accounting Standards.

1.2 Exemptions

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

2 ACCOUNTING POLICIES

2.1 Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when: The charity becomes entitled to the resources. Receipt of the resources is probable, and the monetary value can be measured with sufficient reliability. When incoming resources have related expenditure the incoming resources and related expenditure are reported gross in the SoFA. Grants and Donations are only included in the SoFA when the charity has unconditional entitlement to the resources, Investment income is included in the SoFA when receivable

2.2 Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources, using the accruals basis.

2.3 Assets

Relevant expenditure is capitalised if an asset can be used for more than one year and cost at least £150 including VAT.
Depreciation is provided on all tangible assets at rates calculated to write off the cost of each asset over its expected useful life, as follows:
Office equipment - 20% Straight line basis

3 INCOME

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	2021 Total Funds £	Unrestricted Funds 2020	Restricted Funds 2020	2020 Total Funds £
Donations and Grants:						
City of York Council grant	14,863		14,863	24,771		24,771
Vale of York C.C.G. (N.H.S.) grant	15,387		15,387	15,175		15,175
Donations from Trusts	76,652	16,000	92,652	38,005	15,270	53,275
Armed Forces Covenant Project		41,106	41,106		41,076	41,076
Other Projects		4,000	4,000		12,040	12,040
Other Donations	8,061		8,061	977		977
	114,963	61,106	176,069	78,928	68,386	147,314
Trading Activities:						
Events				1,205		1,205
Investment Income:						
Bank and Deposit Account Interest	376		376	586		586
Total incoming resources	115,339	61,106	176,445	80,719	68,386	149,105

4 RESOURCES EXPENDED

2021	Raising Funds			Charitable Activities			2021
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs	18,154	2,500	20,654	45,038	43,756	88,794	109,448
Staff other costs				240	467	707	707
Volunteer costs				230	133	363	363
Family Activities				1,764	1,169	2,933	2,933
Office & premises running costs	1,474	607	2,081	7,741	9,509	17,250	19,331
Fundraising and A.G.M. costs	130	86	216	121	81	202	418
Depreciation							
Total resources expended	19,758	3,193	22,951	55,133	55,115	110,248	133,199

2020	Raising Funds			Charitable Activities			2020
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £	Totals £
Payroll costs	12,534		12,534	45,865	35,117	80,982	93,516
Staff other costs	23		23	1,186	614	1,800	1,823
Volunteer costs	34		34	1,803	833	2,636	2,670
Family Activities					4,562	4,562	4,562
Office & premises running costs	1,343		1,343	5,497	15,268	20,765	22,108
Fundraising and A.G.M. costs	123		123	450	298	748	871
Depreciation							
Total resources expended	14,057	Nil	14,057	54,801	56,692	111,493	125,550

4.1 Trustees expenses

No Trustee received remuneration for services rendered during the year, nor were any trustees' out of pocket expenses reimbursed.

4.2 Independent Examiners' fees	2021	2020
For reporting on the financial statements	300	300

Notes to the Financial Statements for the Year Ended 31st March 2021

5 PAID EMPLOYEES

	2021	2020
5.1 Staff Costs		
Gross salaries and benefits in kind	98,267	83,613
Employer National Insurance	3,485	3,366
Employer pension contribution	7,696	6,537
Total staff costs	109,448	93,516
5.2 Full-time equivalent employees		
Average number of full-time equivalent employees in the year	4	3.5
Working in Charitable activities	3	3
Working in Fundraising activities	1	0.5

5.3 Pension arrangements

Staff may elect to join a pension scheme operated with The Pensions Trust. The scheme is a contracted-in occupational money purchase plan, currently growth plan 4. There is a contingent liability in relation to the guaranteed element of pension entitlement up to October 2001.

The cost of the scheme to the charity in the year	2,897	2,991

6 DEBTORS

HMRC CJRS Claim	564	

7 CREDITORS AND ACCRUALS

Independent Examination	300	300
Volunteers' expenses	26	53
Organisers' expenses		120
Office running costs		
Fundraising expenses		
Group running costs		100
Payroll Costs (Pension, HMRC etc.)		2,559
	326	3,132

8 DETAILS OF FUNDS

8.1 Funds held

Endowment Funds:

There were no such funds held during the year.

Restricted Funds: Funds held during the year were;

Armed Forces Covenant: Restricted fund to be used to support military families. Grant awarded for a period of three years.

Charity Log - new software system to replace MESH was funded in its entirety by grant funding

The Brelms Trust: to train and manage volunteers

Young Parents Groups Acomb, Heworth & Clifton: Funding was obtained from local area wards and other sources to expand on the group sessions which were funded on 2019 by The Red Cross. Clifton Group was created and commenced running in March 2020 and was funded by a grant from Tampon Tax

Technology Fund: Grant funded by HSUK in order to purchase technology equipment for key team members.

Designated Funds:

A designated fund is maintained to cover the costs involved in closing the Scheme if that eventuality was to arise. The designated fund also covers potential liabilities arising from certain staff's membership of the Pensions Trust pension scheme and any other significant contingent liabilities.

8.2 Movement of funds

	Balance B'fwd	Incoming Resources	Outgoing Resources	Transfers	Total Funds
Unrestricted Fund					
General Funds	70,791	115,339	74,891		111,239
Restricted					
Armed Forces Covenant	2,372	41,106	39,152		4,326
Red Cross Loneliness Project	(76)				(76)
BHA	58				58
Young Parents Acomb	594	5,334	5,159		769
Brelms Trust		5,000	5,000		
Young Parents Heworth	3,385	5,333	5,256		3,462
Charity Log	646		594		52
Young Parents Clifton	7,301	3,333	3,023		7,611
Technology		1,000	125		875
	14,280	61,106	58,308		17,078
Designated Fund	37,000				37,000
Closing balance	122,071	176,445	133,199		165,317

Notes to the Financial Statements for the Year Ended 31st March 2021

9 NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Designated	Total
Balances as at 31st March 2021				
Current Assets	111,565	17,078	37,000	165,643
Current Liabilities	(326)			(326)
	111,239	17,078	37,000	165,317
Balances as at 31st March 2020				
Current Assets	72,665	15,538	37,000	125,203
Current Liabilities	(1,874)	(1,258)		(3,132)
	70,791	14,280	37,000	122,071

10 CONTINGENT LIABILITIES

There is a contingent liability of £2,897 (2020 - £2,991) relating to the pension scheme, which would fall due to the scheme provider if Home-Start York had no members in the scheme. The amount of the liability is as advised by the Pensions Trust following their latest Scheme Valuation. The charity also has a leasing agreement for the supply of telephone equipment and telephone services for a period of seven years from April 2018 giving a contingent liability of £3,456 (2020 - £4,320).

Image: Danny Nee, Unsplash

HOME-START YORK
Charity Number: 1161151

Independent Examiner's Report to the Trustees

I report on the accounts of Home-Start York for the year ended 31st March 2021, which are set out on pages 15 - 18.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with these records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Report) Regulations 2008 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

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.

22nd September 2021

Jeff Todd FCA
Outsource Independent Examination Service
The Hiscox Building
Peasholme Green
York
YO1 7PR

Image: Alexander Dummer, Unsplash

PRESIDENT
The Rt Revd Dr Jonathan Frost, Dean of York

VICE PRESIDENT
Richard Baldwin

PATRONS
Alison Baldwin
Barbara Cooke
Ron Cooke
Sallie Gray
Sally Kirk Walker
David Miller
Prof Kate Pickett
Gail Tams
Adam Tomlinson

DIRECTORS & TRUSTEES
Sue Halstead - Safeguarding & Deputy Chair – Chair from 2020 AGM
Sandra Furby - Training, Supervision, Fundraising
Val Bowman - Treasurer
Sarah Ratcliffe - Legal & Patrons Programme
Sarah Blower - Research
Adele Hunter - Community Mental Health Advisor & Volunteer
Penny Heptonstall - Volunteer Representative
Lesley Murphy - Volunteer Representative

STAFF TEAM
Maria O'Keeffe - Scheme Manager
Susan Deery - Family Case Worker
Jo Harry - Family Case Worker
Graeme Dawson - Trusts & Grants Fundraiser
Hilary Norris - Administrator

PRINCIPAL ADVISORS
Home-Start UK

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support@homestartyork.org
www.homestartyork.org
The Gatehouse, 49 Cemetery Road, York, YO10 5AJ

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Home-Start York is a charity registered with the Charity Commissioner, incorporated as a company limited by guarantee

Registered Company Number: 09471420 Registered Charity Number: 1161151

Design & layout Ignite Marketing: www.marketingbyignite.com as a donation in kind to Home-Start York

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