

## HOME-START NORTH BELFAST:

### OUR IMPACT 2022/2023



At Home-Start, we believe every child needs a happy and secure childhood. We believe parents have the key role in ensuring children have the best start in life.

The first five years of a child's life are vital for development. We focus on supporting parents during this time to have the skills, confidence and strength to nurture their children.

We tackle the difficulties families encounter rather than waiting to patch up the consequences.

Home-Start North Belfast has been working for better outcomes for children under 5 for 30 years. Thanks to compassionate volunteers, generous donors and committed partners, this is what we achieved in 2022/2023.

### Impact on Children

# 263

Children were positively impacted by Home-Start North Belfast's work in 2022/2023

### Volunteer Impact

# 15

Volunteers give on average 3 hours every week to visit families at home

**"I feel so proud to see how my family has grown in confidence and how the children have responded so well to the boundaries I helped mum put in place."**

Volunteer, Home-Start North Belfast

### Donors

- Belfast Health & Social Care Trust
- Halifax
- Cash For Kids
- Deans sit out

## 83

Children benefited from regular home visits. Trained volunteers listen, encourage and be an extra pair of hands to families who are struggling.

## 75

Children benefited from the diverse family support group, which provides vital support as children start nursery and school

## 31

Children benefited from food bags thanks to Cash For Kids and Storehouse. This helps families budget for other necessities

## 5

Volunteers served on the Management Committee

## 2

Advisors offered guidance and support

**"When a family is hit by one of those bad patches that lie in wait for all of us, and whatever the specific need, a Home-Start volunteer has friendly support to offer."**

Penelope Leach, Author and Child Care Expert

### Partners

- Belfast Health & Social Care Trust
- Home-Start UK
- Home-Start East Belfast

# TRUSTEES REPORT 2022-2023

## STRATEGIC REPORT

North Belfast has significant pockets of social and economic deprivation that has been exacerbated by the legacy of 30 years of conflict. The area was disproportionately affected with a large number of related deaths. Statistics indicate that there are higher levels of poor mental health and a greater dependency on prescription drugs in the area which research has been linked to this difficult history. Transgenerational trauma is also now regarded as an issue as the anxieties of those who lived through the Troubles now impact on their children. Home-Start support is available to any family, irrespective of socio-economic status or religion.

## Achievements and performance

Home-Start North Belfast has a committed staff and volunteer team, strong partnerships and generous donors. From 1<sup>st</sup> April 2022 to 31<sup>st</sup> March 2023 Home-Start North Belfast supported 30 families in the area by home-visiting. The scheme delivers the home-visiting core service of parent volunteers supporting families under stress, in their own homes, where there is at least one child under five. It also provides a Family Garden Group to 36 families which meets weekly during term-time. This group allows parents and children to come together to learn to play and develop as a family. The group is structured and all activities are planned in advance and in consultation with the families, volunteers and staff. Activities practice school readiness and encourage parents to continue this at home. We also provided a food-bank service to a large number of our families.

## Financial review

In a difficult economic climate, we have managed to sustain the organisation financially this year. The trustees thank the donors who supported projects during the period, including Belfast Health and Social Care Trust Awards for All and Halifax. The overall income for the year was £ 67,633 which was slight increase on the previous year. The Trustees are mindful that the organisation needs to secure grant funding for periods longer than one year to provide stability and enable better planning. We are also mindful that unrestricted funding needs to be in accordance with our Reserves Policy which strives to have at least three months operating costs in the reserve account.

## Plans for future periods

- Maximising opportunities to secure funding remains a priority. In particular, we will endeavour to diversify our funders and secure funding for periods longer than one year.
- We will seek to strengthen existing, and develop new, partnerships with various stakeholders, including for family referrals and volunteer recruitment.
- We will work to maximise synergies, particularly for larger funding applications.
- Throughout the next year, we will seek to recruit new trustees to diversify skills and experience on the Management Committee.

## Structure, governance and management

The organisation has 5 Trustees on the Management Committee who bring a range of skills and experience to ensure oversight and guide the strategy of the organisation. The Management Committee meet 7 times a year at 6 week intervals, except during the summer, to review income and expenditure, discuss key activities and future plans. There are 3 staff in the scheme. Every week the Co-ordinator works 25 hours, 2 Project Workers at 10 hours and 16 Hours. The organisation works closely with Home-Start UK and completes its quality Assurance to ensure standards are maintained.