

Home-Start Wirral Newsletter...

January 2017



Happy New Year from all of us here at Home-Start Wirral!

Last year we had a lot of changes within the organisation, but we managed to get through and 2016 ended on a high. 2017 is looking positive and fingers crossed there are many more exciting changes ahead!

Volunteer Christmas Party...

It seems so long ago since we celebrated with you, but the day was very special and we had a lovely turn out.

Thank you to everyone that came along.

The feedback we received for the event was brilliant!! We are glad that everyone enjoyed themselves...



Our Volunteer Champion



Hello volunteers and may I take this opportunity to wish you all the very best for the New Year. Let's hope it is great year for everyone connected to Home Start Wirral.

It seems like a long time ago already, but I must start by mentioning our Christmas get-together at Mayer Hall on 2nd December. This was a wonderful event and Jess and the Admin Team had obviously put a great deal of effort into organising everything. I was really impressed with the food and drink (I must admit to one or two prosecco's) and the number of prizes in the draw was fantastic! It was also good to have several, influential members of Wirral Council in attendance, including, Fiona Johnson (Director of Public Health) and Julia Hassall (Director of Children's Services). On a personal note, it was good to meet up again with one of my ex-football team mates (from many years ago), the current Mayor of Wirral, Councillor Pat Hackett.

Whilst we are all hoping this will be a good year for Home Start Wirral, we are still facing financial difficulties and constraints like most charities. The current round of cutbacks in Council funding etc. shows no signs of easing. As such, we are continually looking for ways to generate income to allow us to continue providing our services to those mums and families who rely on us.

One way that would definitely help us to raise funds would be through sponsored events. For example, if any of your friends or family are doing a sponsored run or, indeed, any sort of event that the public can support, it would be a massive help if they could have Home Start Wirral as the recipient of the sponsorship monies raised. We have had sponsored walks in the past at this has proved to be a good way of generating much needed income.

If anyone has any ideas for future events that we could use as a fund-raising exercise, please either contact me or any of the Admin Team at The Hub.

Finally, as always, don't forget that as well as being a volunteer, I am also a trustee to represent all the HSW volunteers.

Please feel free to give me a call (mobile 07970 652690) or drop me an email

(johnjones@thewo.org.uk) if you want to discuss anything relating to your volunteering with HSW.

Your call will be treated in confidence.

TRAINING

We still have places left on a number of different training sessions.

Please call or email the office to book your place!

Safeguarding Refresher Session

Thursday 9th February, The Hub
6pm-8pm

Domestic Abuse with Maria Morgan

Thursday 16th February, The Hub
6pm-8pm

ADHD with Alan Roberts

Wednesday 15th March St James Centre Birkenhead
9:30am-2:30pm

Makaton Taster Session with Helen Adams

Monday 10th April, Mencap Market Street Birkenhead
1pm-2:30pm

Resilience & Wellbeing with Suzy & Emma

Thursday 11th May, The Hub
1pm-3pm

&

Tuesday 16th May, The Hub
6pm-8pm

FYI...

Please see some useful training links, free training and web sites below:

<https://www.facebook.com/WirralSafeguardingChildrenBoard/>

Prevent <http://www.foundationonline.org.uk>

Prevent is part of the Government counter-terrorism strategy. It's designed to tackle the problem of terrorism at its roots, preventing people from supporting terrorism or becoming terrorists themselves.

Prevent operates in the 'pre-criminal space'. It is about supporting individuals who are at risk of radicalisation away from becoming terrorists, or supporting terrorism. It is not about any particular ideology - it covers all forms of extremism.

Prevent is about:

NOTICING - vulnerability to radicalisation, changes in behaviour, ideology, and other signs of extremist exploitation.

CHECKING - your concerns out with your co-ordinator, safeguarding lead and Wirral Safeguarding Board to offer support and help determine a proportionate response.

SHARING - your concerns, where appropriate, with partner agencies and as far as possible being open and honest with the individual around your duty to share concerns.

Adult Learning Courses 2017...



Some of you may be aware that we have recently been given funding from the local authority to run a number of adult learning courses. These courses cover numerous subjects and are open for anyone and everyone to attend!

Please have a look at the timetable below and give us a call if you need more information or would like to book a place.....

This is a great opportunity for volunteers to attend a course with families they are supporting, or for you to come along to with a friend.

Better Together...

Wirral Change 15/02/17 11:30am-1:30pm

5 week introductory course to develop social skills and self-esteem, support with budgeting and gain skills to improve well being.

This course is ideal for those who may be looking at preparing for a volunteer role or employment. It may also be beneficial to those who want to learn techniques to reduce stress and develop life skills.

Good Mood Food...

Wirral Change 27/01/17 11am-1pm

5 week cookery course exploring ingredients that are proven to improve your mood. Each learner will make a healthy meal each week and take it home with them.

Mindful...

St James Centre, Birkenhead, 30/01/17 10am-12pm

Our 5 week Mindful course will explore mindfulness and different techniques you can use at home to live with greater well being and mental clarity. This introductory course will also allow you to pay attention to your own thoughts and feelings helping introduce you to ways that can help manage difficult situations.

Creative Cooking to Improve Your Mood

Kings Church, Birkenhead 18/01/17 09:30-12pm

This 6 week cookery course uses ingredients that help to improve your mood. This session will also offer advice and support on ways to manage your mental health.

5 Ways to Improve Your Mental Health

Wallasey Fire Station, 28/02/17 12:30-3pm

This 6 week course will work on the 5 steps used to improve mental wellbeing. Covering topics like mindfulness, nutrition and exercise.

Positive Minds Postnatal Course

The Hub, Woodchurch Lane 28/02/17 12:30-3pm

This 6 week course offers a calm and relaxing environment to new mums and their babies. Meet other mums in similar situation and discuss techniques used to improve mental wellbeing and take part in activities with your baby.

If you know anyone that would be interested in attending please spread the word! Some courses have already started but we may still have spaces available. Call the office for more information and ask for Jess.

0151 608 8288

Fundraising...



We are always looking for new innovative ways to raise money and we need your help!!
If you are interested in helping us raise much needed funds, have any ideas or have a friend you know has the skills to be a part of our fundraising team, please give us a call on: 0151 608 8288

Co-Op Community Fund We would love your support!!

The **co-operative** membership community fund

We have been selected to receive funding from the **Co-op Local Community Fund**. This means that we will get a contribution towards replacing our soft play equipment, which is vital to us providing support for babies and young children with complex needs.

But we need your help!!

The more support we get, the more funding we could receive. So if you're a Co-op Member log in to your Co-op Membership account and choose us.

If you're not a member, please join and support us!

Follow the link to choose us as your charity

<http://www.coop.co.uk/membership/local-community-fund/>

Thank You



Home START

Support and friendship
for families



What is the Home-Start Wirral 50-50 Club?

It's a lottery!

The beneficiaries are Home-Start Wirral and the 50-50 Club members.

Membership costs £12 per entry per year.

50% goes straight to Home-Start Wirral
50% to the monthly prize fund.

One number is drawn each month
and all numbers are entered each month.

The more numbers we sell, the more funds we raise for Home-Start Wirral and the bigger the prize pot.

You can buy as many numbers as you want!

To sign up, please ask for a form
or e-mail 5050@homestartwirral.co.uk

If you would like to add any fundraising ideas into our next newsletter, please contact

Jess Gaskell

on 0151 608 8288

or email

jessicagaskell@homestartwirral.co.uk