

## 2018 Review



*A local service supporting families through kindness, patience and a good dose of humour to build resilience and bring the fun and love back into a family.*

Home-Start Calderdale believes that the work that we have been doing in Calderdale over the last 18 years makes a real and sizeable contribution to Calderdale MBC's strategic lead on Early Intervention and plans for Children and Young People in the borough. This report aims to demonstrate the impact of that contribution through this document.

Home-Start Calderdale can demonstrate sustained work and outcomes met across 4 of the priorities:

- Strategic Priority 1: Start healthy and stay healthy
- Strategic Priority 2: Are safe at home, in school and in the community
- Strategic Priority 3: Enjoy learning and achieve their best
- Strategic Priority 4: Develop social skills and take part in activities

Home-visiting is a widely applied mode of support for families with young children and attractive to professionals and policymakers because of its low costs and easy accessibility. Various needs and problems are addressed by home-visiting. Promoting resilience and healthy parenting is however our primary goal for the benefit of the children in the families we support. We apply an evidence-based approach that has been tried and tested over 40+ years nationally.

Priorities	The aims	The outcomes	How we'll measure
Strategic Priority 1: Start healthy and stay healthy	<p>Key priorities for us to work together on:</p> <ul style="list-style-type: none"> <li>• Increase the proportion of children and young people who are in good physical and mental health</li> <li>• Increase the proportion of children and young people who lead healthy lives</li> <li>• Increase the proportion of children and young people who avoid harmful health behaviours</li> <li>• Increase the proportion of children and young people who are emotionally resilient</li> <li>• Increase the proportion of children who have a healthy start in life</li> </ul>	<p>Improved health and wellbeing of families supported</p> <p>Healthy eating</p> <p>Healthy lifestyle choices</p>	<ol style="list-style-type: none"> <li>1. Number of families referred and engaged</li> <li>2. Source of referral</li> <li>3. Number provided smoking cessation advice and signposting</li> <li>4. Number supported to access leisure facilities</li> <li>5. Number of mothers supported with post-natal illness</li> <li>6. Number of new mums supported to breastfeed</li> <li>7. No of families supported with children who have a disability including mental health difficulties</li> <li>8. Number of hours provided to each family with a disabled child</li> <li>9. Promotions of activities and health eating</li> </ol>

<p>Strategic Priority 2: Are safe at home, in school and in the community</p>	<p>Key priorities for us to work together on:</p> <ul style="list-style-type: none"> <li>• Reduce the harm caused to children and young people through domestic abuse, parental substance misuse and mental health issues</li> </ul>	<p>Improved safety and resilience of children and parents engaged</p> <p>Early intervention to break patterns of behaviour</p>	<p>10. Number of families supported who are experiencing domestic violence</p> <p>11. Number of young fathers supported</p> <p>12. Number of referrals from Early Intervention Panels</p> <p>13. Number of families not referred to Early Intervention Panels due to Home-Start support provided</p>
<p>Strategic Priority 3: Enjoy learning and achieve their best</p>	<p>Key priorities for us to work together on:</p> <ul style="list-style-type: none"> <li>• Raise attainment to narrow the gap in the early years</li> </ul>	<p>Improved awareness of importance of learning</p> <p>Improved access to learning opportunities</p>	<p>14. Number of families offered support for learning and development in the early years working closely with Sure Start and the Children’s Centres</p>
<p>Strategic Priority 4: Develop social skills and take part in activities</p>	<p>Key priorities for us to work together on:</p> <ul style="list-style-type: none"> <li>• Support children and young people to build social capital through friends, family and communities</li> <li>• Create opportunities for children and young people to take part in positive activities outside school</li> </ul>	<p>Improved levels of physical and social activity among families engaged.</p>	<p>15. Number of parents actively encouraged to engage in physical activity with their children</p> <p>16. Number of families engaged in positive activities in their community.</p>

## Our outcomes for 2018

### Number of families provided with smoking cessation advice and signposting



This figure is an estimate as it was calculated by the number of families admitting to smoking at initial visit. Advice is then offered to families about smoking cessation programmes through the GP and leaflets are left with families at this stage. Advice is followed up at further review visits and information is offered to families about Smoke Free Homes.

56

### Number of families supported to access leisure facilities



Whilst there are no direct instances of supporting families to access leisure facilities such as sports centres, fitness classes or sports clubs - our volunteers have supported 5.2% of families to use other services by walking with them to these services. A further 39.9% of volunteer time in a family is spent on activities with children - conservative estimates on this time would have at least 10% of this will be physical activity, e.g. playing in the garden, walking to the local park, physical play. Therefore  $5.2\% + 10\% = 15.2\%$  of 75 families = 11.4 families.

11

### Number of mothers supported with post-natal illness



By home-visiting mums at home who are suffering from post-natal illness we can provide them with caring tailored 1-2-1 support that encourages rest and bonding at a time when rest and spare time can be in short supply!

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### Number of new mums supported to breastfeed



We've had 2 babies born whilst we have been supporting their families. The number of families that we have supported where mum's were already breastfeeding is 6. These eight families have been supported and, where appropriate, offered advice and signposted to the Breastfeeding Peer Support service.

8

### No of families supported with children who have a disability including mental health difficulties



We have supported 22 families with a total of 25 children with a disability so far this year.

22

### Number of hours provided to each family with a disabled child



Each family receives 2-3 hours a week support. 4 of the 22 families are awaiting support, so 18 families since April have received support.  $18 \times 2.5$  hours per week = 45 hours x 38 weeks (April to Dec) minus 15% to allow for cancelled visits = 1,450 hours support provided to families with disabled children.

1,450

## Promotions of activities and health eating



Almost all volunteer visits involve some form of activity with the children in the home whether that be learning through play (reading, jigsaws, painting/drawing, role play, games) or getting parents more involved with child-led activities that involve visits to the park, playgroups or simply going for a walk. Information from Children's Centres newsletters is shared with volunteers and families. Of 75 families a total of 45% of volunteer time involves activities and/or promotion of activities. These activities focus on getting children physically as well as mentally healthy and parents are offered praise and encouragement when they undertake things on their own.

Less frequent (but more targeted) is focus on healthy eating. Our volunteers are trained to delicately discuss healthy eating with families where there are identified needs around poor food choices for children - this includes not just mealtimes, but for some of our families, it involves conversations around the levels of sugar and caffeine in a child's diet. Parents are encouraged to seek medical advice from their health visitor.

## Number of families supported who are experiencing domestic violence



In this period we have supported 13 families who are experiencing domestic abuse or are recovering from the affects of historic domestic abuse. We are careful when offering support to parents who are or have been victims of such abuse to help and encourage them to access specialist support from such organisations such as Calderdale Women's Centre and the Police.

13

## Number of young fathers supported



43% of our families are single parent families and two of them are single dad's. On top of this we offered direct support to 2 other dad's as mum was the main earner.

4

## Number of referrals from Early Intervention Panels



We've had only 1 direct referral from the Early Intervention Panels since April but we have had multiple referrals from Family Support, the Family Intervention Team and Social Care which have, in the past, come through the Panels.

1

## Number of families not referred to Early Intervention Panels due to Home-Start support provided



This has been impossible to measure with any fine degree of accuracy. We do know from speaking to those referrers with whom we have long term relationship with that, had we not been available to take their referral, they would have submitted to the EIP's. For other referrers, we have not had much response to our requests for this information.

Next year we will be adapting our referral form to include a request for this information so that we can build a more accurate picture for future years.

7

## Number of families offered support for learning and development in the early years working closely with Sure Start and the Children's Centres



All our 75 families are offered support and reflective feedback around their children's learning and development on regular basis from both volunteers and co-ordinators – almost 40% of the time that our volunteers spend with families is focussed on learning and development activities with children. In terms of targeted support for this, 4 families have been supported to attend the local Sure Start Children's Centre specifically targeting volunteer time around children's learning and development as we have recognised unmet needs in pre-school/nursery children. All four have involved poor speech and language, 2 involved toileting concerns and 1 involved overall global delay that parents needed help in addressing. Included in the 5.2% of our families that have been supported to access other services, the Children's Centres feature heavily in this in order to best help families engage with the excellent opportunities in their own neighbourhoods.

## Number of parents actively encouraged to engage in physical activity with their children



All our 75 families are encouraged to engage with physical activity with their children. However, in relation to the number of parents targeted to engage in physical activity with their children we have provided a Family Fun Day at a local park 13 families (including 26 children) joined us for active fun in the park. By utilising a local park, we encourage parents to continue to use the facilities on their own. In addition to the park event, we support a further 3 parents to undertake exercise at home each week in order to improve mental health. Each volunteer understands the important link between exercise and wellbeing and with kindness and care will encourage, nudge and sometimes challenge families to be more active with their children.

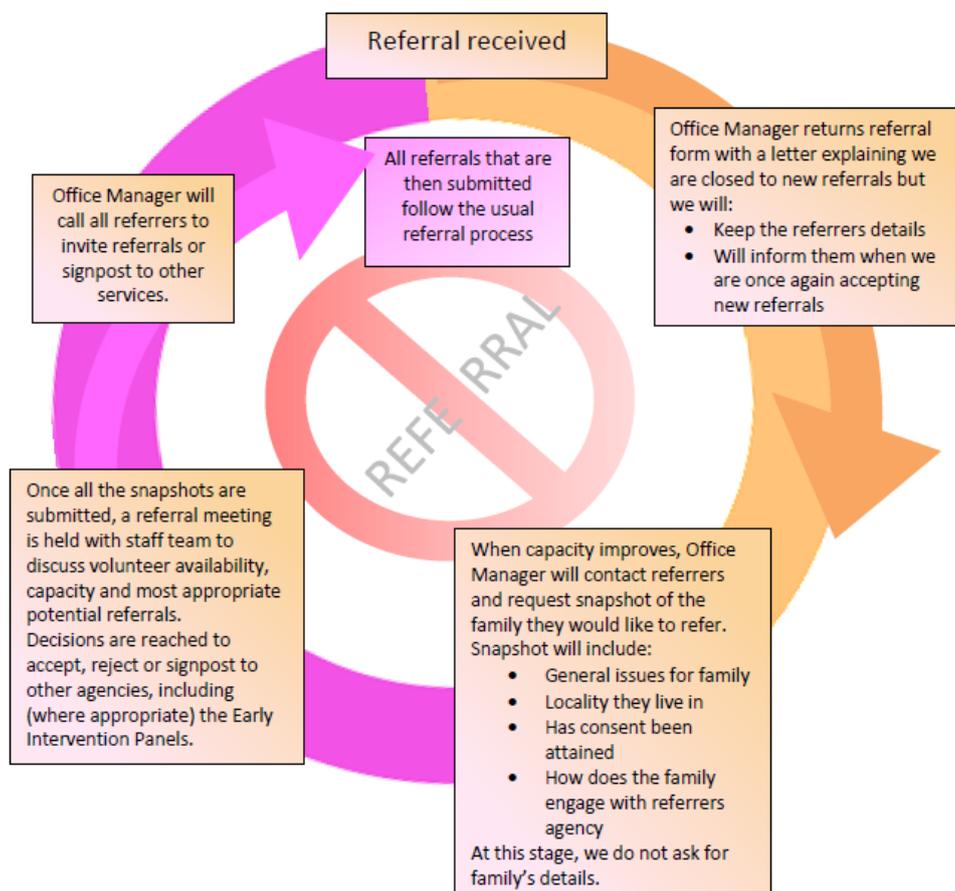
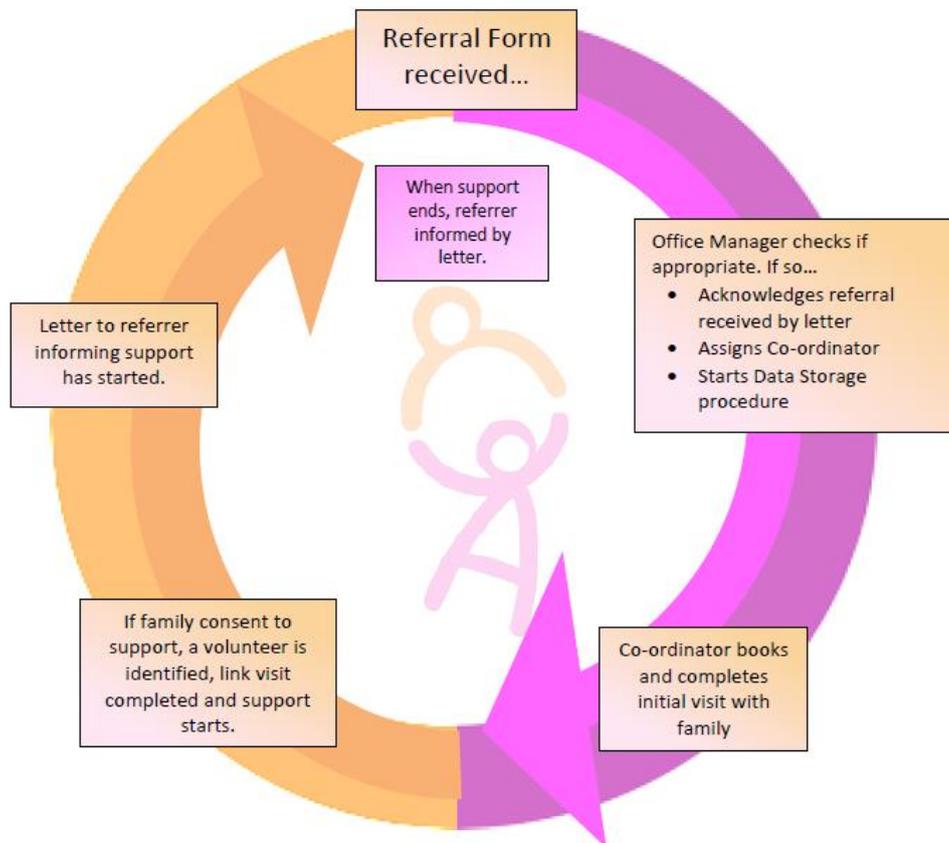
## Number of families engaged in positive activities in their community.



By encouraging all our families to visit settings in their local areas, including children's centres, libraries, parent & baby clinics we are aiming for more parents and children to engage with positive activities in their neighbourhoods. What we commonly see is families who are already out-going engage well with new services or groups and those families that aren't going to any group or activity can be very reluctant to try something new - often due to mental health issues. The number of this latter group of families we have managed to engage with positive activities is low, sadly only 2, but with perseverance and building trustworthy relationships with parents, we aim to improve this number.

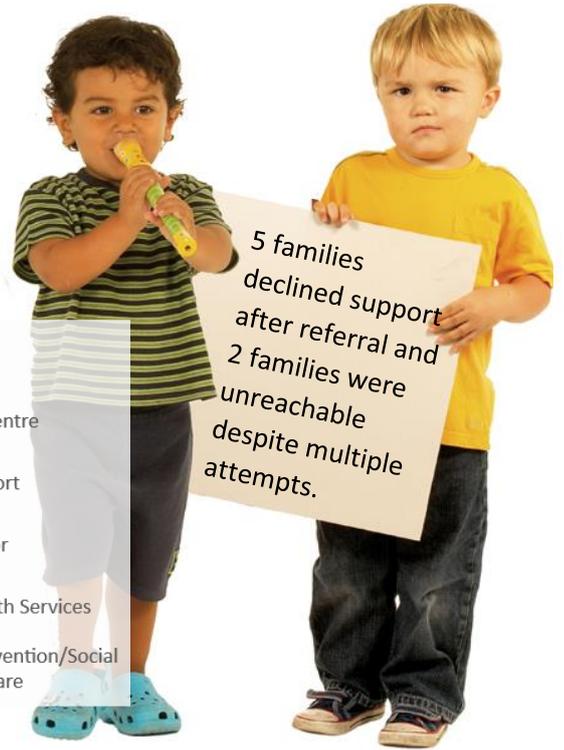
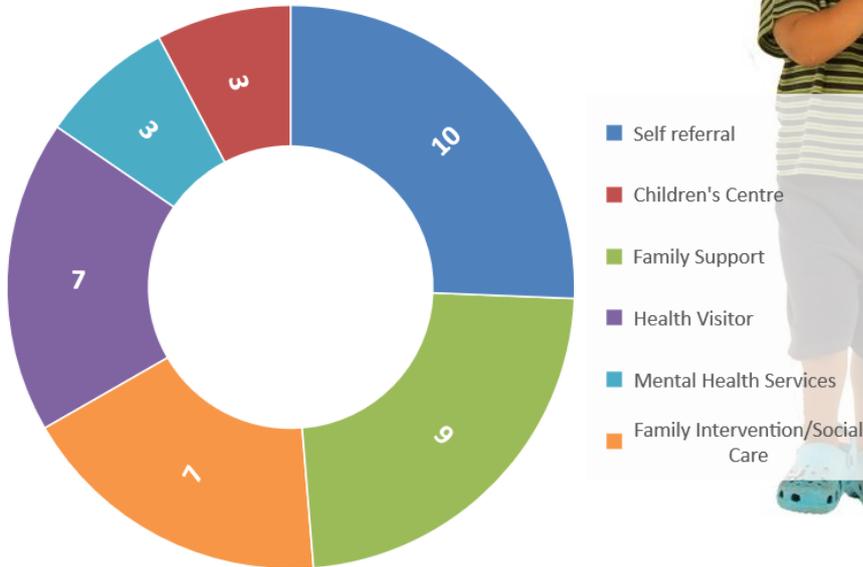
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## Our Referral Pathway

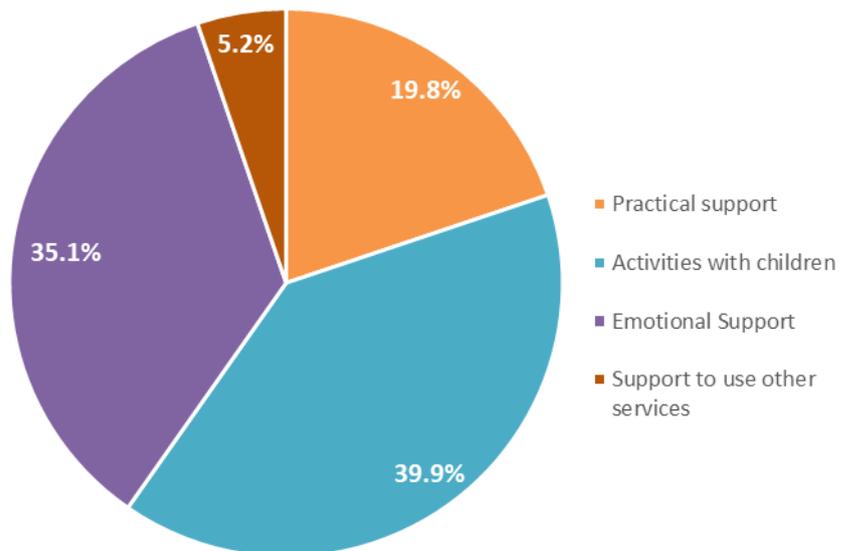


## Our Referrals

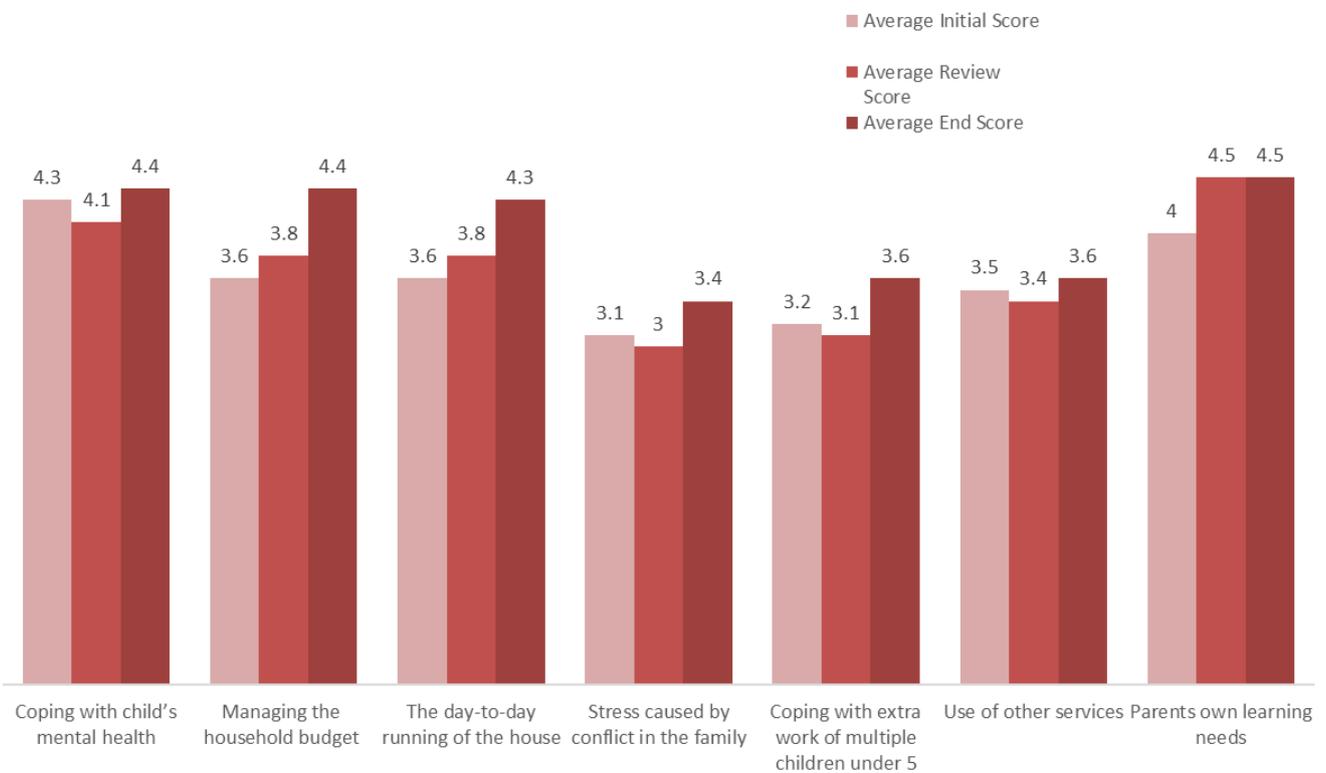
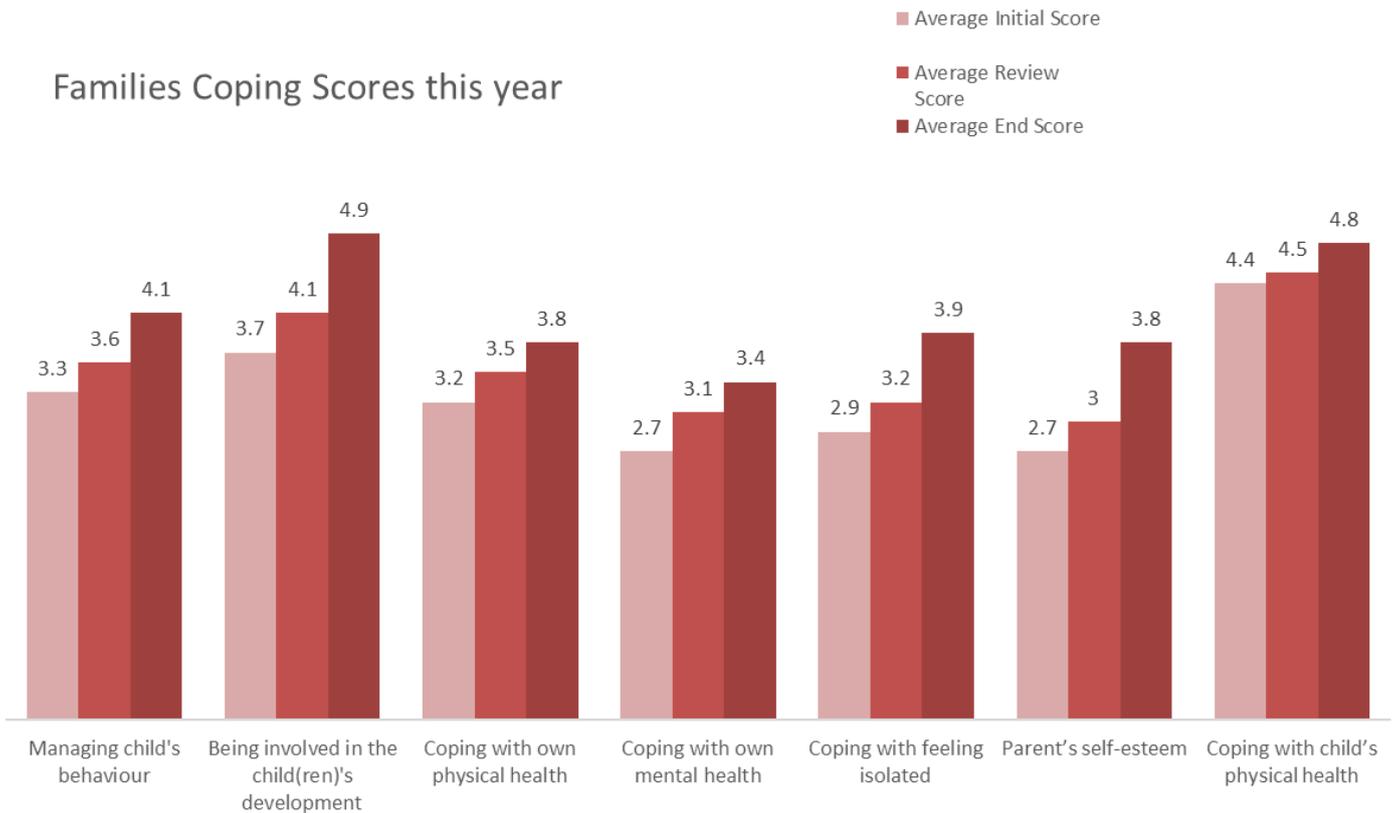
### Source & volume of new referrals



### How Volunteers Spent their time with Families



## Families Coping Scores this year



The above chart demonstrates the improvement that current families are reporting to Co-ordinators at regular review visits. Through a holistic and open approach Home-Start supports families to assess themselves across the above areas of need. The data gathered allows us to illustrate the outcomes for families that our involvement can support. In addition to the above, at each Co-ordinator visit with a family information about healthy eating, smoking cessation and fire safety is shared.

Thank you for taking the time to read  
this summary of our year.

If you have any queries about  
this report, please feel free to  
contact Charlie Johnston,  
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THE TEAM

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