



**Because
childhood
can't wait**

Home-Start Sutton Impact Report 2021



Home-Start

Sutton

We supported

322

families

Transforming
the lives of

420

children

With a team of

91

volunteers



88%

Of parents reported
feeling more confident
because of our support.



84%

Parents reported feeling
less isolated, despite a
very challenging year.



86%

Parents reported coping
better with their mental
well-being.



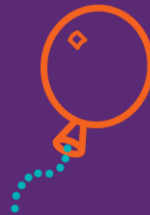
75%

Households managed
day to day practical tasks
better



84%

Parents reported coping
more effectively with
relationship stress.



86%

Parents supported
reported their children's
well-being improved.

COVID 2020– Home-Start Sutton responds

74

parent's received self-care gifts to encourage them to look after their own well-being

98

parents supported at child protection conferences

90

children received packs of craft and play resources

19

New volunteers trained

85

families offered direct 1:1 support throughout the pandemic, through weekly phone calls, Zoom/Skype/WhatsApp.



In late March 2020 we had to stop all our face-to-face support for families, closing our groups, parenting programmes, and our home-based volunteer support.

With the support of our fabulous volunteers and staff we shifted to remote support for the 74 families we were supporting; weekly calls/skype or facetime, practical support with food, and baby essentials

It was an incredibly difficult time for families who were already facing tough life challenges, including mental ill health, social isolation, disability, domestic abuse, poverty, relationship breakdown, bereavement, and lack of support networks. We were humbled by their resilience and determination to provide the most positive environment they could for their children.

We organised park meet-ups, re-opened groups and delivered parenting programmes at points when restrictions allowed. Pivoting services became the watchword!

Working closely with voluntary sector partners and the London Borough of Sutton, responding families in crisis. We:

- Shopped for families shielding and self-isolating.
- Provided nappies and essential baby supplies
- Signposted and referred to Sutton Carers, Citizens Advice and other local services.
- Assisted families move accommodation – sourcing furniture etc.
- Distributed donations from Sutton residents, community organisations and businesses- children's packed lunches, food, baby clothes, toys, toiletries.... the list goes on.

Innovation in 2020

Home-Start Sutton responded to need and opened a **The POD** weekly drop-in for families and under 5's in temporary or insecure accommodation, funded by Public Health it provides access to a safe space, support and information.

Increased our capacity to support new mums, who have had babies in lockdown, through creative **Maternal Journaling**. Facilitated by a fantastic local artist and mum who had been supported by a Home-Start volunteer earlier in the year.

Connecting from the Start –6-month project offering volunteer support for parents with babies under 1, launched in January 2021.

Moving on Together – a joint project with Play Wise offering support to families with children under 5 post diagnosis. 6 months support from a volunteer with lived experience or professional experience of working with children with disabilities. Launched March 2021.

"Home-Start has helped me in more ways than many could even begin to imagine, I came to Sutton with no hope and no way forward or vision. I didn't want to go out and certainly wasn't going to attend baby/toddler groups. However after only a month of being referred to Home-Start me and B was able to attend regular sessions and get some hope back, we started to feel happy again. I honestly couldn't imagine where we would be if it wasn't for Home-Start and all the help staff and volunteers have given us, they are more than just workers they have at times been our lifeline" K and her son B

10

new mum's attended face to face **maternal journaling** sessions, with their babies, all born since April 2020.

14

New parents supported by **Connecting from the Start**.



"The journaling group was absolutely invaluable to me in the lockdown - it helped me keep my sanity and offered a much-needed connection with other mums in those fragile and lonely days of early motherhood. Importantly, it also offered exposure to people to my baby who, otherwise, only knew two people in the world - my husband and me. Pia was great - she challenged us, made us think about ourselves from different perspectives while having fun in a safe and non-judgemental environment. This group was the highlight of my week and I am grateful for it. " I.Z , mum to 5 month old A

Get in touch

We help families from all backgrounds through their most challenging times

To find out more about our Home-Start visit
www.homestartsutton.org.uk or **020 8647 6501**



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Registered office: Alexandra Gardens Children's Resource Centre, Stanley road, Carshalton, Surrey, SM5 4LJ