



Support and friendship
for families

Home-Start Aylesbury

2013 - 2014

Annual Report and Accounts



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HOME-START AYLESBURY LIMITED
CHAIRS REPORT
FOR THE YEAR ENDED 31st MARCH 2014

Welcome to this year's annual report. It has been another busy year for Home-Start Aylesbury during our 10th year of operation. We have been able to build further on the foundations from my first year as Chair and I feel that although it is still early days we are starting to see results.

Home-Start Aylesbury continues to run efficiently and effectively thanks to Maxine Siggers in the office and of course, to Shushana Kendrick, our amazing co-ordinator. We have continued to run at full capacity for the whole year and it is only through Shushana's diligence and hard work that we can do so. Thank you Shushana. And of course thank you to our volunteers without whom we have no service, we greatly appreciate their time and commitment.

In terms of the Trustee board, our treasurer Raymond Clarke ensures that we meet our financial obligations and also reminds us regularly that we still have much work to do on the fundraising side. The Funding Committee continues to work hard on funding applications to replace the Lottery Funding as well as looking at creative fundraising activities. Caroline Wheller continues to steer the Fundraising Committee monitoring our targets and keeping the momentum for the committee. Thank you Caroline for all your hard work and your creative thinking. I would also like to say thank you to Liz Lucas who has taken on the Vice-Chair role and provides me with much needed managerial input and support. Jo Swift continues as our Company Secretary and Jan McGregor is our Safeguarding Children Lead, providing support to Shushana in this crucial role. I would also like to welcome our newest trustee, Pierre Du Bois. Pierre is a father of three young children which certainly qualifies him to understand some of what our families' experience. However, we were particularly taken by the fact that he works as Head of Information and Communications for the Lymphoma Association, based in Aylesbury and is therefore able to bring both relevant experience of the charity sector and also support to our communications effort. We look forward to working with you, Pierre.

It was also a year that we said some goodbyes. Firstly Ruth Philips, our previous administrator who had taken on a voluntary role with funding applications, finally stood down from working with the funding committee. I would like to say a huge thank you to Ruth for all her hard work both past and present; she successfully secured sums that guaranteed the top-up income we required for another year of operation. We also said goodbye to Alison Lyon who had also been supporting us on the funding committee. Finally, we said goodbye to Caroline Hatton, who was one of most recent joiners on the trustee board. Goodbye to all and we hope that you will keep in touch with us.

In terms of funding, thank you to The Big Lottery which has continued to provide funding for us; we are strictly monitored annually to ensure that we are using the money as expected. Over the year we have received many donations all of which make an important contribution towards providing our service ranging from two young boys Leo and Ben, who raised an amazing £70.00 from their cake and bake sale to a £2,000 donation from Mr Paul Mostyn, previously a trustee of our board, and we are very grateful that he remembers us so generously. A big thanks to everyone who supports us! Thank you also to Equitable Life who continue to invite us twice a year to their events which allow us to raise awareness and run a successful tombola. And I can't mention all of them by name but I would like to say thank you to all our donors, however large or small, your generosity is much appreciated.

This year we have had our successes. In January we found out that we had been successful in our Community Chest application which has awarded us £13,000 per year for three years. This income is crucial as our Big Lottery Funding enters its final year. We would like to say thank you to Mr David Dyson for choosing to support Home-Start Aylesbury during his year as the Worshipful Master for the Freemasons de Bohun Lodge Aylesbury. We also successfully raised over £1,000 from the Red Kite Walk, thank you to family and friends for supporting those who took part. We were fortunate to be asked to appear on BBC Three Counties Radio to raise awareness of Home-Start Aylesbury firstly on the Nick Coffey afternoon show as part of an outside broadcast and then twice on Roberto Perrone's Roundtable

HOME-START AYLESBURY LIMITED
CHAIRS REPORT
FOR THE YEAR ENDED 31st MARCH 2014

evening panel show. The opportunity to talk about what Home-Start Aylesbury does helps promote the work we do in the local area and we would like to look for more opportunities to do this. We were also able to work with the Bucks Advertiser on a piece to promote our continued recruitment of new trustees. Aylesbury Vale District Council has also provided us with a number of training opportunities and workshops to support our fundraising activities. The quality of these events has been very high so we would like to say thank you for the opportunity to attend.

We face our challenges for the coming year. The referrals keep coming from families that need our help and we want to ensure that we are there for them. We will be conducting a strategic board review to update our Business Plan. In terms of objectives for the coming year; we recognise the need to extend our network of supporters to help raise funds. As such we are looking at ways to continue to raise awareness in the Aylesbury Vale area. We are also looking at how we might be able to partner more closely with local businesses; these could be sponsors or organisations willing to let employees fundraise on our behalf. We strongly believe that any organisation would benefit from working with us. We are planning to relaunch our Pledge and Promise regular giving as a way to build a sustainable funding platform. Our fundraising targets are challenging and therefore we plan to create a committee with additional volunteers to help support these activities.

My vision for Home-Start Aylesbury is to secure a future that will enable us to continue to provide what we see as vital services for our families for a very long time to come. Thank you to everyone that has supported us in any way during the year and we look forward to a successful 2014-15.

Jane Mather
Chair
July 2014

HOME-START AYLESBURY LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31st MARCH 2014

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, the Memorandum and Articles of Association. It is a company limited by guarantee as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Trustees are appointed by majority decisions of the existing trustees and after CRB checks. All new trustees receive a Welcome and Induction Pack, meet the staff and become fully acquainted with the administration of the office, policies and practices and roles and responsibilities of trusteeship. External trustee training is offered and includes Home-Start UK's induction training for trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity's objects (the Objects) are:

- 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 childcare within the area of Aylesbury and its environs.

The Vision

Home-Start wants to see a society in which every parent has the support they need to give their children the best possible start in life.

Core belief for Home-Start Aylesbury

Home-Start Aylesbury believes that children need a happy and secure childhood and that parents play the key role in giving their children a good start in life and helping them achieve their full potential.

HOME-START AYLESBURY LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2014

Mission

Home-Start Aylesbury is a home visiting scheme for families where there is at least one child under five years of age. Help is offered at times of stress, so that difficulties do not turn into crises. Trained Volunteers work towards increasing the confidence and independence of parents by:

- Offering support, friendship and practical assistance to families.
- Visiting families in their own homes where the difficulties exist and where the individual's dignity and identity can be respected.
- Developing a one to one relationship in which the volunteer offers time, flexibility of approach and understanding.
- Encouraging the parent's strengths and emotional wellbeing in order that these may be transmitted to their children, thus enhancing their development.
- Reassuring parents that difficulties in bringing up children are not unusual and emphasising the pleasures of family life.
- Encouraging families to widen their network of relationships and to use community support and services effectively.

Public Benefit

In setting its plans and priorities for areas of work, the trustees have had regard to the guidance from the charity commission on public statement of benefit. The summary of achievements demonstrates how Home-Start Aylesbury has set out to fulfil its principal charitable objective, that is: the relief of children or parents in despair or in distress and the prevention of emotional, physical or mental abuse of such children.

Management of Service

Home-Start Aylesbury is managed by a committee of Trustees who are representatives from the local community, with a commitment to Home-Start's core beliefs. The Trustees employ a Co-ordinator for 30 hours a week to recruit, train, support and manage the team of volunteers who work with the families. The Co-ordinator is supported by an administrator who works 15 hours per week. Each local Home-Start is autonomous, though they sign an agreement with Home-Start UK undertaking to work to a set of Quality Standards and Methods of Practice.

ACHIEVEMENTS AND PERFORMANCE

During the period 1st April 2013 to 31st March 2014, 45 families have been individually supported to help them through a difficult time. A home visiting volunteer provided regular weekly support to the families, offering emotional and practical help. During this time 30 families ceased to receive Home-Start Aylesbury support and their files were closed. Our reviewing process demonstrated that their needs were significantly improved or fully met.

A total of 20 home-visiting volunteers were involved in supporting families during this period.

HOME-START AYLESBURY LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31st MARCH 2014

FINANCIAL REVIEW

Reserves Policy

Home-Start Aylesbury has budgeted and controlled its finances so that all likely expenses for up to two months are capable of being met out of cash resources currently held. In addition, a reserve is necessary to cover rent up to the next break point. In total this equates to approximately six months expenditure.

There are no material commitments or expenditure planned which have not been included in the balance sheet or been deducted from the assets when calculating the reserves.

Finances - Honorary Treasurer's Review

The accounts for the year to 31st March 2014 show a deficit of £9,243 (2013 – £2,914 surplus).

During the year to 31st March 2014 donations and grants were received totalling £34,766 (2013 – £44,303). Expenditure during the year amounted to £44,009 (2013 – £41,389).

From April 2013 we have been including expenses not claimed by volunteers in the total Travel Costs, with the amount unclaimed included as Donations. It is felt this gives a truer picture of the overall cost of running the charity. In 2013-14 this amounted to £1,779. The equivalent figure for 2012-13 is not available.

At 31st March 2014 there was a balance of £28,296 at bank and the accumulated fund at this date was £28,010.

Home-Start Aylesbury is associated with the national Home-Start charity, registered number 326148. The national charity has levied an annual fee for the year to 31st March 2014 equal to 2% of 90% of income receivable by Home-Start Aylesbury. A similar levy is being charged for the year to 31st March 2015.

Statement of Trustees Responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

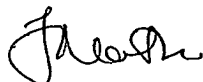
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

HOME-START AYLESBURY LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31st MARCH 2014

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the trustees and signed on their behalf by:



J. Mather
Chair

Date: 20/07/ 2014

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
HOME-START AYLESBURY LIMITED
FOR THE YEAR ENDED 31ST MARCH 2014**

I report on the accounts of the charity for the year ended 31st March 2014 which are set out on pages 10 to 15.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and
- state whether particular matters have come to our attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
HOME-START AYLESBURY LIMITED
FOR THE YEAR ENDED 31st MARCH 2014**

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006: and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Jill Andrews FCA
Ashby's Chartered Accountants
Morton House
9 Beacon Court
Pitstone Green Business Park
Pitstone
LU7 9GY

Date: 25 July 2014

HOME-START AYLESBURY LIMITED
STATEMENT OF FINANCIAL ACTIVITIES FOR THE
YEAR ENDED 31st MARCH 2014

| | Note | Unrestricted Funds | Restricted Funds | Total Funds | |
|--|------|-----------------------|---------------------|----------------|---------------|
| | | | | 2014 | 2013 |
| Incoming Resources from Generated Funds | | | | | |
| Voluntary Income: | | | | | |
| Donations / Sundry | 2 | 13,993 | 0 | 13,993 | 5,480 |
| Grants receivable | 3 | 0 | 19,425 | 19,425 | 37,087 |
| Activities for Generating Funds | | | | | |
| Fundraising | | 1,337 | 0 | 1,337 | 1,725 |
| Investment Income: | | | | | |
| Bank Interest | | 11 | 0 | 11 | 11 |
| | | <u>15,341</u> | <u>19,425</u> | <u>34,766</u> | <u>44,303</u> |
| Resources Expended | | | | | |
| Cost of charitable activities | 4 | 22,459 | 20,742 | 43,201 | 40,551 |
| Costs of fundraising activities | | 101 | 0 | 101 | 136 |
| Governance costs | 5 | 667 | 40 | 707 | 702 |
| | | <u>23,227</u> | <u>20,782</u> | <u>44,009</u> | <u>41,389</u> |
| Total Resources Expended | | | | | |
| Net Incoming resources | | | | | |
| | | (7,886) | (1,357) | (9,243) | 2,914 |
| Fund balances at 01/04/13 | | 34,937 | 2,316 | 37,253 | 34,339 |
| | | <u>27,051</u> | <u>959</u> | <u>28,010</u> | <u>37,253</u> |
| Fund Balances at 31/03/14 | | | | | |

HOME-START AYLESBURY LIMITED
BALANCE SHEET AT
31st MARCH 2014

| Company No. 5993373 | Note | 2014 | 2013 |
|---|------|----------------|----------------|
| | | £ | £ |
| Fixed Assets | | | |
| Tangible | 8 | 417 | <u>653</u> |
| Current Assets | | | |
| Debtors | 9 | 1,257 | 968 |
| Cash at bank and in hand | 10 | <u>28,296</u> | <u>38,347</u> |
| | | 29,553 | 39,315 |
| Creditors: Amounts falling due within one year | 11 | <u>(760)</u> | <u>(915)</u> |
| Net Current Assets | | 28,793 | <u>38,400</u> |
| Creditors: Amounts falling due after one year | 12 | <u>(1,200)</u> | <u>(1,800)</u> |
| Total Assets Less Current Liabilities | | <u>28,010</u> | <u>37,253</u> |
| Funds | | | |
| Restricted Funds | 14 | 332 | 2,316 |
| Unrestricted Funds | 14 | <u>27,678</u> | <u>34,937</u> |
| Total Funds | | <u>28,010</u> | <u>37,253</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2014.

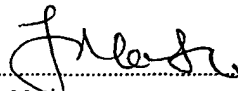
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2014 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the board of trustees on 7th July 2014 and were signed by:


 J. Mather
 Chairman


 R. D. Clarke
 Hon. Treasurer

The notes on pages 12 to 15 form part of these financial statements:

HOME-START AYLESBURY LIMITED
NOTES TO THE FINANCIAL STATEMENTS FOR THE
YEAR ENDED 31st MARCH 2014

1. Accounting policies

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

All expenditure is included on an accruals basis when the liability is incurred.

Payments under operating leases are charged to the profit and loss account on a straight-line basis over the lease term.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Donations, grants and other income

All income including grants, subscriptions, donations and other are credited to the Statement of Financial Activities on an accruals basis.

Depreciation

Depreciation is calculated to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

| | |
|-----------------------|----------------------------|
| Fixtures and Fittings | 10% of cost |
| Computer Equipment | 33 $\frac{1}{3}$ % of cost |

Taxation

The charity is exempt from corporation tax on its charitable activities.

HOME-START AYLESBURY LIMITED
BALANCE SHEET AT
31st MARCH 2014

| | Unrestricted Funds | Restricted Funds | 2014 £ | 2013 £ |
|--|-----------------------|---------------------|---------------|---------------|
| 2. Donations/Sundry | | | | |
| Miscellaneous fundraising activities | 12,878 | | 12,878 | 4,374 |
| Gift Aid | <u>1,115</u> | | <u>1,115</u> | <u>1,106</u> |
| | <u>13,993</u> | | <u>13,993</u> | <u>5,480</u> |
| 3. Grants Receivable | | | | |
| Rothschild Foundation | | | | 8,000 |
| Coutts Charitable Trust | | | | 500 |
| Big Lottery | | 17,500 | 17,500 | 22,500 |
| Children in Need | | 1,925 | 1,925 | 4,087 |
| Mulberry Trust | | | | <u>2,000</u> |
| | <u>0</u> | <u>19,425</u> | <u>19,425</u> | <u>37,087</u> |
| 4. Cost of Charitable Activities | | | | |
| Travel and Motor Expenses | | | 4,040 | 2,462 |
| Post, Stationery & Advertising | | | 671 | 445 |
| Telephone & Fax | | | 774 | 725 |
| Training Costs | | | 550 | 419 |
| Administrative Salaries and National Insurance | | | 31,183 | 30,181 |
| Home-Start National annual levies | | | 784 | 903 |
| Rent | | | 3,888 | 3,828 |
| Insurance | | | 556 | 543 |
| CRB Checks | | | 23 | 84 |
| General Expenses | | | 496 | 725 |
| Depreciation of Equipment | | | <u>236</u> | <u>236</u> |
| Total | | | <u>43,201</u> | <u>40,551</u> |
| 5. Governance Costs: | | | | |
| Independent Examiner Fee | | | <u>707</u> | <u>702</u> |

HOME-START AYLESBURY LIMITED
BALANCE SHEET AT
31st MARCH 2014

| | 2014 £ | 2013 £ |
|-----------------------|---------------|---------------|
| 6. Staff Costs | | |
| Salaries | 29,175 | 28,213 |
| Social security costs | 2,008 | 1,968 |
| | <u>31,183</u> | <u>30,181</u> |

The average number of employees during the year was 2 (2013 - 2).

No employees receive emoluments exceeding £60,000

7. Trustees' Remuneration and Benefits

There were no trustee's remuneration or other benefits for the year ended 31 March 2014.

There were no trustee's expenses paid for the year ended 31 March 2014.

8. Tangible Fixed Assets

| | Fixtures & Fittings £ | Computer Equipment £ | Total £ |
|---|-----------------------------|----------------------------|--------------|
| Cost | | | |
| As at 1st April 2013 | 747 | 482 | 1,229 |
| Additions | - | - | - |
| Less: Disposals | - | - | - |
| At 31st March 2014 | <u>747</u> | <u>482</u> | <u>1,229</u> |
| Depreciation | | | |
| As at 1st April 2013 | 415 | 161 | 576 |
| Less: Depreciation relating to disposals | - | - | - |
| Charge for the year | 75 | 161 | 236 |
| At 31st March 2014 | <u>490</u> | <u>322</u> | <u>812</u> |
| Net book Value | | | |
| At 31st March 2013 | <u>332</u> | <u>321</u> | <u>653</u> |
| At 31st March 2014 | <u>257</u> | <u>160</u> | <u>417</u> |

| | 2014 £ | 2013 £ |
|-------------------|------------|------------|
| 9. Debtors | | |
| Sundry debtors | 1,115 | 726 |
| Prepayments | <u>142</u> | <u>242</u> |
| | 1,257 | 968 |

HOME-START AYLESBURY LIMITED
BALANCE SHEET AT
31st MARCH 2014

| | 2014 | 2013 | | |
|--|-------------------------|-------------------------------|-------------------------------|--------------------------|
| | £ | £ | | |
| 10. Cash at bank and in hand | | | | |
| Current Account | 9,267 | 9,205 | | |
| Deposit Account | <u>19,029</u> | <u>29,142</u> | | |
| | 28,296 | 38,347 | | |
| 11. Creditors: amounts falling due within one year | | | | |
| Other creditors | <u>760</u> | <u>915</u> | | |
| | 760 | 915 | | |
| 12. Creditors: amounts falling due after one year | | | | |
| Loan from Home Start UK | <u>1,200</u> | <u>1,800</u> | | |
| | 1,200 | 1,800 | | |
| 13. Operating lease commitments | | | | |
| The following operating lease payments are committed to be paid within one year: | | | | |
| Expiring within one year | <u>2,916</u> | <u>2,871</u> | | |
| 14. Movement in Funds | | | | |
| | 1 April 2013 | Incoming Resources | Outgoing Resources | 31 March 2014 |
| Unrestricted Funds | | | | |
| General Fund | 34,937 | 15,341 | (23,227) | 27,051 |
| Restricted Funds | | | | |
| Big Lottery Fund | 2,049 | 17,500 | (18,724) | 825 |
| Computer Equipment Fund | 267 | 0 | (133) | 134 |
| Salary Fund | <u>0</u> | <u>1,925</u> | <u>(1,925)</u> | <u>0</u> |
| | 37,253 | 34,766 | (44,009) | 28,010 |

Big Lottery Fund – These funds were provided to ensure Home-Start Aylesbury is able to continue its current activities and is restricted to those activities only.

Computer Equipment Fund – These funds were provided with the restriction that they must be used to upgrade the computer facilities.

Salary Fund – These funds were provided with the restriction that they must be used to fund staff salaries.

15. Ultimate Controlling Party

There was no ultimate controlling party at the balance sheet date.

Co-ordinator's Report

April 2013 – March 2014

| | | | |
|---------------------------|-----------|------------------------|-----|
| Families supported | 45 | Referral Source | |
| Children supported | 105 | Self referral | 49% |
| Children 0-5 | 90 | Health Visitors | 40% |
| Children 5+ | 15 | Other Health referrals | 11% |
| Families closed | 30 | Volunteers | |
| Length of support | | Home-visiting | 20 |
| 6 months or less | 7 | Trustees | 7 |
| 6 months to 1 year | 12 | Advisors | 2 |
| Over 1 year | 11 | | |

What parents wanted support with

| | | | |
|--|-----|---|-----|
| Feeling isolated | 64% | Being involved in children's development | 45% |
| Signposting/using other services | 82% | Stress caused by family conflict | 18% |
| Parent(s) emotional health/wellbeing | 93% | Day to day running of the house | 38% |
| Parent(s) self-esteem | 48% | Managing budget | 22% |
| Parent(s) physical health/wellbeing | 40% | Coping with multiple birth/children under 5 | 58% |
| Children(s) physical health/wellbeing | 46% | Other | 15% |
| Children(s) emotional health/wellbeing | 62% | | |

Some other statistics:

1 in 3 mums supported by Home-Start Aylesbury have post natal depression
 1 in 3 parents have depression
 1 in 4 parents and 1 in 3 children has a disability, illness or other health condition
 18% of children are on the Autistic spectrum
 20% of children have global development delay
 20% of parents are lone parents
 47% of families have multiple births under 5 years old

Over the past 12 months we have supported 45 families' throughout Aylesbury Vale, whether the families' are living in town, rural areas or in one of the many new housing developments, we have been able to provide a home visiting volunteer to support them when they have needed it. The continued support this year from The Big Lottery, Aylesbury Vale Community Chest and Children in Need has contributed significantly to our core costs; along with our valuable monthly 'Pledge and Promise' donors generous donations and fundraising activities we have been able to run the service again this year at optimum level.

Self-referrals remain high (49%) along with an equitable split of referrals between Aylesbury town and the rest of the Vale, including rural areas. The referrals also reflect the diverse demographic in Aylesbury Vale.

The situations that families' are facing are wide ranging and often complex, there are numerous families that behind closed doors are struggling with very stressful life events and as shown above 'emotional health/wellbeing' has increased this year to 93%. Stress can have a serious impact on your physical and mental health, your relationships and your parenting.

The feedback we receive from parents at reviews and also from an end of support questionnaire (which can be anonymous), tell us that our type of support is very effective and helps reduce the stress that they are experiencing. Parents tell us that they feared what might have happened to their relationship, parenting and their own wellbeing without the support they received.

Our home visiting volunteers help and support parents with the issues they face, they are pivotal to our service, parents and families simply would not receive this support without them. Over the past 10 years home visiting volunteers have donated in excess of **38,000** hours of their time! The feedback from parents' consistently validates that our volunteers are reliable, kind, reassuring, friendly, open, supportive, enabling and 'alongside'. As described by one Mum, 'she walked this frightening and dark path beside me, you couldn't ask for more than that'.

As well as the commitment of their time, volunteers are frequently dealing with very emotional and stressful situations, the family they support can be dealing with the death of a partner, seriously ill or disabled child, coping with cancer or a degenerative illness, post natal depression or many other of life's events, but despite this and of course having their own personal lives, they are always consistent, objective and mindful of the great responsibility their role carries with it. I would like to acknowledge and thank them for this truly remarkable gift they give.

Further on in this report there are three contributions that I would like to draw your attention to, firstly there is a piece 'Never Ending Journey' that was written by a Mum we supported almost 8 years ago. This very personal insight into her experience and demonstrates all the complexities and emotions that she, as a parent, she is having to cope with. The second piece is written by a past volunteer, Walvinder, who is describing the effect volunteering with Home-Start Aylesbury had on her direction in life. Volunteers tell us they benefit in so many ways; they can gain confidence, knowledge and personal development as well as the benefits from supporting families. One of our home visiting volunteers Pam has written a poem about volunteering which I think encapsulates both the family and the volunteer's mutual benefit from this unique and very special relationship.

As we are coming to the end of our 10th year, I think everyone who has contributed to making this service the responsive, effective and valued service it is, should feel proud of what we have achieved. Family is at the heart of everything we do, the families we support are all different, with different needs and concerns, but they all have one thing in common, they want support to help them cope better with their situation for the benefit of themselves, their children and their family life. They deserve someone to respond when they call out for help.

I would like to thank the Chair Jane Mather and the Board of Trustees, who donate their time too, for their support and guidance over the year, and welcome Pierre du Bois. I would like to thank our Administrator Maxine Siggers, for all her hard work and support this year.

There are so many people I would like to thank - you are all part of making a big difference to families in Aylesbury Vale. I am sorry that I can't mention everyone here everyone here but please see our 'Thank you' page at the end of this report.

Shushana Kendrick
Co-ordinator

This Time Tomorrow

This time tomorrow, where will you be? Where will you go, and what will you see?
Who will you be with, and what will you do? If you're a HOME-START Aylesbury volunteer,
this could be you.
Perhaps you'll be taking a walk in the park, or hide under a rug, shine a torch in the dark.
You'll be chatting with Mum, drinking coffee or tea, or bouncing the baby up and down on
your knee,
Running through subways and waving at trains, looking in the sky for helicopters and planes.
You might jump in puddles and get wet in the rain, and because it's such fun, do it again and
again.
You go to the river, throw bread to the ducks, spend some time in the library looking at
books,
Kick up the leaves, catch them as they fall, fly high on a swing, chase after a ball.
You might play at Pooh-sticks or roll down a hill, or just sit on the grass and be very still.
Perhaps iron a shirt, hang some clothes out to dry.
You may laugh together, and sometimes you'll cry.
You talk through a problem, or help bake some cakes, let Mum take a shower, watch in case
baby wakes.
You make things with play dough, stick pictures with glue, there's a hundred and one
different things that you do.
And when people hear of the things that we've done, they make look at us and then say
"Well done."
But when I sit down and think it all through you know the one who's been given so much is
you.
It isn't the ones we've spent time with who've gained, we are the ones whose lives have
been changed.
We have learned that, yes, life it will still go on when the one you have loved for so long is
now gone.
We have seen that, when dreams have been dashed to the ground, a new hope for the
future still can be found.
And when life is so hard and so full of care, things can get better if we can share.
And lives that have suffered some sadness or pain can become full of laughter and fun once
again.
And for me, spending time with a child who is four, I can relive my childhood and do fun
things once more.
So this time tomorrow, where will you be? Where will you go, and what will you see?
Who will you be with, and what will you do?
Perhaps the next HOME-START Aylesbury volunteer could be YOU!

Pam B

Some family feedback...

"It has definitely prevented the horrendous post-natal depression I had before, I am usually a copper but I was falling apart and the support has been amazing and I know has kept me sane and helped my marriage too."



"My volunteer is an amazing, wonderful person who is so calm and experienced, being able to offload, be myself and feeling cared about has made a huge difference to me and the whole family."



"I look forward to her visit, it helps me get through my bad days, I don't feel so alone and I like the fact that she is interested in my culture as no-one seems to like Polish people here! I am so grateful and motivated by her support. I am learning English and have got a job, she has given me confidence. I am so thankful, I have hope now."

"I have no one here and my volunteer made me feel I wasn't alone, she brought light into my world."

"She's been such a tremendous support; I can talk to her which I can't do with my family and she talks to me about other things than my cancer. She has taken the guilt away about my young daughter, she is wonderful with her and my daughter adores her. I can't believe the support I have had."

"Volunteers support has been a life saver, the emotional and practical support leaves me feeling brighter, lighter and more positive."



"Thank you for helping to give us and our new family the best possible of starts. We are so incredibly lucky to have had your time, support and encouragement."

How being a Home-Start Aylesbury Volunteer changed my career!

To this day I still look back on my time with Home Start Aylesbury with fondness and love. In 2006, I first met Shushana Kendrick the Co-ordinator and embarked on a journey that would change my life. My aim and desire at that time was to provide a strong and sympathetic support service to families. What happened as a result of becoming a Home Start Aylesbury volunteer was that my life dramatically changed too – for the better.

So there was me with a banking and finance background, working in a ruthless environment, not forgetting the very smart uniform, sat in front of Shushana in my kitchen wondering why on earth I was doing this. From looking at a leaflet, to contacting Home Start Aylesbury through to my interview with Shushana was an experience that highlighted to me how much help was and is needed in supporting families. So why did I do this? To change my life? No, of course not. That was not in the plan. I wanted to help others change their lives for the better! I embarked on this path as I knew myself how important it was and is to provide help and assist families to live to the best of their abilities and capabilities. Little did I know, that when I became a volunteer, not only would I be a strong foundation for families to lean on but the career path that I had chosen at 16 would change – very suddenly.

After volunteering with Home Start Aylesbury for approximately 3 years, I took the leap of faith, went from an income to no income, left my job, started working voluntarily in a school and commenced my degree. Something I had always thought I was just too plain and dumb to do. That's right – I woke up one day, handed in my notice knowing that Home Start Aylesbury had influenced my life positively and if I did not take action I would regret it for the rest of my life. Well 3 years after commencing the degree, I walked away with 2:1 and a new career working with children. What a positive change.

So who do I thank? Firstly and most importantly, I wholeheartedly thank Shushana for the opportunity to volunteer, trusting in me, building up my confidence and throwing me out into the unknown where she knew I would fly. Secondly and equally importantly, I thank the families I worked with. Through spending time with them, supporting their needs, they helped me understand that I needed to support my needs in the next stage of my life. The families gave me strength and confidence to believe in myself. They and Shushana are my inspiration. I thank Home-Start Aylesbury, Shushana and the families I worked with for changing my life in such a way that it has helped me, my children and our lives.

Thank you all.

Walvinder



A Mum's personal story ...

The Never Ending Journey

She watched her feelings flow towards this child, her first-born. Such intensity. She looked at his little piglet face, his cute nose, his vulnerability and the darkness that went with it, the fears, longings, despair. Her impatience with him when he would not use his mind. She knew he had more, much more than *they* realised. "Severe learning disability, global developmental delay". His labels that went in all the reports. She had a big black file full of them. Mostly they all said the same thing. He was developmentally delayed, in all areas. They did not know why. All tests (there had been so many) were inconclusive. The paediatrician had advised her to stop searching. She was on a never-ending journey.

He had seen it before in so many of the parents he saw. Trying to find the cause, to understand, make sense of how hope and joy turned to confusion and despair. He had seen where this journey took them. Yet he knew even as he comforted and reassured, that each one would have to go through the hopes, the mumbo jumbo that was out there. The money that these people were robbed of! Even the most professional and astute parent would seem to suspend their disbelief. A law should be made against exploiting vulnerable parents. He sighed, shook his head and said patiently, "So Mrs Jones, you think that taking Sam to swim with dolphins might help his speech?"

She nodded. Sam did not speak, did not babble, but made high-pitched gurgling sounds, or low pitched, depending on his mood. Sam was her only child, his needs occupied most of her waking thoughts and a lot of her dreams, all mixed with her emotions. It had been a big shock discovering his disability. It had changed the way she felt for some time. She had found it hard to hold him, had wanted to die, had wanted him to die. It was the thing she had most dreaded, but here he was, and she had got through a lot of the darkness. She was looking for hope.

She had read about dolphins on her nightly trawl of the internet whilst her husband and son slept. An American study on "The effects of dolphins on speech for disabled children". A centre in California offered week-long treatments. She found herself imagining what it would be like if her son could call out to her "mummy, mummy". Surely the expense was worth it. She carefully re-read the small print. "Cost exclusive of flight and accommodation 3,000 dollars". How much was that in pounds? It seemed a lot.

There was no way that she would convince John to part with this kind of money. His way of dealing with Sam's disability was different. He just didn't see it. He spoke about Sam going to college, getting a job, even getting married. Sometimes she could scream with frustration at him, but she kept quiet. She knew she couldn't burst this bubble, and was afraid of what might happen if it did. In a strange way his denial reassured her, acted like a weight to her side of the scales, which were tipped so far the opposite way.

Her imaginings of all the cruel and unjust ways the world would treat Sam. These were not whimsical thoughts. She had worked with disabled adults for over a decade. She knew how unfair their world was, how their dreams and hopes got smashed again and again. How they were ignored, bullied, abused in so many ways. These thoughts made her heart ache for Sam, and she tried to block them off with happier thoughts. Swimming with dolphins she mused. Sam would love that.

Written by Sam's mummy

Ben & Leo's Cake Sale raised an amazing £70!



Equitable Life's 'Home-Start Aylesbury' Tombola's raised £193!



Thank you also to...

Birthday donations from Sarah E £50 and Veronica C £376! The de Bohun Lodge for choosing Home-Start Aylesbury as one of their 'Charities of the Year'! Richard and Jill J for raising £75 from their excess vegetables! The Red Kite Walkers- Liz, Jane, Caroline, Emily and Jamie and Alex raised over £500! Paul M donated a fantastic £2000!

A huge thank you to all our 'Pledge & Promise' monthly donors

Your regular monthly donation helps Home-Start Aylesbury enormously by providing us with a guaranteed monthly income enabling us to plan ahead with confidence. Your continued support is really appreciated!

Thank You!

Thank you to all those who have supported us over the last year, your help is very much needed and appreciated.

Home-visiting volunteers

Thank you to Pam, Helen, Debbie, Kay, Liza, Catherine, Sarah E, Alison S, Sarah H, Alison M, Jill L, Jill J, Gill, Tracey, Margaret, Sally and Julia.

Welcome to our new volunteers, Samantha and Cheryl.

Funders, grant givers and supporters

Big Lottery Fund Grant
Children in Need
Watermead Charitable Trust
Moneybury Charitable Trust
Veronica Corben
Red Kite Walkers – Caroline, Jane, Liz, Emily,
Jamie and Alex
Anne Cox
Nether Winchendon villagers
Mrs. H. Ward
Paul Mostyn
Sherrilyn Jones & all the staff at
Equitable Life
Mr & Mrs Jones
Mr M Wingrove – Pond Cottage Service

Aylesbury Vale Community Chest
Anna Cribley - RWS
Caroline Wheller
Ruth Phillips
Heather Buttle
Gill Jones - Resonant Solutions
Sarah Rothwell, Grants Officer, AVDC
Ben & Leo – Cake Bakers
Lilian Middleton
Blue Pepper Designs
Cllr. Ranjula Takodra MBE
Pete Siggers
Srian Leanage – Eurolaser
Lloyd Allen
The de Bohun Lodge

And all our Pledge and Promise donors

The Big Lottery

Home-Start Aylesbury is now in the fourth and final year of funding from The Big Lottery. Our third year was very successful and we achieved all of our milestones and outcomes. We are very grateful for the support of The Big Lottery and Clair Docherty – Grants Officer.



Children In Need

Home-Start Aylesbury was supported by Children In Need for three years with a grant contribution towards the Co-ordinator's post. We are pleased to confirm that our end of year 3 report was accepted by Children in Need and funding ended in October 2013.



Aylesbury Vale Community Chest

Home-Start Aylesbury is very grateful for the support we have received this year from the Community Chest.

This project received funding from the Community Chest, a grants scheme for community projects run jointly by AVDC and AHT. If you would like more information, please call the Community Chest Grants Officer, Sarah Rothwell, on 01296 585634.