



North and West Gloucestershire

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Newsletter 1 March/April 2021

Welcome to the first edition of the Home-Start North and West Gloucestershire Newsletter. Home-Start North and West Gloucestershire is a charity that supports families in Cheltenham, Tewkesbury and the Forest of Dean with at least one child under five years old. Home-Start has been running services in Stroud, Gloucester and the Cotswolds successfully for many years and now after receiving funding and despite Covid-19 and the many challenges this has thrown our way, we have launched in the North and West of Gloucestershire. We know that you probably won't have seen us out and about in the community yet, but we have been really busy offering online support and training new volunteers so as soon as government restrictions allow, we will be in a community near you.

If you would like to know more about Home-Start North and West Gloucestershire and the services we offer families, or how you can get involved in our highly regarded and nationally recognised volunteer programme then please do visit our website or social media pages or get in touch via email. We would love to hear from you.

Keep an eye out for our next newsletter in May, but in the meantime, stay safe and from all of us to all of you, have a very Happy Easter.

The Best Gift is You - Can you Volunteer With Us?

Coronavirus has placed significant extra hardships on families that were already struggling and facing challenges such as financial issues, job losses, mental and physical health difficulties and social isolation. At the heart of our work here at Home-Start are the volunteers who spend two to three hours each week visiting a family and providing practical and emotional support. You will have the chance to make a real difference to a family and help support them at a time when they need support the most. We offer full training, expenses and ongoing support. You will become a valued member of our team and have the chance to make new friends and colleagues. Often, volunteering with us is a way back into work after a career break or a way of gaining experience if you want a career change. We also have lots of people whose own children have flown the nest. If you have two-three hours spare each week and want to be amazing, please get in touch. We are waiting to hear from you.



"I wouldn't be the woman and mother I am today if it wasn't for Home-Start. They say it takes a village to raise a child and Home-Start became my village." - Siobhán, mum to three children



"The first family I ever supported has always stayed with me. I was someone to talk to for a little while for mum, who had moved to a new area and didn't yet have a support network. I watched her make friends and go back to work and grow her wings again." - Julie, Home-Start NW Glos volunteer

Dates for your Diary

W/C 26th April - Virtual Support Groups resume after the Easter Break (Bump & Me, Baby & Me and Mothers in Mind).

New Volunteer Training Courses starting across Gloucestershire soon. We offer a variety of days and times to suit you. Get in touch to secure your space.



"There's nothing called a perfect parent, so just be a real one."

Sue Atkins, Parenting Coach





North and West Gloucestershire

Waitrose and John Lewis in Cheltenham Share the Love.....

We have been so fortunate to have been working in recent months with Waitrose & Partners and John Lewis & Partners in Cheltenham as part of the 'Give A Little Love Campaign'. Despite the challenges that both retailers have been facing in recent months, the staff have gone above and beyond the call of duty in so many ways, in order to support Home-Start North and West Gloucestershire, helping us to continue supporting the families we work with and giving help when help is needed the most.



We recently received a large donation of gift hampers and gift food (pictured) from John Lewis in Cheltenham, which we have been able to distribute to families. The feedback we have had from families has been overwhelming and we know that these gifts have made an incredible difference to some families. Thank you to all the Partners at both these stores. You are amazing.



Have you heard of Dad Matters Gloucestershire?

Dad Matters is a new project to Gloucestershire, run by the wonderful Lee. Dad Matters has been successfully running projects in other parts of the UK and has now fully launched across our county. The aim of Dad Matters is to help all dads have good relationships with their families as well as supporting dads with issues such as mental health, stress and anxiety. Lee is hoping to engage as many dads as possible with services that have traditionally been targeted towards mums, and Lee is also hoping to recruit some dad champions as volunteers to help support other dads in their communities. If you are a dad in need of support or know of one, then do get in touch with Lee and he will be only too happy to help.



New Dad's Wellbeing Support Group



@DadMattersUK
Dadmatters.org.uk

#HowAreYouDad?

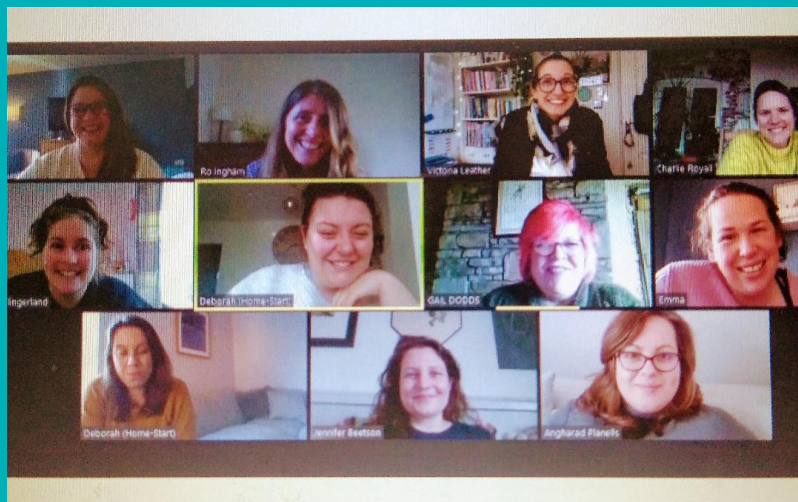
Are you a new dad with an under 2, or expecting a baby?

Join **Dad Matters UK** and **Directions for Men** at this **FREE** peer support group, where we can discuss parenting, babies, partners, challenges and successes, and explore our own wellbeing and how this can impact our families.

Every Fourth Tuesday
7pm
Zoom

<https://us02web.zoom.us/j/85338437818?pwd=NFRFQmhhX0kxRFlvRmFnYlZsZUtiZDZ0>
Meeting ID: 853 3843 7818
Passcode: 845194





Meet the Team!

We have been working really hard behind the scenes over the past year to grow our team of very talented and hard working colleagues and Trustees. Every single member of our team is brilliant and wholly committed to making sure that we are able to offer help to families when they need it the most. Look at this group of beautiful faces. This isn't everyone on our team, but look out in the next newsletter for our new series of staff profiles so you can get to know every single one of us a bit more.

To stay up to date with our latest news, please follow us on social media:

Facebook @hsnwglos Twitter @HomeStartNorth1

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