



# Home-Start

Home-Start Colchester is a local independent charity, established in 1993 to serve our local community supporting children and their parents.

During Covid—19 we have reshaped our offer to currently offer families in **Colchester and South Tendring** the following:

## 1. Befriending Support service

Home-Start Colchester continues to provide an essential befriending Service to parents across Colchester and South Tendring currently via phone calls, emails and texts. If you are struggling and need someone to listen, to care and offer support, please contact Home-Start Colchester.



## 2. Getting essential items to families in need:

Home-Start Colchester successfully applied and secured small grants to benefit local families. We have created essential goods packs bespoke to each family's requests and needs.

- Nappies
- Wipes
- Toiletries
- Cleaning items
- Games
- Books
- Snacks
- Toys
- Fare Share food
- Clothes (New)



## 3. Help with completing forms or applying for benefits

We continue to support parents who may struggle to complete forms and applications.

#### 4. Crafts, activities, competitions, mentoring and fun workshops during school holidays for young people 5—14 years.

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



We can supply crafts, games and prizes and promote local activities and initiatives. We can also deliver packs of materials to the family's door when transport is a barrier. We continue to offer one to one virtual mentoring and encouragement. During school holidays we offer children's MY CLUBS

#### 5. Online parenting programs with co-ordinator support



Parents are finding themselves in a unique situation of having their children at home and confined to the house. All these added stressors could interfere with how they interact with their children and put more pressure on their parenting.

More than ever, parents need support. We can provide a log on key for the

**Triple P online parenting courses.**

**Home-Start will also support you through the program every step of the way.**

## 6. Food– Distributing Foodbank vouchers and when needed we collect and deliver food to the family home.



Home-Start is working in partnership by distributing Foodbank vouchers to families. You can collect them at our offices at The Ark, Highwoods or The Mill Old Rd Clacton.

We are also able if needed to collect and deliver food to your family home. We can often combined this with our essential goods to help families manage through these difficult times.

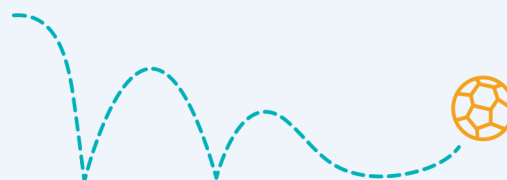
## 7. Reducing Parental Conflict

Home-Start is able to provide advice and guidance to support families with many issues. We currently deliver the Reducing Parental Conflict Program in partnership with Tavistock Institute of Medical Psychology trading as Tavistock Relationships (Tavistock).



## 8. Personal one to one parenting support online and booked one to one meetings

Our co-ordinators are available to answer your questions regarding parenting. Just email the office at [Office@homestartcolchester.org.uk](mailto:Office@homestartcolchester.org.uk) and we will get back



## 10. Detached and Outreach Youth Work– 10–14 years

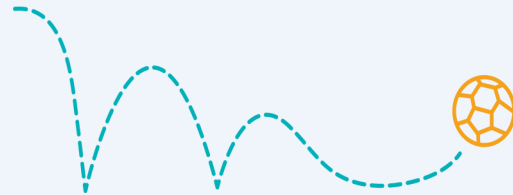
Working with children aged 10-14yrs offering both detached youth work and outreach youth work in Greenstead and Jaywick. This work aims to help young people who are vulnerable because of the Coronavirus pandemic and provide them with access to a trusted adult and a safe activity and environment until they are reintegrated back into their traditional support structures and youth clubs .



## 11. Support Groups

Tuesday– Baby Group

Wed -Forest school



All activities following strict Government guidelines.



## 12. Small grants

**For vulnerable families in need.**

**The charity has a small bursary to help families who need help in a crisis.**

The Linda Steers fund was set up to help families struggling when there are no other grants or loans to help. We provide a grant between £10.00—£500. The grant offer is decided by the board and can be used for various items or situations to resolve difficulties for registered Home-Start Colchester's supported families.

### **Finn Douglas Trust**

This is small grant fund to help local children thrive . It is decided by a community board and decisions are quick.

## 13. Christmas— A letter to Santa

We are able to supply Christmas present for many families struggling this year. Join our Letter to Santa campaign by emailing [Office@Homestartcolchester.org.uk](mailto:Office@Homestartcolchester.org.uk)



## 14. Volunteering

We continue to recruit volunteers to support our charitable work. If you would like to be part of a local organisation committed to making a difference to local children, we would love to hear from you. Opportunities include mentoring, befriending, office work and fundraising.



**If you feel we can help in anyway email : [Office@homestartcolchester.org.uk](mailto:Office@homestartcolchester.org.uk)**