



# Newsletter

March 2020 No. 45

**Tel:** 01285 885391

**Email:** [office@home-start-cotswolds.org.uk](mailto:office@home-start-cotswolds.org.uk)

**Website:** [www.home-start-cotswolds.org.uk](http://www.home-start-cotswolds.org.uk)

**HOME  
START**  
Cotswolds

## Thanking our long-serving volunteers

In these strange, uncertain times, we are devoting a page of this newsletter to the happy story of thanking our longest-serving volunteers. They include home-visiting volunteers and trustees who have been giving up their time for many years to help families across the Cotswolds. As a small token of our gratitude, we have given gifts engraved with a message of thanks.

There are others who are still due to receive their gift; volunteers Trish Dodridge and Fiona Beck, and trustees Hilary Morris and Clare Baker. They will receive their gifts as soon as we are able to see them face-to-face!

**Left:** Trustee Chris Hall has been with Home-Start Cotswolds since we set up in 2006 and was given her candle by Katharine Campbell, Senior Coordinator.



**Far right:** Katharine Campbell presents trustee Tony Jones with his engraved glass.

**Right:** Volunteer Ghislaine Venn has been supporting our families for 11 years.

**Below left:** Charlie Gilbert with the flowers she was given to commemorate five years as a volunteer with families in the North Cotswolds.

**Below centre:** Volunteer Bridget Plant, who has worked with Home-Start families for more than 10 years, is pictured with her candle.

**Below right:** Chair of Trustees Steve Kaufmann presents Health Visitor Sarah Smithson with her candle, to thank her for over 10 years of work with us as an advisor.



## Millie's Gift!



Millie, one of our amazing volunteers, has been training in holistic therapies. During her probationary period, she asked her clients to donate to Home-Start Cotswolds instead of paying her fee and has raised £164 for us.

Thank you Millie!

## Hike for Home-Start Cotswolds

I don't think anyone will be surprised to learn that sadly, we have decided to cancel this year's Hike. The team at Cripps and Co. are keen to help us with next year's event—hopefully at one of their venues—and we wish them all the best with any difficulties that they may encounter during this period of lockdown.

## Prep Course Graduation Delayed

Due to current social contact restrictions, we have had to postpone the final session of the preparation course for new volunteers. It's frustrating for all concerned and we hope it is not too long before these volunteers can complete their training and start working with families.

## Coping with confinement

For many families, the current Coronavirus situation means having children at home who would usually be at school, nursery, with a child-minder or their grandparents. This presents a huge challenge for families who are already facing difficulties. Home-Starts across the country have had to suspend their home-visiting services, and other family-oriented activities and groups in the community are also on hold.



So how can families cope? There is no shortage of social media posts on this topic. But the last thing families need is more pressure. There's no 'right way' to respond to our current situation, as no-one has experienced this before!

Home-Start Cotswolds staff are now working from home and have these tips:

- Do have realistic expectations and cut everyone a bit of slack!
- Spend extra time playing with your children
- Get outside for sunshine and fresh air
- Exercise, even if some days it's just dancing in the kitchen!
- Try to get enough sleep
- Eat well and stay hydrated
- Stay connected with family and friends
- Limit social media about the coronavirus, especially in front of children
- If you are a family that we already support, do please call us if you need to talk. We are still here!



## Supermarket Sweep!

We were thrilled to hear that we had come first in the customer Green Token vote at Waitrose Cirencester for January. Our Chair of Trustees, Steve Kaufmann, received the cheque for £552 from Jo Luce, Waitrose Community Matters Partner (right). Jo said: 'The work of Home-Start Cotswolds is vital in providing parent-to-parent support for families with young children in their own homes. We are delighted that our customers are so supportive of local causes such as this and want to make a difference.'

We were also lucky enough to be one of the charities taking part in Tetbury Tesco's Bags of Help scheme. This was supposed to run from January to the end of March, but ended early due to Covid-19. However, we were delighted to hear that we will still receive £1,166.00. So a big thank-you to all shoppers who voted for us at either supermarket!

**TESCO** Bags of Help



Home-Start Cotswolds, c/o Cirencester Baptist Church, Chesterton Lane, Cirencester, GL7 1YE  
Charity number: 1110632s