



Leeds

Welcome to
News 'n' Views
Spring 2020

let's
**STAY
HOME**



Message from Jane (CEO)

A big thank you to all our volunteers ,staff and trustees who continue to enable us to support families across Leeds in these difficult times. Please read the letter from Peter Grigg the new CEO of Home-Start UK as it encompasses everything about people involved with Home-Start . Sincere best wishes to you and your family, take care, stay safe Jane xx

If people would like to donate to support families through these difficult times, you can donate through our JustGiving Page [justgiving.com/home-startleeds](https://www.justgiving.com/home-startleeds)



Want to keep up to date with all that we post follow our Twitter page @HomeStartLeeds



A Thank you from Peter Grigg (HSUK)

THANK YOU

I'm reaching out across the Home-Start volunteer network to thank you for all you are doing to support families in your local area. You are part of a UK-wide movement of 13,500 volunteers who help Home-Start support over 27,000 families and 56,000 children each year. That's incredible at the best of times but in the face of current coronavirus pandemic, it feels an important moment to share my appreciation.



Volunteering right now is not easy. You will be grappling with adjustments and challenges in your own lives and, because of public health guidance, Home-Start support can only be offered to families at a distance through phones and computers. This at a time when families are facing the strain of isolation and crowded housing, financial hardship, food shortages, and increased anxiety.

Yet, across our Home-Start network, we see the power of compassionate communication –listening and responding with care, experience and without judgement. We are contacting families through phone-call check-ins, online group sessions, texts of encouragement for parents under strain – all done with Home-Start humanity, humility and humor. It is helping families to cope, develop resilience, and stay positive in the home environment which is what every child needs right now.

This has required a remarkable adjustment to the way we work which hasn't been without some pain but, with your help, we are making it work. Earlier this week, for example, one Home-Start shared how they had helped 150 families through remote group work and by sharing "survival support" resources and games for self-isolating families.

Over the coming weeks, we expect to see a rapid increase in demand from families needing support. Sadly, we expect to see spikes in the number of families in crisis and poverty facing serious mental health issues, and in relationship breakdown among parents and children. We need your help more than ever to help families stay connected despite social distancing.

Thank you for everything that you are doing to support families and your local Home-Start during this time. It is very much appreciated, we couldn't do our work without you.

Warm wishes,
Peter Grigg Chief Executive

Coronavirus Guidance

DO

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

DON'T

- Touch your eyes, nose or mouth if your hands are not clean
- Have visitors to your home, including friends and family

To find out more, please visit the Gov UK website



<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Coronavirus outbreak FAQs: what you can and can't do

When am I allowed to leave the house?

You should only leave the house for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

What to know more about the do's and don'ts; Follow the link below for more questions and answers

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

HOW TO WASH YOUR HANDS



FRESH & CLEAN www.freshandclean.net.au 1300 733 177

STAYS SAFE AND STAY POSITIVE

VOLUNTEERING



MENTAL HEALTH AWARENESS WEEK 2020 (18-24 May 2020)

Access to the best possible treatment, at the right time, is crucial. But, this on its own, does not deliver a good quality of life. Housing, employment, finances and support networks all play a crucial part. The future of mental health care is community-based and locally focused. It meets all the needs of those of us living with mental illness. (Social connectedness, Physical health, Housing, Finances & employment, Volunteering and Access to clinical services)



For guidance and help, here are some links;

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/>

<https://www.mind.org.uk/>

<https://youngminds.org.uk/>

<https://www.mentalhealth.org.uk/>



Fun Things to do at Home

Try a new Recipe;

<https://www.netmums.com/recipes/category/kids-cooking-recipes>

Become a Pen pal with a friend/School Friend;



Read a Book;

<https://stories.audible.com/start-listen>

<https://www.booktrust.org.uk/hometime>

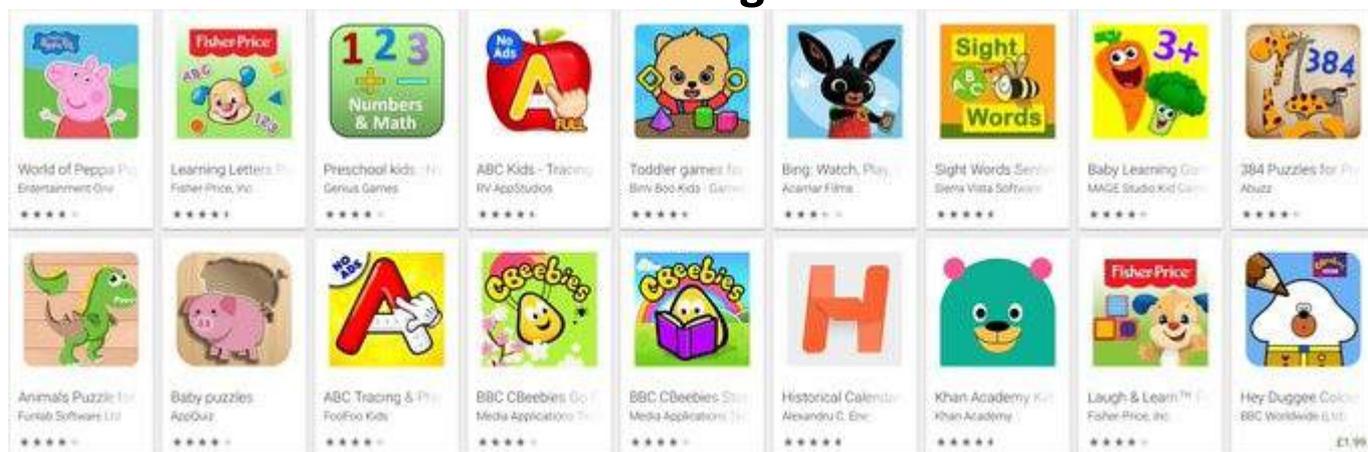
Spring Scavenger Hunt;

<https://teachingmama.org/spring-savenger-hunt/>

Make a Scrapbook;



Plenty Of Interactive Apps That Are Currently Free To Download On PlayStore To Help Support With Educational Activities With Children Who Are At Home During The Coronavirus Lockdown



Get the kids fit with The Body Coach;

<https://www.youtube.com/user/thebodycoach1>

Policy

USE OF PHOTOGRAPHS

From time to time we take photos with a digital camera of volunteers and families enjoying our activities. Some may be used in publicity material to promote Home-Start throughout Leeds - for example, on display boards, in Home-Start newsletters, in Home-Start leaflets and in our annual reports. All photos are stored on disc.

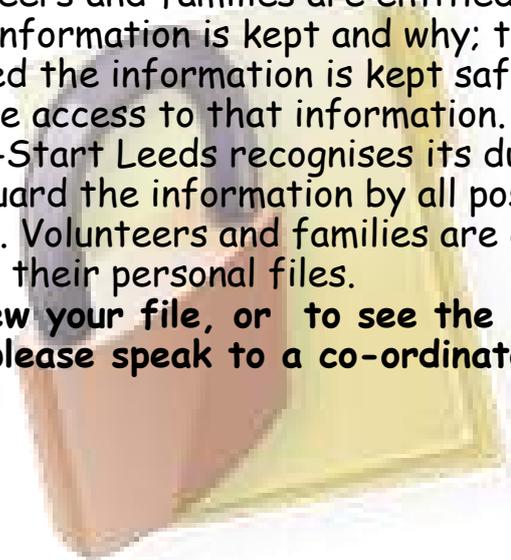
If you have any concerns, please speak to your co-ordinator in confidence.



DATA PROTECTION

Various personal and sensitive information on volunteers and families is held on file. Home-Start Leeds recognises that volunteers and families are entitled to know what information is kept and why; to be assured the information is kept safely; and to have access to that information. Home-Start Leeds recognises its duty to safeguard the information by all possible means. Volunteers and families are entitled to see their personal files.

To view your file, or to see the policy in full, please speak to a co-ordinator.



Local Directory

Childline (www.childline.org.uk).....	0800 1111
Children Centres Advice Service, Leeds	2816703
Children and Young People Social work ,Leeds	222 4403
Children and Young People Social work (Out of hours)	240 9536
Citizen's Advice Bureau (www.leedscab.org.uk)	0844 477 4788
Family Hub, Leeds (www.familyinformationleeds.co.uk).....	0800 731 0640
Forced Marriage Advice—Karma Nirvana.....	0800 5999 247
Housing Advice & Options, Leeds.....	2224412
Housing enquiries , Leeds	2224444
Leeds City Council Welfare Rights Unit.....	3760452
Leeds domestic violence services & womens aid (24hrs).....	2460401
Mens Advice Line.....	0808 801 0327
NHS Direct (www.nhsdirect.nhs.uk)	0845 4647
Perpetrators—Respect Helpline.....	0808 802 4040
Police Safeguarding Unit, Leeds.....	2414180
Support after rape and sexual abuse.....	0808 802 3344
www.wellbeingleeds.com – a new NHS portal for Health Services in Leeds.	
www.mentalhealthleeds.info – mental health directory for Leeds.	

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