



## Adur County Local Committee Community Initiative Fund application



**CLC Reference:** 292/A

**Local Councillor:** George Barton

**Status:** Fundraising Stage

**Project Cost:** £6,942.00 (as found under crowdfunding goal total)

**Project Title:** Adur & Worthing Parenting Workshops

### About:

A 1-day pop-up event for local parents to develop their skills - 'Being a parent is hard work. You can read all the books you like but until you are a parent, you find out not everything is textbook.'

Adur & Worthing Parenting Workshops will be a 1-day event for parents with a child under 7. It will provide parents with some of the skills and tools to support their parenting and help give their child(ren) the best possible start in life.

'You can have all the money in the world and the highest IQ, but can never predict how your baby will be' - Parent in Bognor Regis.

Each interactive session will be 45 mins and include a question & answer section. Parents can choose two topics from five key sessions. These sessions will be:

- \* Play
- \* Wellbeing
- \* Sleep
- \* School Readiness
- \* A Parent and Child Activity

These fun and interactive sessions will help local mums and dads to:

- \* Develop tools and skills to improve their child(ren)'s wellbeing as well as their own
- \* Interact with their child(ren) during play, including ideas around creative, low or no-cost activities.
- \* Understand how to help progress their child(ren)'s development
- \* Engage with other parents

**Project Delivery Manager:** Home-Start Arun, Worthing & Adur

### **About me:**

Home-Start Arun, Worthing & Adur is a charity that supports local families going through tough times, such as relationship breakdowns, feeling isolated, poor mental health, low self-esteem, a parent or child's disability, multiple births, bereavement or children with challenging behaviour. Our aim is to help parents give their child(ren) the best possible start in life.

We offer a unique home-visiting service by our trained volunteers. Each volunteer is carefully matched by a Home-Start Organiser to a family, based on their parenting/life experience and skills. Volunteers meet with their family 2-3 hours a week for an average of 6-9 months.

Over the last two years we supported: 273 families & 572 children. Our annual impact report demonstrates the outcomes. We collect feedback from parents, referrers and volunteers.

Our 17/18 impact report demonstrated that (of the parents who reported):

- \* 95% were more involved with their child's development
- \* 95% felt less isolated
- \* 89% said their own emotional health and wellbeing had improved.
- \* 96% said their children's emotional health and wellbeing had improved.
- \* 88% had improved self-esteem
- \* 97% said they felt more able to manage their child's behaviour

As an established grass roots charity of 18 years, we understand the challenges families can face in our communities. Referrals come from health visitors, midwives, Children and Family Centres, as well as self-referrals, which have increased in the last year. We currently cannot support 1 in 5 families referred to us due to a lack of resources.

For the families we support, we are often their only direct help as thresholds for statutory services constantly increase, they do not receive help from the state. If we were not able to provide this service, families would be left to struggle by themselves, not able to improve the situation for their children and resulting in children falling behind with personal, educational and social development. Through our work we empower parents to develop strategies to better manage their own lives, and prevent a state of crisis occurring.

Website: <http://www.home-startarun.org.uk/>

**Why we're pitching for a pledge:**

This project will build community & give parents access to parenting skills and tools to better their child's development at a critical age.

**What we'll deliver:**

- Provide a day of interactive and practical sessions around parenting and wellbeing
- A fun and practical way for parents to develop their parenting skills

**Why it's a great idea:**

Home-Start believes that mums and dads are the first and most important influence on their child's development and future outcomes. Interactions that take place in the home environment have more influence on a child's future achievement than innate ability, material circumstances or the quality of early years or school provision. This is why we meet with parents and their child(ren) in the home. The role that mums and dads play in supporting their child's development is key to making a difference in their children's outcomes. This project will give local parents access to local professionals to learn practical skills to help their child's development as well as improve their own wellbeing. They will also be able to meet with other parents and carers. Home-Start believes that this project will help parents to give their child(ren) the best possible start in life. The day will also help parents identify if they would like extra support from Home-Start.

**Steps to get it done:**

- Securing Sessional Trainers
- Securing a venue
- Release session information
- Marketing the event

Home-Start is registered charity (1132416) that works in Arun, Worthing & Adur to support families who are going through tough times. We receive funding for our core work from the Big Lottery, Children In Need and other local and national grants. We have been established in the local community for 18 years and have a working knowledge and partnership with Children & Family Centres and other local organisations such as My Sisters House, Coastal Mind and Social Services.