

SCHEME NEWS

Home Start

Support and friendship
for families

Newsletter for our Supporters from Home-Start Watford and Three Rivers

Summer Newsletter July 2016

Volunteer for Home-Start Watford and Three Rivers

Volunteers are our best recruiters and as we are running another volunteer prep course in September 2017, we'd like you to have a think and see if there's anyone you can think of who might enjoy volunteering for Home-Start Watford and Three Rivers.

If you do have one (or more) suitable people in mind, please ask them to contact the office on 01923 248010 and speak to Jill, Seema or Rachel so we can arrange to have a chat with them.

Also, we are currently looking for volunteers to help in our charity shop so if you know someone who has a few hours a week to spare, shifts are flexible then ask them to call Vikki on 01923 248748. Volunteering in our shop is a great way to get some retail experience for people who may have been out of the workplace for a while.

Quality of life

A May 2012 study by the [Royal Voluntary Service \(formerly the WRVS\)](#) found that volunteering in later life decreased depression and social isolation. It was also found to boost quality of life and life satisfaction.



Philippa, a mother of three and a Home-Start volunteer...

“ Home-Start appealed to me because it was a charity devoted to the family. I felt I had a great deal of experience in this and therefore something to offer.

When I met my first family I immediately warmed to them. Although I was asked to give practical help, it soon became apparent that the mother needed emotional support as well. It took some months for her to talk about this, and it really felt like a breakthrough.

WHEN A CHILD
TELLS YOU HE
LOVES YOU...
IT FEELS
WONDERFUL

The most obvious reward is the sense of helping people. Being a volunteer can occasionally be emotionally draining, but there are also poignant moments; for example when a child in your Home-Start family tells you he loves you, or the mother says she doesn't know how she would manage without you, it feels wonderful.

As a Home-Start volunteer I never feel isolated. I am part of a team and know that if I encounter any difficulties I can contact my Home-Start organiser at any time for support. I have found being a volunteer for Home-Start an extremely positive experience.

”

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Sign Up For Our Lottery

How it works...

Win £25,000 and many other prizes every week

You will be allocated with a six digit lottery number, which will remain yours for as long as you wish to keep playing. Every Saturday, the lucky winners are selected at random and cheques posted directly to the winners, so no need to claim. Match 3,4,5 or all 6 digits of the winning number in the correct place in the sequence.

6 digits wins £25,000

5 digits wins £1,000

4 digits wins £25

3 digits wins £5

50p in every pound goes directly to Home-Start Watford and Three Rivers

What are you waiting for? We have already had 6 winning lines at the Watford scheme since the launch in January!

How to join...

Three easy steps

Step one... Go to the Direct Debit sign-up page using this link <http://ow.ly/1084XT> or scan the code (this takes you to the Home-Start UK form)



Step two... **IMPORTANT** In the second box 'office use only' please write **HS028** - this is the code for the Watford and Three Rivers Home-Start scheme, otherwise your donation may go elsewhere.

Step three... Choose whether you prefer to pay weekly or monthly - (both equate to only £1 a week for each ticket).

If you prefer to use a paper form, please phone to request one or pop into the office at

7, Lord St., Watford, WD17 2LL
01923 248010

If you have any questions about our lottery please go to

<http://www.unitylottery.co.uk/>

Emma's Blog

This year is going so fast that it seems like only yesterday I last wrote a blog for the Spring newsletter. The last three months have continued to be a rollercoaster of success and challenge with that wonderful positivity of our Home-Start team and volunteers keeping us afloat.

Our biggest challenge now is to find new premises with planning permission now granted for our current one to be redeveloped. As always we are viewing this as an opportunity to improve and become more accessible to both volunteers and families we support. However, I cannot ignore how difficult it will be to secure both suitable and affordable premises, with prices and competition so high in this area of Hertfordshire.

The biggest blow to us will be the loss of our lovely, quirky charity shop, our only sustainable source of income. Although our plan is to open a new shop, we know, like any business venture it will take a while to get going again. Therefore, I would like to appeal to every one to keep your eyes open and let us know of any premises that become available - as always, everything and anything is a possibility!

On a more sunny note (I wish) , I am so looking forward to our annual family trip. It is, for me, one of the most rewarding aspects of this job. Providing families a much needed day out, something that many of us take for granted. It has been successfully funded through The Rotary Club and The Family Holiday Association - I cannot wait! We are off to London Zoo!

Even more exciting, the chance to dress up as an 'Ugly Bug' (Ladybird outfit at the ready) for our annual sponsored walk and bug hunt at Rickmansworth Aquadrome on 26th August, make sure you register to join us. Anyway let's crawl, gotta crawl, gotta crawl, to the ugly bug ball, to the ball, to the ball, and a happy time we'll have there, one and all, at the ugly bug ball.....

Thank You

Thank you to one of our volunteers Mary Wilde who raised £35 for Home-Start Watford through a coffee morning with her U3A group.

Also thanks to Pearl Robson and John Lewis for the successful coffee and chat morning, it was great to see



everyone and share and support volunteering experiences. The next one is scheduled for 15th September 10—11.30 with the venue tbc.

Support Groups

The next support group will be a celebratory one! We have 2 birthdays next week, the first is our lovely volunteer Angela Kelly's, which is on the 6th. The second is Jeni our Communications Officer, which is on the 10th. Angela will be bringing homemade cake and Jeni may also attempt a homemade cake but no promises :). Officers from the Northwood base are coming in to present a cheque at 10am as they very kindly did a 24-hour sponsored row in their gym and raised just under £500 for Home-Start Watford. On top of all that we have a speaker booked from Watford Women's Centre. We really hope you can join us for this busy morning on **Wednesday 6th July 10 -11.30am.**

The next support group will not be until November 3rd so it will be great to catch up with some of you next week if you can make it.

Charity Night for WWC



Watford
Women's
Centre
plus

Charity Night Tuesday 19th July

Proceeds go
to the
domestic
abuse services
at Watford
Women's
Centre

Live Music performed by



+ Support from The V-1's

Charity raffle with great prizes
£8 in advance £10 on the door

AVAILABLE FROM: EVENTBRITE (BOOKING FEE APPLIES)

[HTTPS://WWC-OCONNELL-LOVE.EVENTBRITE.CO.UK](https://wwc-oconnell-love.eventbrite.co.uk)

OR IN PERSON FROM WATFORD WOMEN'S CENTRE, 83 MARKET ST, WATFORD, WD18 OPT

Diary Dates 2016

July

6th—Support Group

August

17th—London Zoo Family Trip (*letters and booking forms will be sent out shortly*)

26th—Ugly Bug Stroll (*details sent soon*)

September

15th—Coffee and Chat Venue tbc

22nd—AGM

October

3rd—Curry Night—'Curry on Up the Raj'

November

3rd—Support Group

12th—Snowflake Challenge—Charity Abseil

December

15th—Jingle and Mingle



Don't forget to tell your families about our annual passes for Willocks Activity Farm and Adventure Playground.

There are 2 adult and 3 child passes which are completely free for our families to use. Just ring the office to book a date

<http://www.willocksactivityfarm.com/>

The poster features a central illustration of various colorful insects on a red circular platform. The text 'Ugly Bug Stroll' is written in large, pink, bubbly letters. Below it, 'Ricky Aquadrome 26th August' is written in blue. At the bottom, there are several phrases: 'Free Family Games', 'Free Kids Activities', 'Treasure Hunt', and 'Juice and Biscuits'. The background is green with a white border.

Home-Start Watford and Three Rivers
Ugly Bug Stroll
Ricky Aquadrome 26th August
Free Family Games
Free Kids Activities
Treasure Hunt
Juice and Biscuits
Medals

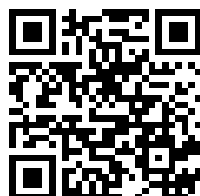
To find out more call 01923 248010 or enquiries@home-startwatford.org.uk



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/HomeStartW3R



@homestart2



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