

Home-Start West Berks Newsletter, April 2016



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News from the Office

Hello All,

I hope you all enjoyed the Easter weekend despite the very mixed weather we had to contend with! Now that the clocks have gone forward I am appreciating the lighter evenings – Spring is here & looking forward to some warmer days.

We are just about to complete our latest preparation course & look forward to welcoming Sarah, Helen, Sarah, Jazz & Linda to the team. As always we have families eagerly waiting for their support.

We are looking forward to our outing to Bucklebury Farm Park in June – please do come & join us on this fun day out if you can.

The help & support you provide is invaluable & much appreciated so thank you for all that you do.

Kind Regards – Clare



HAPPY DAYS 5-10 YRS OLD

Mary Hare School Secondary School opposite Shelsmore Common on the Wantage Road. RG14 3BQ
Contact Kirilynn Gardner. Email: k.gardner@maryhare.org.uk
Tel: 07740 100654

Happy Days runs on the second Monday of each month during term time and during some holidays for special events.
It is for children aged 5—10 years old on the Autistic Spectrum, along with their siblings and parents. Costs per session are £3 per child & parents are free this helps cover food, drinks, and snacks as well as the activities on offer.
Parents need to stay at the sessions.

Monday 9th May: Rainbow themes 4.30-6.30pm

Rainbow arts and crafts, as well as games and a movie in the chill. Chicken nuggets, chips & salad for tea along with biscuits, fruit & cake.

Monday 14th June: Glow in the dark 4.30-6.30pm

The chill room will be made into a den full of glow in the dark items and lights. We will have crafts and toys to play with too! Toasted sandwiches, chips, veg, fruit for tea along with biscuits & cake.

Monday 11th July: Dinosaurs 4.30-6.30pm

Dinosaurs theme with toys and crafts as well as a mini movie in the chill room.. We will have party boxes for tea with a range of nibbles and snacks. Plus the usual cake & biscuits.

SUMMER DATES: £6 per child
Every Tuesday in August for 5-10 year olds
2ND, 9TH, 16TH, 18TH & 23RD



Safeguarding Update April 2016

Domestic abuse

It is important to know there are services out there that can provide advice at the right level for victims, their families, friends and children.

West Berkshire Domestic Abuse Helpline 0800 731 0055 (Monday to Saturday 10am - 4 pm) provides the following services for women and men who are experiencing domestic abuse:

- Refuge placements
- Outreach one to one support (women and men)
- Independent Domestic Violence Advisor (IDVA) and Young Persons IDVA
- Group work (Freedom Programme/Recovery Toolkit). A programme of support for survivors of domestic abuse.

If you need support outside these hours Call 0808 2000 247 (24 hours)

Lambourn Knitters

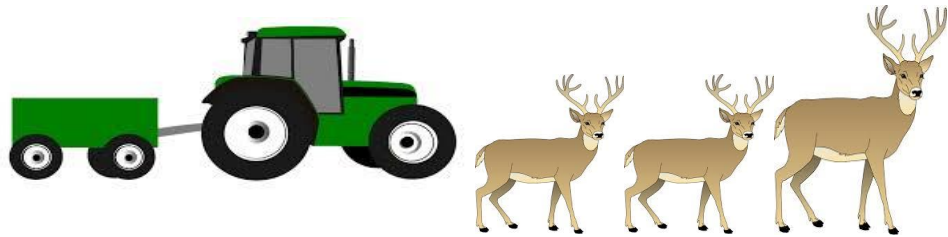
We are very lucky to have a regular supply of baby & toddler clothes very kindly knitted by a group of ladies based in Lambourn. They also knit chicks each Easter which we distribute at our groups....with a chocolate egg inside!

If you are supporting a family who you feel may like some of the knitted items please either call into the office or let your Family Co-ordinator know.



Bucklebury Farm Park

Our family summer outing to Bucklebury Farm Park will take place on Friday 17th June. Invitations will go out to all of our families next month & all our lovely volunteers are very welcome to join us helping the children feed the animals & enjoy the tractor ride to see the deer!



Newbury Civic Award

We are delighted to announce that one of our volunteers, **Rosemary Lister** was the winner of this year's Black Horse trophy. This award recognises those people who have made an exceptional contribution to the community on a voluntary basis. Rosemary has volunteered for Home-Start since 1998 supporting families through home visiting & also at one of our groups. A huge thank you to Rosemary for all of her time & support so willingly given & a very worthy recipient of the award!



Volunteer Training

Friday 29th April 9.30am -2.30pm: Depression Training:

We have an increasing number of referrals for families experiencing depression & this training covers the development of knowledge & skills for supporting them.

Monday 4th & 11th July 9.30am – 4pm: Paediatric First Aid:

Limited places available so first come first served. Please note later than usual finishing time.

16th September: Volunteer Lunch: Speaker: Early Help in West Berkshire. 10.30am - 1.30pm

All of the training will take place in Broadway House & if you would like to attend please contact Clare in the office.

Sponsored Walk Sunday 8th May

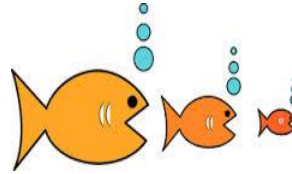
Newbury Rotary Club are organising a sponsored walk on 8th May for those who would like to raise some funds for the charity or club of their choice.

The start is from 11am – 12.30pm at the Victory Rooms in Bucklebury & there is a choice of 8 or 5 mile walks, fully signed & marshalled. It costs a £1 to enter & then all monies raised by sponsored go to the charity of your choice. Our very own Scheme Manager, Lynne will be walking to raise money for Home-Start & it would be great if some of you would like to join her!

For further details & to pre-register please go to www.newburyrotary.org walk@newburyrotary.org or Tel. 01635 42027



Easy Fish Pie



Ingredients

Serves: 6

- 1 onion diced
- 1 garlic clove minced
- 400g mixed fish and shellfish e.g. mussels, prawns, smoked haddock, salmon and cod
- 300ml creme fraiche
- 100g cheddar cheese, grated
- 2 eggs
- 3 large baking potatoes
- Salt and Pepper

Method

Prep:20min > Cook:30min > Ready in:50min

1. Preheat the oven to 200 degrees C (fan assisted)
2. Peel the potatoes and cut into even sized chunks, boil for approx 20 mins or until soft.
3. Meanwhile add eggs to pan of potatoes and hard boil.
4. Meanwhile soften onion and garlic in a little oil, add the fish and fry until starting to turn opaque.
5. Add the creme fraiche and 75g cheese and stir until the cheese is melted.
6. The eggs should be cooked through by now, remove from pan and peel (submerge in cold water if they are too hot to handle) chop roughly and add to fish mix.
7. Season to taste with salt and pepper and pour into a Casserole dish.
8. Mash the potatoes and smooth over the fish mix, top with the remaining cheese and bake in the oven for half an hour, or until the top is starting to brown.
9. Serve with peas, sweetcorn or other vegetables of your choice.



Accident Prevention: Poisoning

Toddlers like putting things in their mouths to see what they taste like. They will also find all sorts of ways to reach things they think are sweets.

- The most common cause of accidental poisoning is everyday painkillers not prescription medicines so keep all medicines locked away or high up out of reach & sight.
- Do not pretend medicines are sweets when persuading young children to take medicine.
- Try not to take tablets or medicine in front of young children as they may try to copy you.
- Keep cleaning products (including liquitabs) high up out of sight & reach or, if necessary, fir safety catches doors where they are kept.
- Look for containers with child-resistant caps – but remember that this does not mean child-proof! Some products contain a bittering agent, like Bitrex which makes the contents taste horrible.
- Make sure bottle tops & lids are firmly closed when not in use.
- Perfume, aromatherapy oils & mouthwash can also be poisonous to children so keep them out of reach.
- Fit carbon monoxide alarms wherever there is a flame burning appliance (such a gas boiler) or open fire. Carbon monoxide is poisonous – you can't see, smell or taste it. Also, make sure that your appliances are serviced regularly & that ventilation outlets in your home are not blocked.
- Check your garden for poisonous plants & teach children not to eat anything they pick outdoors until they have checked with an adult.

For more safety tips visit www.Capt.org.uk

West Berks Young Carers Day

Saturday 21st May

Newbury Rotary is sponsoring a Family Fun Day for West Berks Young Carers on 21st May, 11-5pm, at Castle School Grounds. The day will embrace fun activities for the young carers and their immediate family with plans to include a Planetarium, Drama Workshops, music from a local rock band, a penalty shoot-out competition, a BBQ provided by the Newbury Lions and lots more!

Home-Start West Berkshire is running a hoopla tombola stall aimed at children & teenagers & is looking for suitable prizes. If you would like to donate please drop them into Clare in the office. We are also in need of some hooplas so if you have any we could borrow please get in touch – thank you!



Thatcham Group

Our family group which meets on a Tuesday morning has recently moved from Frank Hutchings Memorial Hall to the Memorial Hall Bath Rd. I am pleased to report that we all survived the move & the children enjoyed an Easter Egg hunt & took home a knitted chick donated by our lovely ladies in Lambourn!



Dates for the Diary 2016

- **29th April:** Volunteer Training: Depression Training
- **17th June:** Family Outing to Bucklebury Farm Park
- **4th & 11th July:** Paediatric First Aid Training
- **16th September:** Volunteer Lunch with speaker
- **6th October:** Preparation Course starts.
- **8th December:** Family Christmas Party
- **14th December:** Volunteer Christmas Meal