

Home-Start East Sussex Impact Report 2018-19 for its two services



Home-Visiting Service

- ★ Supported 43 families living in East Sussex
- ★ Transformed the lives of 89 children
- ★ With a team of 25 volunteers
- ★ Trained a further 11 volunteers

Families identified one, two or three outcomes at initial assessment. Of those being supported with that outcome, by the end of support:

88% of children experienced an improved home environment



82% of children experienced parents' improved skills in parenting



71% of children improved their learning and development skills so they were ready for school



94% of families confirmed the service had made an overall positive difference



100% of the children that were directly supported were assessed as disadvantaged



- ★ 100% children had at least one parent with physical/emotional issues that impacted negatively on them
- ★ 37% children were assessed as having more than one type of disadvantage
- ★ 11% children had a disability
- ★ 17% families disclosed they lived in extreme poverty
- ★ 8% children had identified behavioural/emotional issues

Home-Visiting Service Case Study

Background

- ◆ A mum and a young baby referred by their Health Visitor
- ◆ Mum had met partner out of county and they had recently moved to East Sussex
- ◆ At the time of referral mum's partner (not baby's dad) was still living in the family home but had started seeing someone else and had ended the relationship
- ◆ Mum on medication for anxiety which was provoking asthma attacks
- ◆ Mum also suffering from panic attacks, had confidence issues and possibly post-natal depression

Presenting issues

- ◆ Mum's ex-partner emotionally and psychologically draining, possibly abusive. Mum struggling to manage their complicated relationship due to the fact they still lived together
- ◆ Mum feeling isolated as she was new to the area
- ◆ Mum lacking knowledge about child's development, play ideas, etc.
- ◆ Mum's physical and mental health getting in the way of her enjoying activities with her child outside of the home, which was impacting on the child's socialisation

Agreed ways volunteer would help

- ◆ Volunteer to help mum learn more about child's development so that mum can provide anything she can to maximise it, and to access local resources both for herself and her son
- ◆ Volunteer to offer some emotional and practical support at home

Outcomes

- ◆ Volunteer offered some emotional support and helped mum reflect on her issues
- ◆ Volunteer encouraged mum to grow her social support network which she did and this helped develop her child's social skills
- ◆ Volunteer helped mum engage in her child's development at home by reading books, playing with toys, etc.
- ◆ Volunteer supported mum with practical tasks at home such as sorting out clothes and old belongings, which improved the home environment.
- ◆ During support a month's notice was given to this family to leave their home as partner had not been paying rent So Coordinator signposted mum to housing support agencies, which mum contacted for assistance



Domestic Abuse Programme

- ★ Supported 68 women victim-survivors living in East Sussex and Brighton & Hove
- ★ Helping to keep them and their 148 children free from future abuse

5 programmes were delivered: Eastbourne, Hove, Lewes, Hastings and Seaford



95% positive outcomes (target: 90%)



94% of women attending had children (target: 80%)



57% lived in wards assessed as the top 4 most deprived UK areas, were in Refuge or were homeless



60% of women attended at least half the programme (target: 60%)



Domestic Abuse Programme Case Study

H separated from her husband (P) over a decade ago after years of financial and emotional abuse. P had controlled the household money, made threats to her life and towards the end of the relationship, became physically violent towards H.

During their marriage P took out loans in H's name for which she is still in debt. At the start of the programme H disclosed that P was still abusing her;

- He would not allow her to come off the mortgage even though she has not lived in the family house for over 10 years.
- He regularly withheld child maintenance
- He would not agree to set times to see his teenage daughter (A), only at times/days that he wanted to, often with little notice.

H said that she felt "trapped and desperate" and "still treading on eggshells with him", so long after separation. A had started to become abusive towards H and destructive in the house and H felt A was mirroring the abusive behaviour she witnessed. P regularly gave A money and gifts, "so she currently thinks he is the best Dad in the world." H had started taking anti-depressants and had been signed off work.

By the end of the programme H confirmed that:

- She had a better understanding of the different tactics and behaviour used by domestic abusers
- She had a better understanding of how DA affects children (long-term and short term) even if they are not in the room when it happens
- She has a better idea of what she can expect from 'Mr Right' and he can expect for her when in a healthy relationship
- She is better able to recognise the early warning signs of domestic abuse
- She feels less isolated as has met other women who have shared similar experiences
- The best thing about the programme was "the sense of empowerment and unity from sharing experiences with other women, the atmosphere of safety, support, a safe haven. The humour."
- She "honestly can't think of anything!" to improve the programme

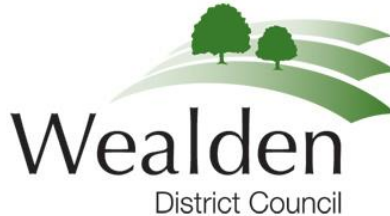
In-between the sessions, Vicki talked to H about her issues and signposted her to:

- a money advice charity
- Citizen's Advice
- A teenage parenting group
- The Portal to discuss child-to-parent violence support

H had secured a new job by end of programme and had started painting/artwork again in her spare time.

"The programme was well-paced, fantastic support, interesting, informative, life-changing. Thank you from the bottom of my heart."

Thank you to those who made our work possible



Seaford Town Council



Albert Hunt Trust
Brenda Ford Fund
Foreshore Charitable Trust – Hastings Borough Council
Friends who bought Amazon products via AmazonSmile webpage requesting amazon donation to HSES using our unique charity link <https://smile.amazon.co.uk/ch/1108855-0>
Joy Black
Isabel Blackman Foundation
Deidre O'Connell
Mr R Light
Rachel G Smith
St Cuthman's Church, Whitehawk
Ken Starnes
Volunteers and trustees who Gift Aided their expenses and donated their winter fuel allowance

Home-Start East Sussex, Newhaven Enterprise Centre, Denton Island, Newhaven, East Sussex, BN9 9BA

Charity Number 1108855 hses.org.uk