

# Home-Start East Sussex Impact Report 2019-20 for its two services



## Home-Visiting Service

- ★ Supported 41 families living in East Sussex
- ★ Transformed the lives of 89 children
- ★ With a team of 30 volunteers

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

100% of children experienced an improved home environment



96% of children experienced parents' improved skills in parenting



50% of children improved their learning and development skills so they were ready for school



29 of the 30 ended families confirmed the service had made an overall positive difference



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



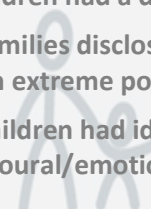
★ 100% children had at least one parent with physical/emotional issues that impacted negatively on them

★ 46% children were assessed as having more than one type of disadvantage

★ 9% children had a disability

★ 27% families disclosed they lived in extreme poverty

★ 17% children had identified behavioural/emotional issues



# Home-Visiting Service Case Study

## *Background*

- A self-referral from a family of 5 (mum, dad and three children)
- Mum is a full-time carer for C3 (2.5 years old at the time of self-referral) who has an extremely complex rare genetic syndrome
- Mum and C3 see over 20 different consultants regularly, mainly in various locations in London and attend 3 hospital appointments a week
- Mum does not find her friends understanding which has led to feelings of isolation
- Mum feels guilty about being exhausted by the end of the day and not spending enough quality time with C1 and C2
- Dad is self-employed and works during the day



## *Presenting issues*

- The impact of C3's health issues on Mum and the rest of the family
- C1 and C2 unable to get the attention they need and want
- Mum's feelings of loneliness, isolation, exhaustion, stress, Overwhelm and frustration

## *Agreed ways volunteer would help*

- Volunteer to help mum with practical tasks around the house and support with encouraging older children to help look after the home
- Volunteer to engage with the children to initially offer respite time which she would use for 'switching off' then so she can spend some quality time with C1 and C2.
- Volunteer to help mum learn some new simple recipes for preparing and cooking healthy meals for her family

## *Outcomes*

- Volunteer helped mum learn new recipes for preparing and cooking healthy meals for the family, and practice them while volunteer was there
- Mum managed to spend more quality time with C1 and C2 while volunteer helped to entertain C3
- Mum also used this time to catch up on house chores, paperwork and make important phone calls while volunteer temporarily occupied C3
- Volunteer supported C1 with her passion for clothes design and has helped her in learning to knit and crochet
- Mum was able to implement a new behaviour chart where C1 and C2 are rewarded for independent and positive behaviour
- C3 development was supported and he got more physically able and ready to start a nursery for special needs which would in turn prepare him for a special needs school
- C3's language skills also improved

## Lotus Domestic Abuse Recovery Programme

- ★ Supported 67 women victim-survivors living in East Sussex and Brighton & Hove
- ★ Helping to keep them and their 97 children free from future abuse

6 programmes were delivered in: Brighton, Crowborough, Eastbourne, Hastings, Robertsbridge and Willingdon. A 7<sup>th</sup> started in Peacehaven



99% overall positive outcomes  
(Target: 90%)



84% of women attending had children  
(Target: 80%)



80% of women attended at least half the programme  
(target: 60%)



100% of clients reported that they have a better understanding of the different tactics and behaviour used by domestic abusers



95% of clients reported that they have a better understanding of how domestic abuse affects children (short-term and long-term), even if they are not physically hurt or in the same room when it happens



100% of clients reported they have a better idea about the types of positive behaviour she can expect from her partner and they can from her when in a healthy relationship



100% of clients reported feeling less isolated as they have met other women who have shared similar experiences



100% of clients reported that they now feel more likely to have a future free from domestic abuse



98% of those applicable reported that the programme had a positive impact on their wider family e.g. children



70% disclosed they struggled with mental health issues



14% of clients were from the BAME community



43% of clients lived in the top 40% deprivation deciles



# Lotus Domestic Abuse Recovery Programme Case Study

E and her son, now six, was in an abusive relationship for nine years. E's partner was coercive and financial controlling. It was particularly difficult for E to leave and cut ties with him as he had also legally become business partner. After they separated in late 2018, E's partner continued to stalk and harass E despite a non-molestation order being in place. When she joined the Lotus group, E was receiving specialist support for her mental health and E's partner was under investigation for stalking, coercion and harassment. E was concerned about her son's mental health as he had regularly witnessed the abuse many occasions. He was also 'used' by his father post-separation as a way to find out where E had been and with whom.

By the end of the programme E confirmed that she:

- had a better understanding of the different tactics and behaviour used by domestic abusers so that she can now recognise and describe them
- had a better understanding of how domestic abuse affects children (long-term and short term) even if they are not in the room when it happens, leading to better recognition of the signs of possible child trauma and will be a protective factor for her child when she enters new relationships
- had a better idea about the types of positive behaviour she should expect from a partner and they can expect from her when in a healthy relationship
- was better able to recognise the early warning signs of domestic abuse which will help keep her safe in future relationships
- felt less isolated as had met other women who have shared similar experiences, which will help improve her mental health

The best thing about the programme was ***"I loved how it made me realise I am not alone.... I realised that the tactics he used on me are so common and although everyone's experience is individual to them, no one has the right to make us feel the way we all did... it is so empowering to share these with others and listen to their stories too. I have found the experience invaluable and I will be forever grateful for the team at Home Start East Sussex."***

E confirmed that Lotus also made a positive difference to her child ***"I have certainly found that my relationship with him has changed into a more positive and loving one. I feel stronger in myself to deal with parenting him even when I'm having a down day. I find the narrative easier with him when discussing his father as it was something I was always aware of prior to the programme that I didn't know what to say."***

During the programme Lotus facilitator Alex spoke to E in person and over the phone about her issues, suggesting ways to cope with anxiety as well as supporting her through the investigation into stalking and harassment. Alex also ensured that E was well-supported by Veritas (a specialist stalking charity), Daisy Chain (who offer pro-bono legal advice) and the Police.

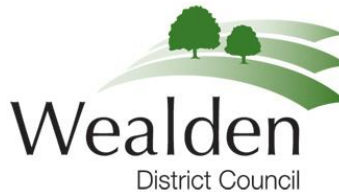
By the end of the programme E had been told by the CPS that her ex-partner would be charged with stalking to cause serious alarm and distress.

***"Just a huge thank you. The programme instilled confidence again which was stripped from me during the abuse especially when you've been worn down so much that you feel worthless."***



Thank you to our supporters  
who made our work possible

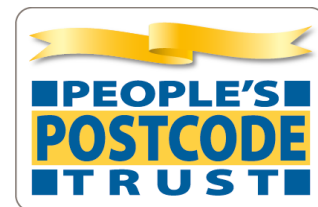
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Home-Start East Sussex, Newhaven Enterprise Centre, Denton Island, Newhaven, East Sussex, BN9 9BA

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