



Annual Review:2024-25

Home-Start Southport and Formby provide free, friendly and confidential support to families with pre-school age children through our volunteer home visiting, group work and social events. Our trained volunteers work alongside families, offering practical help, emotional support, and guidance.

The introduction of Forest School sessions during the school holidays has been hugely successful, helping children develop confidence, resilience and social skills through hands-on outdoor learning. Spending time outdoors supports positive mental health and wellbeing for both children and parents.



111

Families attended our group sessions - supporting infant and toddler development through play and social interaction and parental peer support and confidence.



Our mission is to help parents grow in confidence, to strengthen and enjoy their relationships with their young children to the full and to widen their links within the community.

Cooking with Confidence workshops for parent/carers to gain new skills and prepare healthy budget friendly meals for their family. We provide all the ingredients, a slow cooker and cook books so everything can be replicated at home and enjoyed by the family. We provide a free creche for their little ones so they can also get a break and connect with other parents.

578

Beneficiaries were supported through home visits, groups, events and holiday activities.

85 New Families Referred To Our Service

122 Free counselling sessions have been provided, an essential support for parents facing anxiety, depression, trauma and emotional overwhelm.

1,890 hours of their time were generously given by our volunteers, the true heart of Home-Start.

We recruited and trained 8 new volunteers, and a team of 35 volunteers offered emotional and practical support, ensuring families are not facing challenges alone

Our impact:

93% - Of parents reported improvement in their mental health and wellbeing after receiving our support

94% - Of parents reported feeling less isolated

94% - Of parents reported being more involved with their children's learning and development

85% - Of parents reported improved self esteem





Looking Ahead

As we move into the next year, we anticipate continued demand for our services. Our priorities include:

- Train all volunteers in 'School Readiness' to help reduce the number of children starting school who are not 'ready to learn'
- Introducing a weekly exercise class for parents/carers and babies/toddlers
- Introduce a weekly Forest School for 2- 5 year olds through the spring and summer months.
- More mental health support for parents/carers, through therapeutic workshops
- Strengthening SEND provision

Family Feedback

I would like to take a moment to say thank you for everything you do for myself and my family.

Without you I think I would have really struggled in having a purpose to get out there.

The toddler group you hold is truly wonderful for my children, but honestly it's given me the opportunity to make friends instead of being isolated in my home. You aren't like any other playgroup as you think of parents too. The courses that you have provided are a welcoming treat and useful.

The half terms are usually a nightmare but then you put on activities and I feel so much lighter knowing that we are welcome.

Your charity knows no bounds, the Halloween and Christmas parties are always a happy place to come to. Thank you for giving me a safe space and thank you on behalf of my children.

I would also like to personally thank Karen for arranging my volunteer who is a massive help, thank you for going above and beyond. I can't imagine the organisation that goes into the holiday activities, and thank you to the supporters of Home-Start that help fund these outings as I would never be able to go other wise.

Thank you to Julie for the pram walks and conversation, your down to earth approach makes you really easy to talk to.

Thank you to Claire and volunteer Yvonne who look after my children in the creche so I can join in the courses. I just wanted to put into a few words what you have meant to me.



110...

People attended our Summer Trip to Farmer Teds.



Thank you to the Southport Lions for sponsoring such a great day!

We were fortunate to receive funding from Cash for Kids for Holiday Hunger Activities. Every week during the school holidays we organised trips to local parks, beaches and play centres that included a free packed lunch for all children.

We are extremely grateful to the organisations who funded and supported our work during

Apr 2024- Mar 2025, without them, our work would not be possible:

BBC Children in Need, Anton Jurgens Charitable Trust, Steve Morgan Foundation, Burbo Bank, Cadent, Cash 4 Kids, Southport Strong Together Fund, The National Lottery Community Fund, Eric Wright Trust, Living Well Sefton, HS Sports, John Moores Foundation, Lakeside Church, Linda MacDonald, One Vision Housing, Pam Manchester, Postcode Lottery Community Trust, Southport Round Table, Sefton CVS, Southport Lions, Sue Dexter, Yvonne Dyson, Gillian Shandley, Adrian Shandley and our 100 club members.

We thank our volunteers and individual supporters for their time, commitment and generosity.