

Home-Start South Leicestershire

Operational/Business Plan 2020-21

Basic Principles

This plan is aligned with the Home-Start South Leicestershire Strategic Plan 2019-22. It also aligns with the Organisational Risk Assessment in which the service continuity risks are assessed in detail and any mitigations or further actions are identified. In particular, the Operational Plan details how we will meet the following key aim:

MAIN AIM

Helping to ensure, through a holistic family approach, that children living in the Harborough District stay safe, thrive, develop and learn through the range of services we offer families with young children.

Such services may include:

- One to one Peer Mentor Volunteer (parenting experience essential) help at home or in the community
- A range of group support both large and small for parents/parents with their children
- Courses and training opportunities

Background

The plan has been developed with reference to the views of parents, trustees, volunteers, and staff. These views have been gathered and developed within separate consultation and participation sessions which took place in January 2018 (3 yearly "Think Tank" for staff, volunteers and trustees) with an annual session for parents ("Parent Views" – last carried out in April 2019).

We have continued to make sure our operational delivery has been sustainable in the last 12 months. This period has included delivery under a new staffing structure, and the introduction of our two new projects with multi-year funding secured – the Active Families Project and Young Parents Project.

We have also continued to successfully meet the challenge of finding replacement funding after the ending of our significant contract income from Leicestershire County Council, and have grasped opportunities to pilot new ways of working, meeting the needs we've identified in new and innovative ways, harnessing the talents of our highly committed staff and volunteer teams, and forging new partnerships with a range of organisations.

We aim to continue this approach in 2020-21, exploring ways to sustain new areas of work we have piloted, such as our work with children affected by domestic abuse, as well as piloting new responses to specific needs, especially where it provides opportunities to work in partnership with Harborough District based organisations. We will also remain receptive to opportunities to work in partnership with other Home-Start charities across the city and county, and beyond.

The main focus of our work in this Operational/Business Plan for 2020-21 is:

- Continuing to recruit to, and maintain the quality of, the Volunteering team providing regular mandatory training and additional sessions on relevant topics within the year, and helping volunteers find the best role for them within the range of our services. In particular our focus is on recruiting volunteer to support with home-visiting within the Active Families Project.
- 2. Continuing to define and develop the range and style of our services to help families continuing with our bespoke offers which combine different elements of a range of support "tools" as needed by each family. Referrals to Home-Start will continue to be assessed at reception stage and an individually tailored support package will be created for each family.
- 3. Looking at creative ways in which we can both fill gaps in local services, working in partnership to do so where appropriate, whilst sustaining our existing services.
- 4. Developing income generating streams around training and charged service delivery to the universal population.
- 5. Developing our IT infrastructure further, including adopting a new database and case management system through Lamplight, and transferring to our new website platform.

Points 2 and 3 are intrinsically linked with point 1, with new volunteering opportunities aligning to the needs of new services and projects. All new volunteers will still be required to undertake the Home-Start "*Course of Preparation*" (minimum standard required by Home-Start UK), and will also be offered a range of other training opportunities each year, to provide them with the knowledge and skills to support new services.

Solihull Approach

Home-Start South Leicestershire has adopted the Solihull Approach (Heart of England NHS Foundation Trust) which is an evidence-based approach, providing a practical, relationships-building approach to key theoretical concepts related to family work, and used widely in the UK across a range of professions involved with families and children and young people's health and wellbeing.

The model has three key elements:

- Containment refers to a situation in which "one person receives and understands the emotional communication of another without being overwhelmed by it and communicates this back to the other person".
- Reciprocity refers to "the sophisticated interaction between a child and an adult where both are involved in the initiation, regulation and termination of the interaction"
- Behaviour Change The resulting response to employing the above two concepts a variety of strategies are applicable within the model.

The theoretical foundation is based in psychoanalytic theory (Containment), child development research and Attachment (Reciprocity) and Social Learning Theory (Behaviour Management). The approach provides a common language, a shared model, and shared resources for parents. It aims to help parents to process emotions and anxieties that are felt to be overwhelming, which in turn both restores the parents' ability to think and enables them to help their child to cope with their emotions and anxieties.

All our volunteers receive training in the 2 day Solihull Approach Foundation, with new volunteers completing this training either immediately following, or within 12 months of the initial 8 x 4.5hr sessions (over 8 days) "*Course of Preparation*" training. The Approach is now embedded in all our service delivery.

Our Service Structure 2020-21

Our service will continue to be built around two key themes:

- Families in Mind Supporting families where parental mental health is a particular concern, including Stress, Anxiety, Depression and Post Natal Illness, to aid the positive development of children's emotional health and wellbeing.
- Family Know-How Theme Supporting families with complex needs who need support to understand and develop healthy family lifestyles & routines, and how to maintain positive emotional environments, which ensure their children have the best opportunities to thrive physically and emotionally.

Under these two themes we create projects to meet specific needs identified. Our Projects for 2020-21 are:

- Family Post Natal Illness Project Specific support to families, with at least one child under 5 years, affected by Post Natal Illness.
- Family Know How Project Support to families with at least one child under 5 years to develop and maintain healthy family lifestyles and reduce family stress.
- Young Parents Project Support to parents under 21 years and their children.
- Active Families Project Support to families with complex needs, and at least one child aged between 5 and 15 years, to help establish routines of family physical activity.

Delivery of these projects will be supported by one or more of our well established "tools" - our mechanisms for delivery - which are:

One to one support from a Coordinator – including initial assessments, reviews and ending assessments, and help to find the right service within Home-Start South Leicestershire or elsewhere, including referrals to external organisations such as the Children and Families Well-Being Service and Children's Social Care, and ongoing partnership work with them to support families.

Peer Mentor Volunteer support - on a weekly basis for 2 to 3 hours, in the family home, in the community, or within our groups & courses – helping with practical tasks, offering emotional support, and modelling strategies to manage family lives to help parents to improve confidence, self-esteem and resilience, and manage mental health difficulties.

Group Support – offering a safe and supportive space for children to play and learn, for parents to gain support from other parents in similar circumstances, as well as from staff and volunteers, learning new skills and techniques to help with their relationship with their child, improve their family lifestyle, and manage their mental health.

Courses for parents – developing parenting knowledge, skills and practice in key areas related to their needs.

Confirmed Projects Detail

Family Post Natal Illness Project

Criteria (both apply):

- At least one parent carer with a diagnosis or suspicion of Post Natal Illness which impacts on their parenting ability.
- At least one child under 5 years in the family is at risk of developing emotional, social and behavioural problems.

Services to include:

Family PNI Support Group – Term time only group for 1.5hrs in both Market Harborough & Broughton Astley for parents and their preschool children held once a fortnight in each location (alternating). *Staffed by Coordinator & Assistant Coordinator. Volunteers to provide one to one additional support within the group.*

Family PNI Course – One 2 hour session per week for 6 consecutive weeks twice per year at our premises in Market Harborough. Incorporating improving parental management of PNI, building a better relationship with their child, and exercises and strategies for good mental health. A crèche is provided on site, and travel expenses are paid for those living across the District. *Staffed by Coordinator and volunteer.*

Peer Mentor Volunteer Support for Home-Visits/community support – short periods of crisis support, or regular support for 2-3 hours weekly, for up to 12 months or longer if needed. *Staff Support from Coordinator. Volunteers provide one to one support at home/in the community.*

| Outputs | |
|----------------------------|---|
| Annual Family Target: | 25 new referral families supported (Expected C/fwd of 22 families from 2019-20) -Total 47 families supported |
| Annual Children Target: | 40 under 5 , 10 over 5 to 9 yrs |
| Weekly Capacity Required: | 24 hours weekly Coordinator (24 hr post); 7.6 hours weekly Assistant Coordinator for groups/crèche support (24 hr post) |
| Case-Load Max: | 32 families |
| Expected Average Length of | |
| Support: | 9 months |

Outcomes:

| Project Outcome Measure | Target | HSUK NDR Category | Solihull Relevance |
|--|--------|---------------------------------|---------------------------------|
| Improvement in parents' | 25 | Coping with mental health | Containment |
| understanding of how to manage | New | Parent's Confidence/Self Esteem | |
| their Post Natal Illness better (incl. | Family | Coping with Physical Health | |
| improving physical activity levels) | | | |

| Reduction in parental feelings of isolation Gain a practical awareness and an understanding of parenting principles | Referra Is 50 childre n per year | Coping with loneliness/social isolation Managing Children's Behaviour (listening and respecting their rights) Being involved in children's development/early learning & socialisation | • | Containment Containment Reciprocity Behaviour Change/Manage ment |
|--|---|--|---|---|
| Improved relationship between parents and their children | (40 x childre n 1-4 yrs. and 10 | Coping with child's mental health Being involved in children's development/early learning & socialisation Coping with child's mental health | • | Reciprocity |
| Children have increased confidence to play | x childre n 5 to 9 yrs.) | Coping with child's mental health | • | Containment Behaviour Change/Manage ment |
| Children have improved social interaction with their peers | | Coping with child's mental health | • | Reciprocity Behaviour Change/Manage ment |
| Improvement in children's physical wellbeing | | Coping with child's physical health | ٠ | Behaviour Change/Manage ment |
| Achievement of a positive exit strategy | | Access to other services | ٠ | Containment |

Family Know-How Project

Criteria (one or more apply):

- Low parental emotional security (confidence or self-esteem);
- Lack of understanding of how to lead a healthy lifestyle;
- Chaotic family lifestyle which makes it hard to build in healthy routines, to plan ahead, or to prioritise their own or their children's longer-term wellbeing.
- Family circumstances which make parenting particularly challenging (parent or child disability, insecure finances/housing etc.)

Services to Include:

Family Support Groups – Term time only group for 1.5hrs in both Market Harborough & Lutterworth for parents and their preschool children held once a fortnight in each location (alternating), attended by parents and their children together for activities, guidance, support and introductions to other services. *Staffed by Coordinator & Assistant Coordinator. Volunteers to provide one to one additional support within the group.*

Family Know-How Course – 6 week course of 2 hour sessions per week, held twice per year at our premises in Market Harborough, using the equipped kitchen and meeting room for practical learning and experiential sessions around aspects of developing a healthy family lifestyle, including cooking a family meal to take home each session. The Family Annexe is used for pre-school children's activities reflecting the learning content of the parent course. Parent learning to include:

- budgeting and managing finances
- cooking healthy meals

- keeping active for physical and mental health and wellbeing
- Parenting Skills/Keeping children safe

Staffed by Coordinator & Assistant Coordinator. Volunteers to provide one to one additional support within the sessions to children and parents.

Peer Mentor Volunteer Support for Home-Visits/community support – short periods of crisis support, or regular support for 2-3 hours weekly, for up to 12 months or longer if needed. *Staffed by Coordinator. Volunteers provide one to one support at home/in the community.*

Outputs

| • | |
|----------------------------|---|
| Annual Family Target: | 30 new referral families supported (Expected C/fwd of 26 families from 2018-19) - Total 56 families Supported |
| Annual Children Target: | 60 under 5 |
| Weekly Capacity Required: | 19.5 hours weekly Senior Coordinator (28 hr post); 16.4 hours weekly Assistant Coordinator for groups/children's activities support (7.6hrs) and case-work support (8.8hrs) (24 hr post) |
| Case-Load Max: | 42 families |
| Expected Average Length of | |
| Support: | 12 months |

Outcomes

| Project Outcome Measure | Target | HSUK NDR Category | Sol | ihull Relevance |
|--|---|---|-----|---|
| Gain a practical awareness and understanding of ways to manage their family's needs (incl. physical activity & nutrition) | 30 New Referral Families 60 children per year (60 | Managing Children's Behaviour (listening and respecting their rights) Being involved in children's development/early learning & socialisation Coping with physical health Coping with child's physical health | • | Reciprocity Behaviour Change/Manage ment |
| Increased parental confidence to manage their family's needs | children under 5 | Parent's Confidence/Self Esteem | • | Containment |
| Improved relationship between parents and their children | years) | Coping with child's mental health Being involved in children's development/early learning & socialisation | • | Reciprocity |
| Children have increased confidence to play | | Coping with child's mental health | • | Containment Behaviour Change/Manage ment |
| Children have improved social interaction with their peers | | Coping with child's mental health | • | Reciprocity Behaviour Change/Manage ment |

| Improvement in children's physical wellbeing | Coping with child's physic health | cal • Behaviour Change/Manage ment |
|--|--------------------------------------|--|
| Achievement of a positive exit strategy | Access to other services | Containment |

Active Families Project

Criteria:

- Families receiving support through the Children and Families Well-being Service (Early Help Service) and meeting the "Troubled Families" criteria.
- Families with a least one child aged between 5 and 15 years
- Families with difficulties achieving or maintaining a healthy level of physical activity within the family

Services to Include:

Bespoke family physical activity planning support from the Project Coordinator

Input from District Council Physical Activity Development Officers - to try new activities through group taster sessions or one-to-one activity sessions, or to improve family access to activities, and the range of activities available for family together activity.

Peer Mentor Volunteer Support for Home-Visits/community support - regular support for 2-3 hours weekly, for a period of 6 months to help maintain the physical activity plan. *Staffed by Coordinator. Volunteers provide one to one support at home/in the community.*

| Outputs | |
|---------------------------|---|
| Annual Target: | 15 new referral families supported (Estimated C/fwd of 7 families from 2019-20) - Total 22 families supported |
| Weekly Capacity Required: | 16 hours weekly Coordinator (16 hr post) |
| Case-Load Max: | 21 families |
| Max Support Period: | 6 months |

Outcomes:

| Project Outcome Measure | Target | HSUK NDR Category | Solihull Relevance |
|--|--------------------|--|--|
| Improvement parental awareness of local activity options | 15 New Referral | Access to Services | Behaviour Change/Management |
| Improved parental confidence to access physical activity options | | Parent's Confidence/ Self Esteem Managing Children's Behaviour (listening and respecting their rights) | Containment |
| Improved social & community links | | Coping with loneliness/social isolation Access to other services | Containment |
| Increased level of physical activity (parents & children) | | Being involved in children's development/early learning & socialisation Coping with child's physical health Coping with Physical Health | Reciprocity Behaviour Change/Management |

| Increased enjoyment of physical activity (parents & children) | Coping with child's mental health Coping with mental health | ReciprocityContainment |
|---|--|---|
| Improved physical & mental wellbeing (parents & children) | Coping with mental health Coping with Physical Health Coping with child's mental health Coping with child's physical health | • Containment |
| Achievement of a positive exit strategy | Access to other services | Behaviour Change/Management |

Young Parents Project

Criteria:

• Young parents (under 21 years) with a least one child under 5 years in need of additional support.

Services to Include:

Young Parents Support Group – 45 group sessions per year for 1.5hrs in Market Harborough for parents and their preschool children (transport provided for those outside Market Harborough), attended by parents and their children together for activities, guidance, support and introductions to other services. *Staffed by Coordinator & HCYC Youth Work Leader (partner delivery organisation) for group sessions support. Volunteers to provide one to one additional support within the group.*

One to one support from the Project Coordinator – In group session and follow up support from the Coordinator to resolve issues disclosed at the group or between group sessions.

| Outputs | |
|---------------------------|---|
| Annual Target: | 12 families supported - new or ongoing (Estimated C/fwd of 5 families from 2019-20) |
| Weekly Capacity Required: | 12 hours weekly Coordinator (12 hr post); 5 hours weekly HCYC Youth Work Leader (partner delivery organisation) |
| Case-Load Max: | 16 families |
| Max Support Period: | 12 months |

Outcomes:

| Project Outcome Measure | Target | HSUK NDR Category | Solihull Relevance |
|---|---|--|----------------------------------|
| Improvement in practical parenting skills | 12 families support ed per year | Managing Children's Behaviour (listening and respecting their rights) Being involved in children's development/early learning & socialisation | • Behaviour Change/Management |
| Improved management of parental mental/physical health | | Coping with mental health Coping with Physical Health | Containment |

| Reduced feelings of isolation | Coping with loneliness/social isolation | Containment |
|---|--|---|
| Improved confidence to manage family needs | Parents Self-Esteem/ Confidence | Reciprocity |
| Improved relationship between parents and their children | Coping with child's mental health | Reciprocity |
| Children have increased confidence to play | Coping with child's mental health | Containment Behaviour Change/Management |
| Children have improved social interaction with their peers | Coping with child's mental health | Reciprocity Behaviour Change/Management |
| Improvement in children's physical wellbeing | Coping with child's physical health | Behaviour Change/Management |
| Improved management of household income/expenditure | Managing household budget | Behaviour Change/Management |
| Able to maintain a safe and healthy home environment & routine | Day-to-day running of the home Stressed by conflict in the family Coping with extra work caused by multiple birth / children under 5 | Containment Reciprocity Behaviour Change/Management |
| Able to develop skills and qualifications to increase employability | Access to other services Parents' own learning needs | Behaviour Change/Management |
| Achievement of a positive exit strategy | Access to other services | Behaviour Change/Management |

Measurement and Evaluation

We have created a **Theory of Change** model which shows the relationship between the needs of the families we support, our services, the results we aim to achieve, and the longer term expected impact. See below for graphic. Further narrative information to accompany this is also available, which details how our help makes these differences and the inferences we have made for how our support achieves the longer term impact expected for families.

In addition, the Home-Start UK National Data Requirement (NDR) headings will be used within all projects to identify the level of needs of families being supported. Home-Start UK measure a complex need family as having 5 or more headings applied.

The outcomes tables above, related to each project, show how the NDR categories align with the project outcome measures we have established through our Theory of Change model, and in addition they show the relevance to the Solihull Approach model.

Outcome progress/change will be recorded as a co-produced score where possible, using a 0-5 scoring system (0 being highest need level) for each relevant outcome.

The final progress/change position for each family supported will be measured using a combination of comparisons of initial assessment scores with review/ending scores, as well as professional judgement, to assign an end result of "Yet to Achieve", "Partially Achieved", and "Significantly Achieved" under the outcomes being measured.

Learning Objective within Courses

In addition, each project has an associated parent questionnaire which will be completed at the beginning and end of the course elements of the projects to help assess parents' starting positions, and to give a self-assessed score of their learning outcomes after the course has ended and how it has benefited them and their family.

Standardised Assessment Measurement Tools

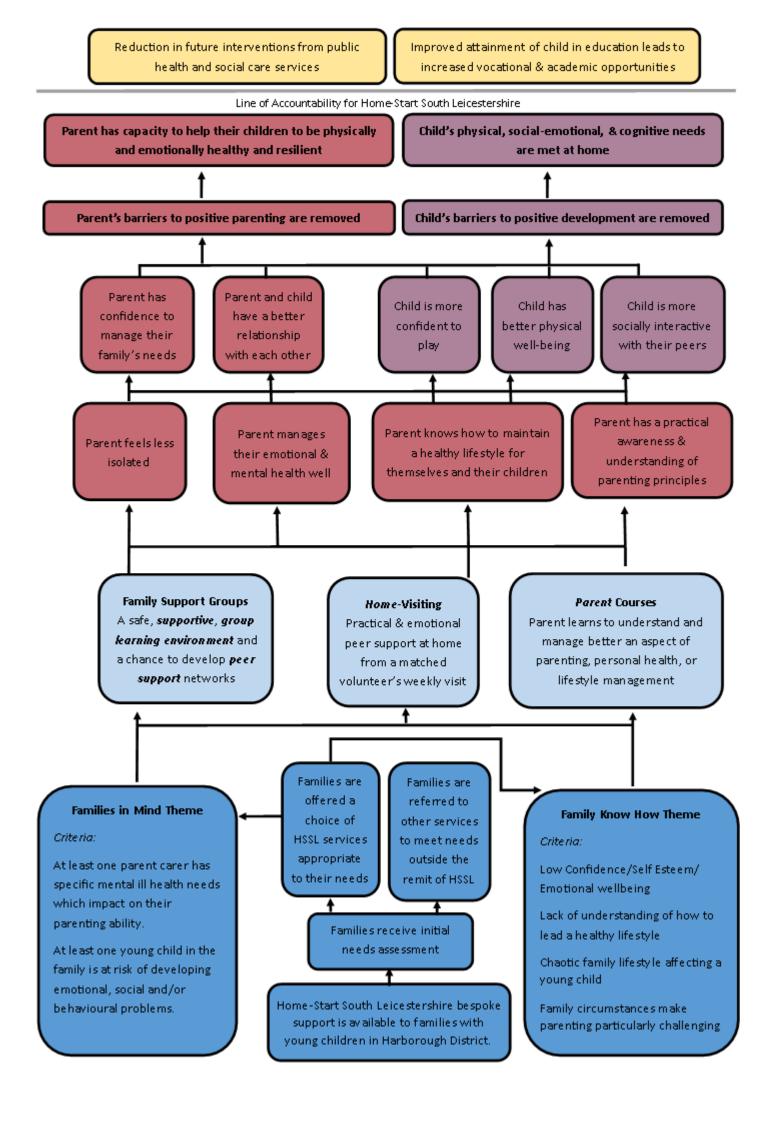
Where appropriate the projects will make use of standardised assessment tools available nationally which provide a measure of need which is recognised across disciplines, and can help us to make better and more appropriate referrals to more specific, or higher needs services when necessary (For example the Family PNI Project will incorporate the "Edinburgh Post Natal Illness Scale")

Financial/Funding Plan 2020-21

Detailed financial budgeting information relating to this plan is contained in a separate organisational budget which is agreed by the Trustee Board. This budget allows us to develop the delivery structure in advance for each financial year. The budget details the staff capacity required split across each aspect of the organisation's work.

Fundraising to meet costs is an ongoing process, with our annual funding need and broad approach to fundraising described in our annual **Fundraising Plan 2020**. Detail about funders to be targeted, reviews of expenditure against both budget, income gained and expected income is reviewed within Funding/Finance Subcommittees and subsequently reported to the full Board (every 2 months for both meetings).

We maintain 6 months reserve funding should projections of expected income fall short of expenditure needs. We are currently expecting to add to our reserves by March 2020, in order to maintain this 6 months level with our expanded delivery and increased annual budget.



Actions Table as of January 2020

| | | | 202 | 20-21 | | | | |
|---------------------------------|----------------|--------------------------------|-----------|---|---------|----------------|---------------------------|------------|
| Summer Term | | School Summer Holidays | | Autumn Term | | Winter Hols | - · - | |
| Home-Visiting Service on-goin | g | | | | | | | |
| | Dates | | Dates | | Dates | | | Dates |
| | 22.04.20 to | | Dates | | Dates | | [| Dates |
| Vol Course of Prep. | 03.06.20 | | | Trustee Safeguarding Update | твс | | Vol - Autism Awareness? | TB |
| voi course or Frep. | xtra places in | | | | TBC | | Voi Autisin Awareness: | |
| Vol Active Families | coP | | | Vol Safeguarding Update | твс | | Vol - Mental Health? | ТВ |
| | | | | voi sareguarung opuate | ТВС | | | ID |
| | xtra places in | | | | TRO | | | |
| Vol Equalities | CoP | | | Staff GDPR refresher | ТВС | | | |
| Vol/Staff Paediatric 1st Aid | твс | | | | | | | |
| | 01.07.20 & | | | | | | | |
| Vol Solihull Foundation | 01.07.20 @ | | | | | | | |
| Group Vols spvn/safeguarding | 00.07.120 | | | | | | | |
| update | твс | | | | | | | |
| | | 1 | | Groups | | | | |
| Lutt Family Groups | | | | Lutt Family Groups | | | Lutt Family Groups | |
| MH Family Groups | | | | MH Family Groups | | | MH Family Groups | |
| FIMS groups - MH | | | | FIMS groups - MH | | | FIMS groups - MH | |
| FIMS groups - BA | | | | FIMS groups - BA | | | FIMS groups - BA | |
| Yg Parents Group (+1) | | Yg Parents Group x 3 | | Yg Parents Group (+1) | | | Yg Parents Group (+ 1) | |
| | | | Fa | amily Courses | | | | |
| | | | | | | | PNI course (plus | |
| | | | | PNI course (plus partners' session) | твс | | partners' session) 10-12 | тво |
| | | | | FKH course | твс | | FKH course 12.15-2.15 | тво |
| | | | Other Key | Organisational Actions | | | | |
| Monthly Staff Mtgs | | Monthly Staff Mtgs | | Monthly Staff Mtgs | | | Monthly Staff Mtgs | |
| Newsletter 1 (autumn plans) | 1.07.20 | | | Newsletter 2 (CoP Promotion) | 1.12.20 | | Newsletter 3 (Vol Wk) | 1.4.22 |
| | | Board Meeting (Accounts & | | | | | Board Meetings x 2 (EOY | |
| Board Meetings x2 | | Scheme Report mid point) | | Board Meeting | | | Scheme Report) | |
| F&F subcommittee x2 | | F&F subcommittee | | F&F subcommittee | | | F&F subcommittee x2 | |
| | | | | | | | | Jan to end |
| Comms. Subgroup | TBC | | | "Snowdrop" Appeal planning | Nov-20 | | "Snowdrop" Appeal | Feb |
| Family Practitioner | | | | Family Practitioner Partnership Event | | | | |
| Partnership Event 1 | 29.04.20 | | | 2 | твс | | Parent Views Session | тво |
| | | Vol Celeb of Commit/Consult | 1.06.20 | Vol Christmas Lunch | твс | | Vol Recruitment | Jan-22 |
| Annual Accounts Prep | | Annual Report Prep | | AGM (36th Year) | твс | | | |
| Equalities Action Plan Review | • | QA Annual Self-Assess Review | Aug-20 | Annual DPIA Review | Oct-20 | | Annual File Deletions | Jan-22 |
| Environment Action Plan Revie | Jun-20 | File Spot Checks 1 (all types) | Sep-20 | File Spot Checks Feedback | Oct-20 | | File Spot Checks 2 | Jan-22 |
| Market Research Planning | Foh-20 | Universal Training Prep | Δυσ-20 | 13 Universal Training Pilot Delivery | Sep-20 | | Universal Training Review | Jan-22 |
| iviai ket heseai til Pidilillig | rep-20 | | Aug-20 | | Jeh-20 | | Create Operational Plan | Jan-2. |
| Website Transition | Anr 20 | New Database Development | | Review Operational Plan 20-21 | Nov-20 | | 20-21 | Feb-22 |