

**HOME
START**
Horizons

Supporting families in Leicester, Leicestershire
& Rutland since 1973.
Our Impact 2024—2025

Why is Home-Start Horizons needed ?

Support for parents.

Being a parent has never been easy. It can be lonely, frustrating, heart breaking and over-whelming. All parents struggle at one time or another, and our expert staff and volunteers work alongside families to support parents to regain self-confidence and be the parents they want to be.

Because childhood can't wait.

A child's earliest years are irreplaceable. Without a stable, nurturing and happy environment, a child in the first 1001 days of life will not develop the foundations they need for the best possible start in life. They will not develop secure attachments, social skills and confidence which will affect everything from their behaviour to their life chances. A child's future should not be blighted before it's even started.

This is why over the past 53 years, we have worked with families across Leicester, Leicestershire and Rutland to reduce social isolation, improve wellbeing, and increase self esteem for parents and their children.

Our positive impact makes a real difference for local families.

“Attending MIMs has been so supportive. I have left the group feeling heard, supported and validated. Things can still be hard, but I now have the tools to understand how I'm feeling, and try to work through them with my now improved support network!”

In 2024-25...

We supported a total of 268 families.

This comprised 320 children under 5, 177 children over 5 and 398 adults.

We visited 110 families in their own homes.

195 families attended our groups.

52 Mums were supported at our MIMs groups, 24 Dads in our Dad's mental health project

103 volunteers were involved with supporting families.

320 families were referred for support.

After Home-Start support parents reported the following improvements ...

70%

Reported being better able to manage their household budget.

88 %

Reported feeling less isolated.

79 %

Reported improved levels of self-esteem.

95%

Increase in use of other services.

85 %

Reported being more involved with their child's learning and development

79 %

Felt better able to cope with their mental ill health.

Family Groups

We run 8 Family support groups with 195 families attending regularly, that's 236 children. Our groups run in Rutland, Charnwood, Melton, Blaby, Oadby, Wigston and the City.

The groups, for families with children under the age of 5 years, provide play activities for children to develop their social and emotional skills, speech and language, and physical development, to give them the best possible start in life. Also, support and friendship for parents.

Home-Visiting peer support

We supported 110 families over the year with home-visiting. Our fully trained volunteers visit weekly, offering friendship, practical help and emotional support.

No judgement, just compassionate, confidential help and expert support. Starting in the home, our approach is as individual as the people we are helping.

Dad's Project.

The Dad's project now going into it's 3rd year in 2025, has been able to support Dads through development of the Satadads family group, at the Highfields Children's Centre, online workshops supporting dad's experiencing challenges in the first 12 months of Baby's life and through home visiting support.

Mums In Mind (MIMs) Post-Natal Illness Support Programme

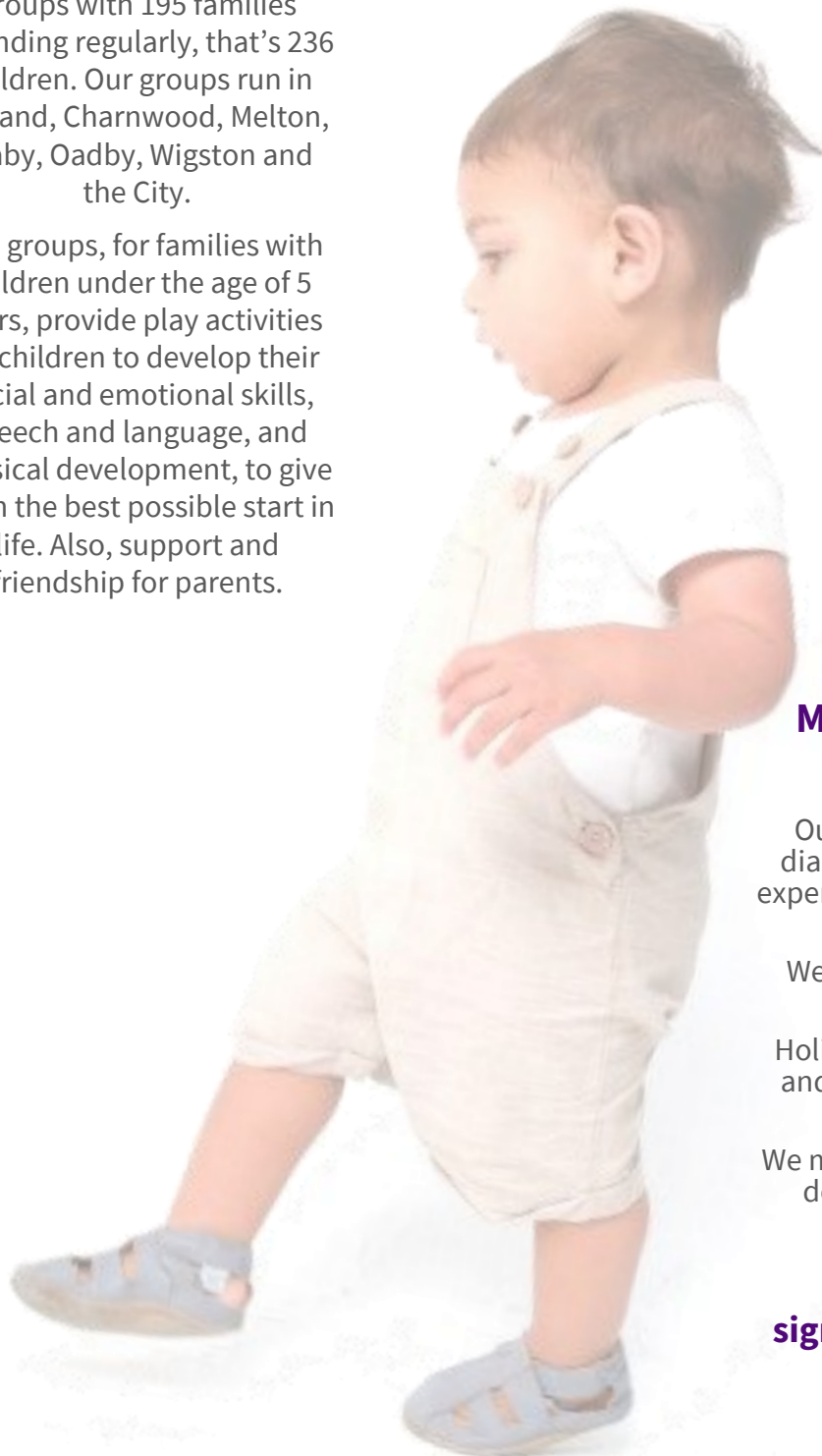
Our 6 week programme for Mums who have a diagnosis of post-natal illness (PNI) or who are experiencing stress, anxiety or depression in the 12 months following the birth of their baby.

We recognise that PNI affects the whole family, and so offer support to Partners/Dads .

Holistic, wrap around support builds confidence and trust to enable Mums to attend and benefit from the group.

We measure impact by assessing risk of post-natal depression using internationally recognised Edinburgh Post-Natal Depression Scale.

An Amazing 100% of Mums have significant improvement in their score.





**There for parents when they need us most,
Because childhood can't wait ...**

The work that we do would not be possible without the commitment and kind generosity of all our volunteers.

We trained 15 new volunteers.

103 volunteers were involved with supporting families.

Our volunteers gave 24,590 hours of their time, providing home-visiting and group support, telephone and helping at creche.

£340,460

Is the economic impact of this support to families in Leicester, Leicestershire and Rutland.

Volunteering valued at £14.43 per hour - ONS.

Thank you to all of our volunteers.

“Volunteering at the family group is a most rewarding and enjoyable experience. It is a privilege to be part of a team which works hard to create a safe, friendly and welcoming environment which gives children the opportunity to be engaged in stimulating play whilst supported by volunteers.

The parents, in turn, have the opportunity to interact with one another and also with volunteers who can offer positive guidance.

This encourages new and invaluable friendships for us all.”

One of our volunteers.

See the difference we make to the lives of families here:

<https://www.youtube.com/watch?v=VI5XPqI7kRs&t=56s>



Family circumstances at referral to Home-Start ...

69%

of parents had mental ill health.

13%

of families had experienced domestic abuse.

24%

had someone with a disability in the family.

42%

of supported families were experiencing post-natal illness.

24 Dads

were supported through our Dad's project.

60%

Of families reported being socially isolated .

Every child deserves the best possible start in life.



After attending our MIMs programme:

83% reported increased self-confidence.

63% improved relationships with partners.

88% reported stronger bonds with baby.

81% better able to cope with stress, depression and anxiety.

“It's the best and only course available where you can concentrate on your needs first. The course allows you to be open and honest without any judgement but also received strategies on how to cope through self care.”

How to support our work:

Find out more about how to become a volunteer by visiting our website

www.homestarthorizons.org.uk

or contact our office for an informal chat:

0116 279 5062

07493 149 119

Our volunteer training course is one day a week for 7 weeks, with all expenses paid and runs several times a year.

We look for volunteers from all backgrounds who reflect the diverse and multi-cultural city within which we work. With 42% of supported families from a BAME background, largely Asian or Eastern European.

We need Dads and grandparents too !

Looking forward to hearing from you.

We are proud to be supported by:

Make a donation.

It costs:

£1153 to support a family for a year.

£605 to support a child for a year.

£440 to train a volunteer.

£120 for a Mum to attend a MIMs course.

And just **£10** to cover the cost of a home-visit.

Could you help us to make a difference to a child near you ?

Donate now using our QR code, visit our website or our page on People's Fundraising.



Home-Start Horizons. Registered in England and Wales no: 5352252

Registered office : 3 Oswin Road, Leicester. LE3 1HR .

Charity number 1108455 www.homestarthorizons.org.uk

Info@homestarthorizons.org.uk

0116 279 5062 07493 149 119



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