

23rd September 2019

The Clerk
Clavering Parish Council
PO Box 1376
Clavering
Saffron Walden
Essex
CB1 0GS

Dear Clerk

Re: Supporting Children and Families in need in Clavering Parish

Across Uttlesford, the challenges of rural isolation, poor mental health, lack of family support, illness and disability are all factors that can contribute towards making a family feel overwhelmed. If left unchecked, issues can compound and contribute to ongoing cycles of poverty, poor childhood development and poor mental health.

Home-Start Essex in Uttlesford is an organisation that provides a free, confidential family support service of home-visiting and family groups within the District of Uttlesford. We have been running for over 40 years, providing unique emotional, practical and friendship support to families, helping them to overcome these challenges.

We know we're able to make a difference, and have recently received this feedback from service users:

"I feel less anxious and I am dealing with my feelings better" – Sarah and son 9 months;

"Home-Start has empowered me and has helped me heal, it's helped my anxiety and kept me busy. It's not one particular thing it's a combination of all the support and services Home-Start has helped me access." – Elaine, mum

"There's been improvements in many areas. I feel more confident taking my children out of the house." – Mum

Home-Start Essex train local volunteers who are parents or have experience working with children, to provide confidential and non-judgemental support to families in need of support. Our volunteers visit families in their own homes, or provide support at Family Group, help families improve their well-being, build connections within their community and develop resilience. Home-Start Essex's service is free to families and inclusive to people from all walks of life.

However, providing our services incurs costs for which we have to raise funding. We are requesting your support to enable us to continue working-alongside families within your Parish, helping them to become participative citizens within their local community.

On average it costs £500 to support a family in your Parish for up to 6 months, which is a typical period for which we need to provide support. Any contribution that you are able to make is valuable and will ensure the continuation of our support and friendship service to our most vulnerable families within the District of Uttlesford.

If you would like to know more about our work, please do not hesitate to contact me on 01245 847410.

Yours sincerely

A handwritten signature in black ink, appearing to read 'D. Gilder', with a long horizontal flourish extending to the right.

Deborah Gilder

Area Lead Coordinator (Uttlesford)