



Because of you...

Impact Report

2025/26

**HOME
START**

**Arun, Worthing
& Adur**

**Improving
the lives of**

**336
children**



Because of you...From Crisis to Confidence

Anu is mum to three young children and lives with several chronic autoimmune health conditions. Parenting while managing her own health is challenging, particularly as her eldest, Florence, has Special Educational Needs and a diagnosis of Pathological Demand Avoidance, a profile of autism driven by extreme anxiety.

Anu first came to Home-Start seven years ago after Florence was born, struggling to adjust to life as a new mum. A Home-Start volunteer visited weekly, providing practical and emotional support that became a lifeline.

During the pandemic, when her second child Penny was born, Anu reached out again and received regular support over the phone. But late 2024 her mental health declined significantly and she reached crisis point.

Having experienced ongoing domestic abuse, Anu experienced a severe breakdown, requiring multiple hospital admissions and support from the Crisis Team.

Fear and anxiety meant she rarely left the house. Feeling deeply isolated, she worried about the impact this was having on her children.

As part of her recovery, Anu was encouraged to attend a Home-Start Family Group. The prospect felt terrifying, but she took that first step and has attended every week since.

Today Anu describes herself as independent and confident. Through Home-Start she built friendships, regained confidence and feels able to advocate for her children. After three years of fighting for support, she has now secured an Education, Health and Care Plan for Florence and is awaiting a specialist school placement.

(Names changed to protect identity of family)

- “
- I feel the lifting of lifelong severe anxiety
 - I feel more confident to advocate for my children
 - I'm not lonely - with a support network & lifelong friends
 - No NHS mental health intervention since joining group
- ”



Because of you... this is what early support looks like



196 families across Arun, Worthing & Adur didn't cope alone, receiving practical and emotional support tailored to their needs.



51 families received weekly 1-1 support at home from trained volunteers offering non-judgemental guidance and reassurance.

26 parents benefitted from therapeutic counselling, helping them to regain confidence and strengthen their parenting skills.



64 families came together to share, learn and build confidence in one of our four family groups.

19 families were given immediate practical and emotional help over the phone by staff, preventing crisis.



36 dads in HMP Ford were supported to reconnect with their children despite their challenging circumstances.



We are all local parents, grandparents and professionals, using lived experience to support families.
All services free to families with at least one child under 5 years. 3



Because of you... this is what community looks like

In our 25th Year, YOU showed up

FEBRUARY

'Meet the Charity' in Arundel Town Hall to thank all our wonderful supporters. From social workers to donors.

MAY

Volunteer Celebration event to thank all our wonderful volunteers.

JUNE

'25km for 25 years'
22 supporters walked from Southwick to Littlehampton raising £15k!

MARCH

Local businesses community groups and fundraisers raised a whopping £10k!

MARCH

Our regular donors raised £6300 providing 6 new volunteers to make a difference to lives of struggling families.

NOVEMBER

Town and Parish Councils donations bought new laptops for the team, to effectively safeguard children.

DECEMBER

Thanks to our **'Secret Santa'** appeal, 85 children unwrapped presents and 48 families received food hampers.

OCTOBER

Sparkle, Stories & Soul in Arundel Castle raising £12k, enabling children to play and grow in our Family Groups.



“ It was an enormous pleasure to provide all the canapes and staff for Home-Start’s ‘Sparkle, Stories & Soul’ - such a special occasion and we were proud to be a part! ” *Manager of the World’s End Pub, Patching*

**Our community raised an incredible £240,370
changing the lives of 336 local children**

Because of you...

66 volunteers provided a lifeline to 196 families

Volunteering 4818 hours = Community value £99,613

Volunteers are our heartbeat

“Volunteering for Home-Start is such a privilege and joy. I feel well trained, supported and know I’m making a real difference to the families I’ve been matched with. Don’t hesitate - get in touch today!”

Georgie - home-visiting four years

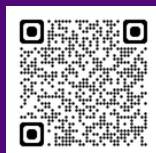


25 new volunteers trained to safeguard some of the most vulnerable in our community

Volunteering can be the key to health and wellbeing - improving confidence, connections and combating loneliness. Developing new skills and opportunities, such as a return to employment or education. There are various ways to volunteer:

- Direct support to families – home or group
- Become a Trustee
- Fundraising, events or admin support
- Projects; School Readiness or Healthy Cooking

Short online training modules and two in person training days. Only experience required is being a parent, grandparent or working with children. Scan the QR code to discover more.



Because of you... parents could see light at the end of the tunnel

Families told us after Home-Start support:



90%

were better at
listening to their
children, managing
behaviour &
respecting their
rights

90%
felt less
isolated

83%

felt less stressed
by conflict
in the family

88%

of parents
coped better
with their
mental health

91%

were better able
to use other
support services

96%

felt better able to
parent after
counselling

85%

felt more involved
in children's
development,
early learning &
socialisation

92%

were better
managing the
household
budget

Anika is a refugee fleeing domestic abuse with her young children, aged six and twelve. They were staying with a friend, sharing one mattress on the floor, having fled a dangerous situation.

With no access to public funds and very limited options for support (without being on Universal Credit, many usual routes to help are unavailable), Charlotte, our Family Services Manager, initially felt helpless in the face of such need.

But Charlotte did support Anika both practically and emotionally for many weeks to come.

She linked the family in with community partners, building 'scaffolding' around them. 'Ten Little Toes' for children's essentials made an immediate difference. **What seemed like a simple act of support brought comfort, dignity and relief to the family at a time when they needed it most.**

Anika said to Charlotte:
"Today I received a toddler bed, safety gates, highchair and clothes. That's all I have - all because of you. Honestly, you have done so much for me and my kids... thank you from my heart."

Charlotte also referred Anika to a specialist service supporting victim-survivors of Domestic Abuse. Anika describes her situation:

"Every single day is a challenge for me, but with the support of Home-Start and other organisations, they make me confident and give me a sign there is a better life for me and my children."

(Names changed to protect identity)



Because of you...

vulnerable families received support before reaching crisis

34% living in 30% most deprived areas of England

64% with complex needs

15% living in inadequate housing

28% experiencing financial difficulties

83% living with a mental health issue

46% experiencing domestic abuse

36% with a family member who has a physical health condition

48% lone parenting

88% feeling isolated



Across Arun, Worthing and Adur, around 18,000 children (27%) live in relative poverty after housing costs.

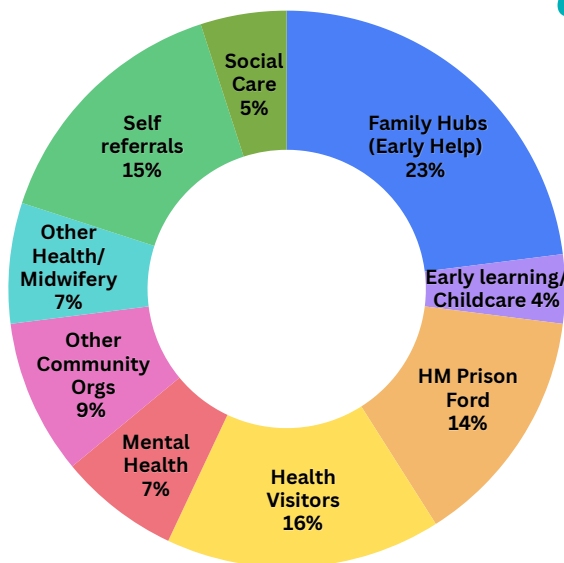
Behind seemingly affluent areas, many families face rising bills, insecure housing challenges such as bereavement, domestic abuse and mental health issues, placing children at risk without early support.

Home-Start provides early, relationship-based support to prevent issues escalating into crisis. We build resilience, strengthen parenting confidence and create safer, more stable home environments.

Working below statutory thresholds, we bridge gaps in services with strong safeguarding practice and a focus on equity and inclusion. Through close partnerships and regular presence in family homes, we identify emerging needs early, ensuring families receive the right support at the right time.

Because of you...

families struggling to cope were referred to Home-Start



“ Recovering from trauma can have a significant impact on parenting, including confidence, skills, self-esteem and mental health. To be able to refer to Home-Start, we are confident women will be welcomed, cared for and provided with a high quality service that will strengthen these areas – and ultimately improve their wider lives – is invaluable. ”

Sophie, My Sister's House

“ Sometimes fathers can struggle to open up, but I believe that by having the opportunity to share their stories really does make a difference, which helps support more positive outcomes within our early help plans. ”

8 David, Family Support Worker

Because of you...

we raised £240,370 to run our services

For every £1 donated, 83p went towards supporting our families and 17p went towards our fundraising costs to raise the next £1

Expenditure	£k	Income	£k
Core Staffing costs	£101	Trusts/ Foundations	£137
Family Group costs	£27	Councils	£41
Counselling	£16	Events	£25
Fundraising & Comms	£41	Groups & Corporates	£12
Training	£2	Individuals	£20
Travel & Activities	£4	Gift Aid & Interest	£5
Premises & Admin	£19		
Governance & HSUK	£9		
Depreciation	£1		
TOTAL	£220k	TOTAL	£240k

A heartfelt thanks to our incredible community!
To those who donated time, auction prizes or to an appeal; those who took on a challenge - walking 25k, a Hyrox, or a World's End pub quiz; and those who honoured a loved one through a funeral collection.
Every contribution made a real difference.

Do you belong to a faith group, local business, Rotary, school or WI? Or looking to take on a challenge?

There are so many ways to get involved.

Visit <https://home-startawa.org.uk/fundraise/> or email admin@home-startawa.org.uk

Scan the QR code to view all our wonderful supporters:



With special thanks to:



“

We

Loo

The

None of this is possible without our c

And finally, **BECAUSE OF YOU...**our

Bridget Richardson, CEO



Because of you...

how you can make a difference

Volunteer

Want to be part of something wonderful?

Contact jo@home-startawa.org.uk or scan for more info:



Fundraise

Are you a marathon runner or walker, baker or golfer, Rotarian or a local business? Contact sophie@home-startawa.org.uk or scan:



Refer

Know a family who needs our support? Scan here: or call 01903 953799



Sign up

Scan to join our community of supporters who receive our news. You can unsubscribe at any time and we promise not to inundate you!



Follow us

Follow and share our posts on social media  

www.facebook.com/HomeStartArunWorthingandAdur
www.instagram.com/homestartawa/

Every child deserves a safe happy childhood. Together we make that possible. Thank you!



Make a Difference - Donate Today

“Niamh was under a year old when I met her. Her mum was dealing with a degenerative health condition and initially found it hard to accept support, often saying, ‘Nothing needs doing.’ Over time, as trust grew, she began to let me in. Now, I help with practical tasks like putting the washing on, and spend time playing with Niamh on the floor - something her mum is no longer physically able to do. Seeing how much that support helps has been incredibly rewarding. Small acts can mean so much to a family.”

Denise - volunteer for five years

Please scan to donate
so we can support more
families like Niamh's



£10 - Enables a volunteer to take a family out, giving them much needed respite from isolation



£35 - Prepares three children to be school ready, making a positive and lasting impact on their development



£100 - Enables six months of vital volunteer 1-2-1 family support, helping them to overcome challenging times

OTHER WAYS TO DONATE:

- Cheque to 'Home-Start Arun, Worthing & Adur' to registered address below
- BACS: 13567729 SORT 202062
- Phone: 01903 953799
- Our website: www.home-startawa.org.uk

If you are a UK taxpayer, we can claim 25% more on your donation via Gfit Aid

THANK YOU!

And finally, **PARENTS** If you need help or just need to clear your head, we're here to help – call 01903 953799

