

# Case Study – Home Start Winson Green & Handsworth

Amount Granted: £37,347 (TSF Birmingham) – Date Completed: June 2010

## The Project: TSF – Increased need due to the Recession

At Home Start Winson Green we aim to prevent family breakdown by providing crucial support to vulnerable families who have at least one child under the age of five. Our families live within identified areas of multiple deprivation, with many facing crisis situations. We provide services for identified “hard to reach” BME (black minority ethnic) families, working in partnership with external agencies.

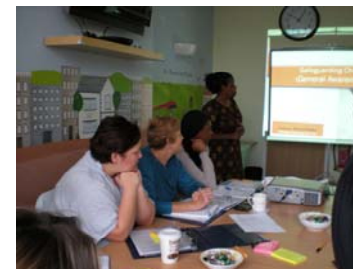
**Total number of people benefiting from this project:** 122 (90 women & 32 men)

**Area of benefit:** Winson Green & Handsworth Birmingham

## Why was the project needed?

We identified a need for counselling, CV workshops and interview techniques (to prepare the families for alternative employment opportunities).

This project was essential for reaching more families in need, particularly those who were on our waiting lists. Additionally, local parents experiencing low self esteem and depression (due to redundancy and reduced working hours) were being overlooked due to lack of resources. As part of this project we were able to tackle these problems with workshops and counselling sessions.



## The difference the project has made:

Key milestones achieved as a result of this project:

- ⊙ Successful delivery of workshops for confidence building and self esteem,
- ⊙ One-to-one counselling sessions for parents suffering low level anxiety and depression, due to the recession.

The project made a significant difference by allowing us to reach the families we intended to! Our specific and targeted services have equipped our families with stronger coping strategies, enabling them to better prepare for accessing employment with more confidence and awareness.

**Quote:** *“Home Start have helped me gain new skills, building my own confidence this in turn enabled me to support my daughter and her family to cope with the change in circumstances that they faced with being unemployed. Thank you!”*

**K Baker**  
(Project participant)

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