



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

## Spotlight on Home-Start Arun, Worthing & Adur

Home-Start is the local charity supporting families with children under 5. The Charity helps parents through their most difficult times by matching a trained volunteer with each family and working with them 1-2-1 to make life better.

Home-Start works with families who are struggling with issues such as family breakdown, bereavement, illness, mental health, isolation and low confidence.

Volunteers and staff provide emotional and practical support to enable the children to have the best start in life with their parents at home.

In January 2019 a survey was sent to 76 staff, volunteers and supported families by Home-Start Arun, Worthing and Adur, 48 responses were received.

As a follow up in February 2019 we held a small focus group to allow us to explore issues in more detail. The insight from this study was collated and anonymised and forms part of the insight and evidence that Healthwatch gather to identify common themes around what works and doesn't work for young people living with mental health issues.

The insight we hear from each person is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people.



**This insight is used to influence services development and can feed into:**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.

---

For more information about Home-Start Arun, Worthing and Adur please call the office on **01903 889707** and speak to a member of staff.  
Alternatively, you can follow on [Facebook](#).

Charity No. 1132416, Established in 1999

---



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email [helpdesk@healthwatchwestsussex.co.uk](mailto:helpdesk@healthwatchwestsussex.co.uk),

Website [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk).

**healthwatch**  
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](#)

Twitter [@healthwatchws](#)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)