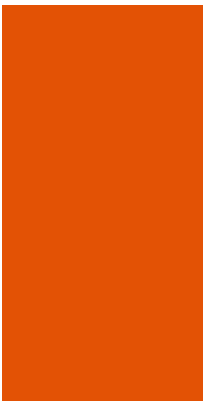
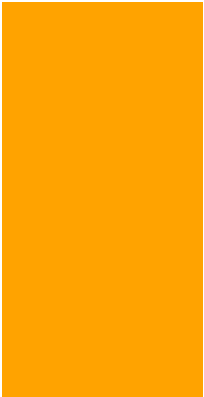




HOME START

Renfrewshire
and Inverclyde

Annual Report 2022|2023



Our Values

Mission and Vision

Mission

To give emotional and practical support, and friendship, to help parents with young children, in order to give every child the best possible start in life.

To help parents grow in confidence, strengthen their relationship with their children and widen their links within our local communities.

Vision

Developing a trusting relationship with the family in which time can be shared and understanding can be developed: the approach is adaptive to take in to account each family's different needs.

Time



Respect



Trust



Inclusive

**HOME
START**
Renfrewshire
and Inverclyde



Responsive



Empathy

Choice



Non-Judgemental



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1 Welcome from our Co-Chairs

Another busy year for the team at HSRI. With continued funding, we have been able to maintain the staff team over the last year and ensure that we are able to support the growing referrals made to our service.



Successful reapplication to secure a second year of the **Community Mental Health and Wellbeing Fund** in both Inverclyde and Renfrewshire has meant that we were able to ensure those families in most need was supported by a dedicated Wellbeing Support Worker, these posts are in addition to our Family Support Coordinators.

As always, our service would not be possible without the ongoing commitment and determination of volunteers who support some of the most vulnerable families in our community. We thank them, and all those involved in the successful delivery of our services in Renfrewshire and Inverclyde. With a dedicated Volunteer Development Officer, we have been able to engage with the local community and in particular Inverclyde, to ensure that we can recruit and retain more valued volunteers to support our service.

We will continue to work with the Councils and Health & Social Care Partnerships in Renfrewshire and Inverclyde to ensure we 'Keep The Promise'. The principles of **The Promise**, the Scottish Government's commitment to care experienced young people, are deeply embedded in Home-Start's non-judgmental and family led approach. The services we offer are trauma informed, following the Our support provides families with relational, integrated trauma informed support and follows the 5 Principals of Trauma Informed Care. We provide a form of scaffolding around families; a framework of individualised support which comes from the belief that parents, children, and their families are central to their own development. We pursue a whole family, compassionate approach where we stand alongside families, supporting them to flourish.

We are continually looking at ways to work with all parts of the community to enable this vital model of volunteer led support to thrive. Please reach out to us to find out more, you would be very welcome in the Home-Start Family.

Innes Turner and Jim McEleny

Co-Chairs

2

Review of 2022 - 2023



The steady rise in referrals from previous years continues and we ended the year on an astonishing 207 new referrals to the service. This was an increase of over 110% on last year. We are still seeing referrals where mental health and isolation/loneliness were the main contributing factors, which we still believe is a direct result of the COVID lockdowns and restrictions.

Our main large grant funders for this year were; **The National Lottery, Bank of Scotland, The Robertson Trust, Inverclyde HSCP and Renfrewshire Council.** These together with the smaller funds and grants we received over the course of the year have allowed us to keep our service viable in the areas that we work which are amongst the most poverty stricken in Scotland (according to SIMD data).

Our core, volunteer led service was supported by our largest staff team to date, a management team of 4 and supporting team of 14. With continued local authority funding across both areas we expect to maintain if not grow the team in 23/24.

Following our successful partnership with Renfrew YMCA, KLAS Care and the Star Project on the Renfrewshire Families Together Project which came to an end in August 2022, we recognised the need for family support groups to continue. We subsequently applied for and were awarded funding from **BBC Children in Need** to run two family groups in our Renfrewshire service. The funding allowed us to maintain the employment of a dedicated Group Worker and purchased new equipment and materials to establish the group in our Renfrewshire Hub.

Recruitment of new volunteers especially in our Inverclyde service area was challenging, however, with our dedicated Volunteer Development Officer based in Inverclyde, funded by **The Impact Funding Partners**, we successfully ran three, 8 week sessions in each area recruiting an additional 31 volunteers to the service.

We continued to invest in our new and existing volunteers and received funding from **The Corra Foundation - Volunteer Futures Fund** that supported us in offering Pediatric First Aid training, Mental Health First Aid training and Blank Canvas (training our volunteers to lead this fantastic course).

The **Community Mental Health and Wellbeing Fund** was extended for a second round and we were fortunate enough to be successful in our applications in both Inverclyde and Renfrewshire, allowing us to maintain the Wellbeing roles in both areas. These roles offer intensive staff support to families where volunteer support is not enough and have been vital to some families referred to us. In some cases, the families move on to group or volunteer support which is testament to the dedication and abilities of the team.



3 Review of 2022 - 2023

In the last 3 years, our groups have become a lifeline to many families. Across both areas we offer; Perinatal Group, Parents Group, Family Groups, Wellbeing Group and Dad's Group. In Inverclyde, we have an additional 'New to Scotland' Group offering families who are new to Scotland the opportunity to meet up, receive support and make new friends.

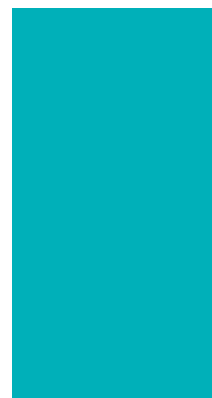
With our Dads' Group in Renfrewshire being so successful for a number of years, we sought funding to maintain this and also mirror the group in Inverclyde. We were successful in our funding bid with **Volant** and **Awards for All** which will allow us to recruit and establish the group in Inverclyde with a dedicated Group Worker.

With the ongoing Cost-of-Living crisis, we applied for and obtained grants from **Inverclyde Council's** 'Warm Hand of Friendship' and **Renfrewshire Council's** 'Winter Connections' The grants enabled us to create a 'Warm Space' with the 5 groups, weekly in each area where we were previously only able to offer families tea/coffee. We used the grant to enhance this by providing a hot meal; porridge, soup, or a filled roll, for all children and adults attending group from December 2022 to March 2023 ensuring each person attending had had at least one hot meal that day.

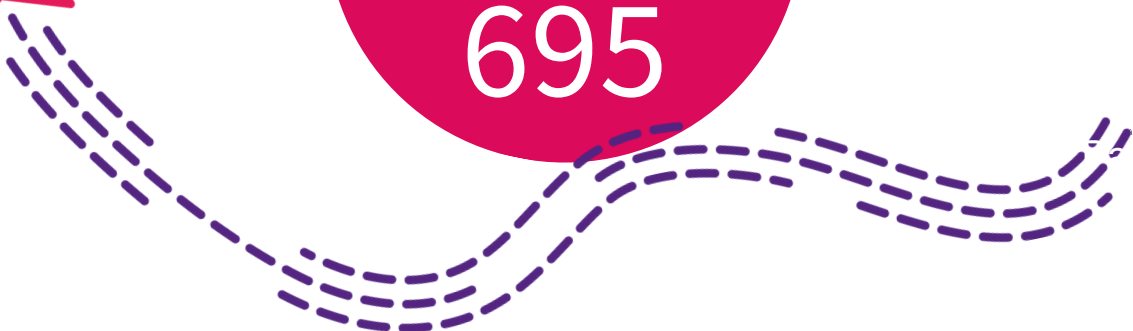
Our fundraising activities during 2022-23 were still impacted by the aftermath of COVID. HSRI has previously relied heavily upon significant sums of money raised through fundraising events, namely the Glasgow Bash and a Ladies Afternoon Tea. We are hoping to re-instate some of these big scale events in the next year.

The team at **PBS (Professional Beauty Systems)** again supplied all children involved with our service Christmas gifts, and with over 280 children supported last Christmas this was again an outstanding contribution from a local company and its staff. Moving on to next year, some of the staff have volunteered to take part in the 2023 Glasgow Kiltwalk to raise funds for us and we will be able to update you on that next year!

In 2022/23 we continued our funding partnerships with **Save The Children, STV Children's Appeal, Children's Lottery** and **Cash for Kids** and distributed these funds by way of supermarket shopping vouchers to families to help mitigate the effects in the Cost-of-Living Crisis where we could. With an additional extremely generous donation of £8,000 in shopping vouchers from **Portal Security** that allowed us to distribute in total, £15,000 in shopping vouchers to families in both areas.



4 Our Impact



5 Equip for Life

Equip For Life is a 5 week course designed by Glasgow based Life Coach, Catriona Futter to build confidence, self-worth and consolidate new skills to move your life in new directions. The course is a mixture of teaching, interaction and tasks to work on at home; challenging and informative, as well as a lot of fun!

Working with Catriona, participants received support, encouragement, and accountability to helping them to deal with areas such as:

- Confidence and self awareness that brings greater self acceptance
- Living according to your own values, and creating boundaries
- Work/life balance
- Negative self talk and self belief
- Lack of purpose or times of transition and change
- Creating good, sustainable habits that help you move forward

We were fortunate to obtain funding from the **Community Mental Health and Wellbeing Fund** in both Inverclyde and Renfrewshire to run this 5 weeks course for parents and also from **Impact Funding Partners** and **The Corra Foundation** to offer the same for volunteers.

We asked the volunteers who attended Equip for Life course **“How do you think this course has strengthened your ability to support your Home-Start family?”** We received the following responses:

“Overall its **helped build my confidence** and **understanding of myself** which in turn helps me **see things a little clearer** on how to help others...It can help you **understand others better**”

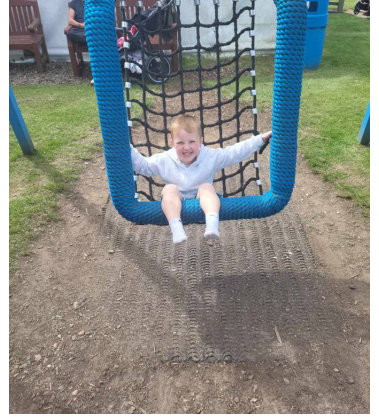
“It gives me a **greater insight** into issues that can **affect peoples lives** and why they may **need support** and sometimes just someone to **listen to them.**”

We asked **“What did you take away from Equip for Life?”** and they said:

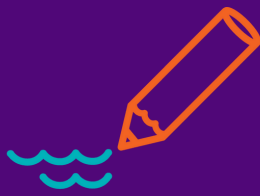
“**Positivity!** It helped me **sort out some of my jumble of thoughts**, and helped me feel **more self-confident.**”

“Much clearer **thinking**”





Quotes



“ Before joining the group I felt very isolated, anxious and depressed. I felt like I was terrible mother for not being able to personally resolve health issues my child was struggling with and because I wasn't leaving the house much. ”

“ I'm more open to sharing my experiences as a parent to other mums now instead of just sitting quietly. Being around other mums in a safe space has helped build my confidence as I know I can openly talk about any struggles I've had over the week or any days where my anxiety has been really bad without feeling like I'm being judged ”

“ Staff are always very welcoming and can tell straight away when you're having a bad day or not feeling yourself, that helps a lot as sometimes just having someone ask if you're okay and tell you they understand how you're feeling and that it's okay to feel that way is sometimes all you need to hear. ”

“ I'm more confident as a parent, I'm more confident having my daughter around other children and adults which has helped with her milestones. From my first week at group till now I can personally see the difference in myself. I'm not as anxious about going to group, before the thought of going and not knowing who would be there made me feel physically sick. ”

“ This was honestly the turning point of my journey to where I am today with being able leave my son at nursery and get back to work. I feel in a different place to where I was. I am truly grateful for all you support and the support from you team. I hope you are well and changing life's everyday, you're exactly what I needed for the place I was in at the time. Thanks for helping me gain the confidence to be where I am today. You've helped my whole family not just me. ”

“ My children were shy and didn't want to take part in the group activities however with encouragement from the volunteers they are now fully involved in everything. I have seen a huge improvement in their confidence ”

“ Most of the groups focus on mental health and give hints and tips to help improve our mental health. But honestly, just having someone to talk to and for the mums being able to support each other really makes a difference. ”

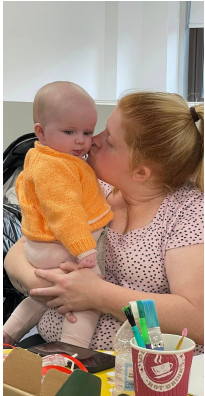
“ Been great to build friendships and support of other fathers going through the same struggles of new parenthood. ”

“ Joining the Home-Start family has given me a real sense of purpose. I've made a lovely connection with the family I matched with and I just love them. I've made new friends through the Prep course, one of whom I meet up with weekly for a coffee and am enjoying the feeling of being part of a community. Also, my confidence is growing. It's been a real boost getting me out there, I am meeting new people all the time! ”

“ It's so true you can't pour from an empty cup and my weekly visit was exactly what I needed to boost myself up and be able to be focused and happier for my children. I have goals again, and the future is exciting now, I have been given all the support to reach to where I am today. ”

8

Inverclyde - Groups



Perinatal Group



Since its inception in 2021, our Perinatal Group has gone from strength to strength. In the last year over 19 parents have come through the doors and have been supported in their journeys by our dedicated Perinatal Coordinators who were funded by **Cattanach** and **Inspiring Scotland**. Following funding from **The Corra Foundation - Volunteer Futures** fund we were able to train two volunteers to support staff in the delivery of the fantastic **Blank Canvas** program, addressing maternal mental health through art and craft therapy.



Parents Group



Parents Group has provided parents with the opportunity to support each other in a safe and relaxed environment over tea/coffee and the group creates an atmosphere for natural conversations and peer support to take place with friendships to be formed. Arts and Craft sessions are also popular within group.



Family Group



Family Group established in January 2022 has flourished and is certainly one of our busiest groups with lots going on every week such as arts, crafts sensory play and singing. With the additional support from dedicated volunteers, families have a chance to develop a peer support network while engaging in developmental activities with their children in a safe, supporting and non-judgmental environment.



New Scots Group



Over the last 2 years Inverclyde has seen an influx of residents from all over the world. 'New to Scotland' families are welcomed to our dedicated group to support them with their integration to the area. They are able to meet other parents who are in similar situations and chat about life events that are relevant to them while getting support with navigating this new life. We have been fortunate to have met parents and children from lots of different cultures and are excited to meet more 'New to Scotland' families next year.

9 Renfrewshire - Groups

Perinatal Group



‘Bumps To Babies’ was again another busy group, with 2 dedicated Perinatal Coordinators funded by **Renfrewshire HSCP**. This welcoming group offers new and expectant parents a place to meet and get support on their new and exciting journey. As with our Inverclyde service, we were able to run one of the successful **Blank Canvas** sessions promoting self care and wellbeing to mums who are struggling with their mental health.



Family Group



Our Family Group picked up where Renfrewshire Families Together ended . We sought and were awarded funding from **BBC Children in Need** to employ a Group Worker and to buy new equipment and resources for our busy group room. Lots of fun and family time has followed with arts craft and messy play. Visits to the garden (FYF Charity Hub Garden) gave families some additional outside time together when the weather allowed. With two groups a week, this busy interactive group is continuing to grow.



Wellbeing Group



With funding secured for a second year from The Community Mental Health and Wellbeing fund, we were able to create this group for parents to chat and get support in a relaxed atmosphere. With a different focus each week, our Group Worker spends time with parents while volunteers play with the children, allowing the parents some time to unload either in the group setting or just chat with the Wellbeing Group Worker.



Dads Group



Our Dads’ Group in Renfrewshire has been running for a number of years now. Last year we saw a number of dads that had been with us for some time move on and some new ones come along. Funded by **Volant** and **Awards for All**, the Saturday Dads Group took place in the fantastic facility at KLAS Care in Linwood.



10 Summer

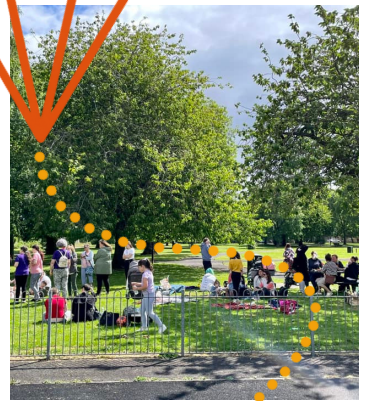
Doon and up the Water

With all our groups stopping over the summer weeks, we always feel that it is essential to keep in contact with our families and offer some activities. Seven weeks with children at home can be stressful and sometimes isolating with the added stress of financial pressures of paying for activities and extra food that school or nursery would normally provide.

Across both areas we ran weekly 'Summer Park Days' which gave our families a chance to hey out and about to parks in the local area. Our team of Group Workers and volunteers organised a variety of fun packed activities allowing the children to run about and burn up some energy in a supervised environment. We also provided and drink and snack for everyone that wanted one. As we are in Scotland we always had a plan 'B' by way of indoor activities and made sure that these were just as much fun.

Thanks to the kind and generous donations that we received over the year, we were able to offer a Summer day trip for Inverclyde families to Kelburn Country Estate.

We were fortunate that the sun was shining and the sky was blue. Families were supported by our staff and team of volunteers and over 150 families enjoyed their day away.



11

Volunteer(s) with us

Every year we are amazed by our wonderful team of volunteers. In the last year we recruited an additional 31 to make us a team of 85 home visiting and group supporting volunteers. We also gained 2 new Trustees to make our Board a team of 8, to guide and lead us in our everyday work.

10 of our 18 members of staff who started out as home visiting volunteers, they liked us so much that when the opportunity arose, they applied for a job! Volunteering is a rewarding role, not only do you support the families of Home-Start but we can help you gain new skills with additional training and build on the skills that you already have, encouraging you at every step.

Sometimes new volunteers are people we already know. When one member of the team retired, they decided that they wanted to volunteer with us. They undertook the 8 week Volunteer Preparatory Course and is now matched with their first family. We have also had an ex-parent who became a parent helper and gaining the confidence to go on and a volunteer. They are now working with our groups and are able to share their own journey with our families.

People from all walks of life, giving up their time to help local families. Without them, there would be no Home-Start. We are always looking for new people to come and join us, courses run in both areas throughout the year. No matter where you are in life there could be a place for you as a volunteer with Home-Start Renfrewshire and Inverclyde as a Home-Visiting Volunteer, Group Support Volunteer or a Trustee.

volunteer@hsri.org.uk





12 | 2022 - 2023

Accounts

Income

Donations	16,218
Charitable Activities	461,696
Other Trading Activities	126
Investments	2630
Total Income	480,670

Expenditure on:

Charitable Activities	458,027
Total Expenditure	458,027

Net Income	22,643
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Transfer Between Funds	-
	22,643

Reconciliation of Funds

Total Funds Brought Forward	363,318
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Total Funds Carried Forward	385,961
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13 Funders & Supporters

Main Grants

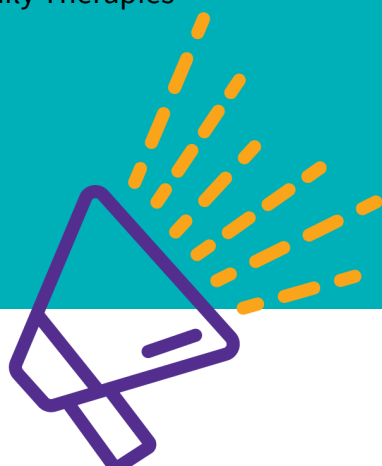
Bank of Scotland
BBC Children in Need
CVS - Community Mental Health and Wellbeing Fund
Engage - Community Mental Health and Wellbeing Fund
Foundation Scotland
Impact Funding Partners
Inverclyde Council
Renfrewshire Council
Renfrewshire HSCP
The National Lottery
The Robertson Trust

Individual Donations/Community Donations

Hopehall Mothers and Toddlers - Paisley
Mr & Mrs McEleny
Lorraine Cameron
Margaret Watson
St Ninians School - Inverclyde
St Patricks/St Vincent de Paul - Inverclyde
The Estate of Mrs Jessie McLaggen Byng
WeSTA (West of Scotland Tartan Army)

Material Donations - Thank you

Clothed in Love
EE Greenock
Mind Mosaic Child and Family Therapies
Lenovo
Morrisons - Anchor Mill
PBS
Renfrewshire Toy Bank
Tesco - Port Glasgow
Tesco - Linwood

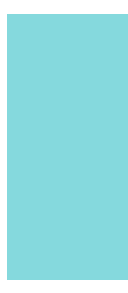
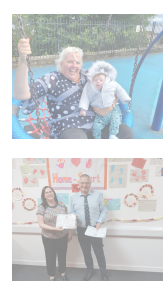
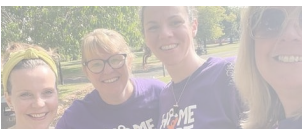
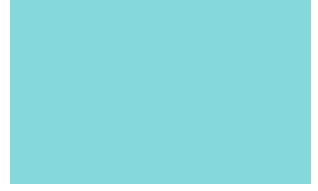


Small Grants and Corporate Donations

Arnold Clark
A & D Logistics
Awards for All
BT
ASDA Foundation - Green Token Giving
Amazon - Gourrock
Cash for Kids
Cattanach
Children's Lottery
Cloch Housing Association
Corra Foundation - Volunteer Futures
CVS - Warm Hand of Friendship
Early Years Scotland
Edrington Trust
Envevo
Home Start UK
Howdens - Renfrew
HSUK (Scottish Government)- Tackling
Loneliness and Isolation
Innerkip Society
Inspiring Scotland
John Lewis Partnership
Portal Security
Professional Beauty Systems
Renfrewshire Council - Winter Connections
Save The Children
Scottish Children's Lottery
Solace Woman's Aid
STV Appeal
Tesco Groundworks
Volant Trust

A extra special thank you to all those who have donated money, time, baby items and the even the odd bit of furniture.

Your kindness has made a difference to a local family in your community



14

Our Team

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Jim McEleny



Innes Turner



Susan Burgess



Gerri Taylor



Les Gaff



Fiona Whitefield



Andrew Nelson



Mari Lee



S
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a
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f

Lisa Carberry



Susan Anderson



Kerry Dickson



Ashley Greenwood



Karen Berry



Stephanie Miller



Suzanne O'Connor



Julie Gillan



Claire Ward



Sharon Stewart



Michelle McKechnie



Mags Gibson



Julie Goldie



Gillian Howie



Karen Lawrie



Clare Hamilton



Carolyn Richardson



Wendy Macdonald



Ruth Tosh

“ To all Home-Start **volunteers**, the moments you share with your families will be memories for life. Your impact will always shine on the children’s lives and will be a special part of the parent’s journey of having children. I hope you all love being a part of Home-Start and families’ hearts. **Home-Start Renfrewshire and Inverclyde has literally changed our lives.** ”

Quote from an HSRI supported family

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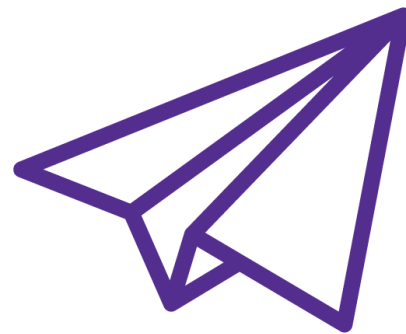
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we will
#KeepThePromise

