



@HSRenfrewshire



@HSRenfrewshire



homestartrenfrewshire



Home StART

RENFREWSHIRE &
INVERCLYDE

Annual Report
2017-2018



Home-Start Renfrewshire & Inverclyde, a company limited by guarantee. Registered in Scotland No. 280860



Our Mission

We will 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. We will support parents to grow in confidence, strengthen their relationship with their children and widen their links within our local communities.



Our Vision

children deserve a happy and secure childhood, that parents play the key role in ensuring their children have a good start in life, helping them to achieve their potential. We believe that Scotland should be the best place to grow up in the world.

Welcome



Firstly, it gives us an enormous pleasure to welcome you to the Annual General Meeting of Home-Start Renfrewshire and Inverclyde.

The first Home-Start scheme was established in Leicester, set up in 1973 by Margaret Harrison, who had used a scholarship to look into the Headstart education programme in the US. She adapted the idea of volunteers doing home visiting, to offer support, guidance and friendship to parents with young children who were not coping for various reasons.

Home-Start grew over the decades to cover many parts of the country and to military families abroad. The 268 local Home-Start charities have for the past 45 years trained and supervised parent volunteers to spend time every week with distressed families at home – and we have accumulated substantial evidence that it really works and is the kind of



“deep”, warm, persistent help that parents value. In 2017 there were 16,000 parent volunteers, with 29,000 families

visited, with 60,000 young children. But it is still not nearly enough to meet demand. Home-Start contributes to the prevention of problems in families, providing savings to health and social services, and in education. As a relatively economical method of early intervention, using trained volunteers, it provides a safety net for babies, young children and their parents.

Home-Start believes that children need a happy and secure childhood and that parents/main carers play the key role in giving their children a good start in life and helping them to achieve their full potential.

Home-Start Renfrewshire and Inverclyde is a

local independent charity which has been set up to give friendship, advice and practical support to families who live in the Renfrewshire and Inverclyde areas and who have at least one child under the age of 5.

To provide our service we recruit and train volunteers, who are usually parents themselves or have considerable parenting experience. The volunteers must complete our Volunteer Training Course (known as the prep course) in order to prepare themselves for their family support role.

The volunteer is then carefully matched to a family and will visit them in the family home for 2-3 hours once a week for as long as is required.

Families can refer themselves to us as well as being referred by Health Visitors, pre-5 services, social workers and other agencies. We will provide a support service to families who meet our criteria as long as we have an appropriate volunteer to help. The

volunteers are supported by regular support and supervision with their coordinator and additional training opportunities. Like most Home-Starts and other third sector voluntary organisations, we depend on the kindness of local donors, fundraising and grants from the overstretched Big Lottery and private trusts. Our Renfrewshire projects are also supported financially by a significant contribution from Renfrewshire Council.

It is therefore our privilege to be associated with such a worthy charity.

Innes Turner / Jim McEleny (Co-Chairs)



Our Team

(as of November 2018)

STAFF

Scheme Manager

Iain MacDonald (appointed July 2018)

Family Support Coordinators

Lisa Carberry

Kerry Dickson (appointed May 2018)

Paula Gibson

Mags Gibson

Julie Goldie

Jane Hamilton (appointed April 2018)

Dads Group Worker

Norma Martin (appointed March 2018)

Administrator

Janis Anderson

TRUSTEES

Chairs

Jim McEleny (appointed June 2018)

Innes Turner (appointed April 2018)

Treasurer

Freda Robertson

Trustees

Mari Lee

Fiona Whitefield (appointed September 2018)

Gillian Kirton (resigned May 2018)

Paul McShane (resigned September 2018)

Anne Shearer (resigned September 2018)

2018 in Review



Phew! Another fantastic year of excitement at Home-Start Renfrewshire and Inverclyde! New faces, new developments, and new directions to support local families. From the Kiltwalk in April to the Summer Glasgow Bash to September's Racy Ladies, our friends of Home-Start in Renfrewshire and Inverclyde have taken plenty opportunities to help fundraise or donate to our good causes whilst also having the time of their life!

It has been all change here since the last time we met, as we've said goodbye to some staff and welcomed some new arrivals. Alison our manager moved onto pastures new, and we said hello to our new Family Support Coordinator Jane, who brings a wealth of experience as both a volunteer and knowledge in volunteer management. In July our new Scheme Manager Iain joined us, having previously served as Senior Coordinator at Home-Start Glasgow North. Kerry, our Volunteer Liaison Officer, was seconded to work as coordinator with Lisa as our Inverclyde service continues to strengthen. Norma joined as our new Dads worker, whilst still performing her award-winning work for her own 'Good to Gab' group in Erskine.

Finally in October, we also invited our fantastic volunteer Ashley Granger to work with us during her HNC placement in Health and Social Services, as we establish a working relationship with local colleges and universities. What a dream team!

At the board level trustees Paul McShane, Gillian Kirton and Anne Shearer stepped down from their roles— although thankfully the latter two are still with us in their role as home-visiting volunteers. The board has expanded with the addition of Innes Turner and Jim McEleny who will lend their considerable skills as Co-Chairs going forward. We also welcome Fiona Whitefield who provides us with expertise working as chair of Renfrewshire Children's Panel. Treasurer Freda Robertson and Trustee Mari Lee remain on the board providing stability, diligence and consistency for our governance, whilst also acting as home-visitors. Its an inspiring example of dedication and commitment, but typical of what we've come to expect from our outstanding volunteers.

Our Work with Families

Our unique home-visiting service is delivered by volunteers who support families at critical times in their lives. No one can predict when life might become difficult and it can happen to any of us. However, if you are a parent the added pressure can make this unbearable. Home-Start volunteers are parents themselves and are able to work alongside families by listening, guiding and supporting them to move forward together to face challenges that are thrown at them - social isolation and loneliness, multiple births and difficulties with their children, low mood, postnatal depression or disabilities. Often these problems happen simultaneously, which can make a family's situation seem overwhelming, particularly if they are compounded by financial worries, housing problems or discrimination. Its easy to see how a family can drown in these circumstances. Our comprehensive Home-Start training prepares volunteers for all eventualities and with the ongoing support of Family Support Coordinators, volunteers give dedicated 1:1 peer support to families. Volunteers get the latest Child Protection advice and have introduced Bookbug, Autism and Mental Health Awareness training as well embedding awareness into Advise Childhood Experiences (ACES) into our training and practice. Beyond this, our volunteers benefit from CPD training in Speech and Language development, HIV and Blood-Borne Viruses, and Suicide Prevention, all delivered by accredited trainers in their specialist field.

Families before our support

62%

mental health problems

64%

lonely & isolated

60%

low self-esteem

32%

problems with children's behaviour

Families after our support

19%

mental health problems

13%

lonely & isolated

18%

low self-esteem

16%

problems with children's behaviour

HOME-START STATISTICS 2017-18

we support

191

CHILDREN IN RENFREWSHIRE & INVERCLYDE



OVER 95 VOLUNTEERS

PROVIDING 1:1 SUPPORT

WITH

103 FAMILIES

RECEIVING SUPPORT



OVER 10,000 HOURS OF VOLUNTEERING



58

NEW VOLUNTEERS TRAINED

60

NEW FAMILIES SUPPORTED

56%

of our referrals are from Health Visitors

30%

increase in the number of families supported compared to 2016/17

Dads Group

Our Dads Group has had a great year since starting in the Spring. It is led by our trained Dads Worker Norma, with excellent assistance by our committed and outstanding volunteers Debbie and Lindsay. Thanks to funding from the Flightpath Fund our group has flourished with all sorts of fun and crazy activities on Saturday mornings. The focus is on FUN – indoor and outdoor, from messy play / arts & crafts to pumpkin carving, trips out to Pandamonium or the local safari farm, or even Sprog Rock! Dads might come for a number of reasons – to reduce loneliness and isolation; a chance to play, learn and interact with the children; to share the joys (and woes) of parenting; or even to give mum a break. Whatever the reason, its important there as a play group that dads in Renfrewshire can go to; latest research shows the healthy involvement of fathers can be critically important for children in the Early Years, not only in terms of aiding their own development pre-school, but also in shaping the relationships they build in later life as adults. The group will continue to grow as we reach out to more dads to get involved in this great free resource.

Its been good to find a place that's not a mum's group, and go out somewhere and mix with other dads and kids. Even when the weather is bad it gets us out of the house!

GLASGOW AIRPORT'S
FLIGHTPATH
PROUD TO SUPPORT OUR COMMUNITIES



Walk and Talk Group

Thanks to funding from Jog Scotland we were able to train our coordinator Mags Gibson and our inspiring volunteers Debbie Scott and Lindsay Murray as Jog Scotland leaders. In May 2018 our Walk and Talk Group was born! We always intended starting as a walking group with a view to progressing to jogging if appropriate. As yet we are still walking (!) not because we want to but because some of the parents have buggies and it meets our needs at the present time.

We meet each Tuesday, during school term time, at Fountain Gardens near our office. Most of our walking is spent in the park and around the local area. We do exactly what it says on the tin – and it works well! Our aim has been to get parents and kids out in the fresh air, engage in some physical exercise and chat with other parents.

‘I love the group as I have made new friends. Its also great to get out and talk about and share experiences’.

‘I like managing to get out and having a chat and get some good advice from other mums. Everyone is so friendly. I have made loads of friends and so has my girl’.

‘this has set me up for the day’

‘I didn’t even realise we had been walking for so long!’

Please note – this is a closed group only for referred families which makes it a safe space for parents to chat.



Cooking Group

We support many families who rely heavily on pre-prepared and convenience foods. Sometimes this is down to a lack of skills in the kitchen but commonly, a family just don't have the basic equipment either and going out and stocking up is financially and logistically impossible. Santander's Discovery Grants support 'innovative solutions to social challenges' and have kindly given us a grant of £4,800 to set up our 'Santander Chef School' which involves six cooking 'blocks' of four weeks each.

Each 'block' allows four parents to come along, learn some basic menu planning and budgeting skills followed by learning to prepare a fresh, healthy and tasty two course meal. One of our main concerns was that learning to cook on its own isn't really any use if you can't go home and put those skills in to practice. Therefore, at the end of each block of classes participants will receive a box of basic store cupboard ingredients (herbs, spices, pasta, rice etc) as well as box of basic kitchen utensils (pans, wooden spoons, chopping board, knives etc). You can have all the cooking skills in the world but if you don't have the equipment then it's impossible to put these new skills in to practice!

In order to further improve confidence in the kitchen and cement the new skills, participants will also be offered volunteer support in the home to cook using their new culinary talent and equipment.



FOUNDATION



Home-Start Inverclyde

Our Inverclyde Service funded by the Big Lottery opened its doors in November 2015 and since then has gone from strength to strength. It is led by our experienced Family Support Coordinator, Lisa Carberry and in May this year our Volunteer Liaison Officer Kerry Dickson was seconded to our Inverclyde service as Family Support Coordinator and had been a fantastic addition to the service!

To date we have run a total of 6 Volunteer Training courses and currently have 35 active volunteers. As well as receiving the Home-Start Prep training our volunteers have had the opportunity to upskill themselves at various other training courses including Bookbug, SAMH Mental Health Awareness, Children's Rights Training, Mental Health First Aid, Speech & Language development training, Autism Awareness training and Adverse Childhood Experiences training to name a few. In the New Year we are looking to include Paediatric First Aid, Drug & Alcohol training, Blood Borne Virus training and SafeTalk suicide alertness training.

Our core home-visiting service has enabled us to support over 68 children to date and over 36 families. Our referrals have come from a variety of sources including Health Visitors, Education, Social Work, other voluntary organisations and self-referrals. Like our Renfrewshire service our families require support for a number of reasons including children with autism, mental health issues and isolation.

Our relationships and connections continue to increase with other organisations and partners including Tesco and Mind Mosaic and we are all delighted with the complementary support we can offer families.

'I tell everyone that volunteering for Home-Start Inverclyde is one of the best experiences of my life. To take that couple of hours a week to go to a family home and see their faces light up. It's a privilege to be allowed into someone's personal life. The amount of training that we have readily available to us and brilliant Coordinators that are always at the end of a phone if we have any concerns.'

Home-Start Inverclyde

In March 2018 we started our first ever Parents Group to bring some of our families together with their volunteers, families who had recently ended home-visiting support and families waiting home-visiting support. The group is well-attended and we have welcomed 3 more parents into the group. We have had speakers in to talk to our parents from Your Voice and the Big Lottery, and we have plans for SAMH to come and deliver a mental health awareness session and a visit to Inverclyde libraries scheduled too. We've also had various craft sessions including sensory bag-making, Halloween crafts and upcoming Christmas wreath-making activities hosted by the parents themselves. Some of the parents have gone on to make friendships out with the group and meet socially at a craft group on a Tuesday and have also gone on to complete two courses with Enterprise Childcare, namely Handling Children's Behaviour and Positive Vibes. Our families have also enjoyed various activities over the school summer holidays and October week with Teddy Bears Picnic to Battery Park, Fun World soft play several times and Bunny park.

Thanks to funding we are continuing to develop our work in the community and are excited to be extending our relationships, connections and partnerships. We look forward to supporting more parents and their children to build even stronger families in Inverclyde.

'Home-Start has changed my life. I don't know what I would do without my volunteer X. I made her an angel as a present for Christmas because she really is my guardian angel...she saved my life.'

'Coming to the group has helped me make new friends and increase my confidence. Since then I have gone on to do courses in the community with some of the parents and I am now looking into going to college. I have Home-Start to thank for this.'



Family Satisfaction

'Knowing someone understands exactly what life is like for our family was great'

"I LOOK FORWARD EVERY WEEK TO MY VOLUNTEER COMING. THE KIDS CONSTANTLY ASK ME WHEN SHE IS COMING NEXT. SHE IS SO LOVELY AND HAS HELPED TAKE THE WEIGHT OFF MY SHOULDERS'

'My volunteer has made me a better mum'

"I don't know how I would have managed the day to day chaos/stress of having twins, a toddler and an emotional teenager if it hadn't been for Home-Start's support'.

'I look forward to the day I can become a volunteer and repay all they have done for me and my family'

'HAVING ANOTHER PAIR OF HANDS WAS A TOTAL GODSEND FOR ME'

'I won't forget the huge difference you have made to our lives'

"Having a volunteer gave me the confidence to overcome my anxiety about going out and doing daily tasks. It also helped me believe in myself and my capabilities as a parent."

"I will never forget the support you provided to me in my darkest days'

Trips and Activities



Events and Fundraising

What can we say about the train of fundraising initiatives, events and individual donations we've had? This year has been so busy! From Kiltwalk in April to the Summer Bash to the Racy Ladies weekend in September, we've enjoyed an array of exciting and fun-filled events this year – and with the Christmas Bash still to come! Volunteers are our lifeblood, and without you we would have no service at all, but the fact that so many of you go even further and fundraise for us too is absolutely incredible. At the Kiltwalk we raised over £6000, all of which went towards supporting families in crisis with practical help. The proceeds of the Summer Bash brought in £15,500, whilst the Racy Ladies event raised almost £2000. Thanks to Stranville John for their enduring support and also to Dunelm Paisley and Tesco Bags of Help.

The individuals and organisations who have raised money for us, supported our events and donated time, money and gifts. There are too many to thank individually. All we can do is offer sincere thanks and keep doing it!



2017-2018 Accounts

Income

Donations	30,450
Charitable activities	139,835
Other trading activities	3,077
Investments	36

Income for core work of the charitable objectives of the charity at the discretion of the Trustees receives funding from Renfrewshire Council, the Bash events , donations and fundraising.

Total income **173,398**

The Renfrewshire Family Group fund is a designated fund for the operation of such in Renfrewshire.

Expenditure on:

Charitable activities	130,787
-----------------------	---------

The Recruitment fund is a designated fund set up by the Trustees in January 2018 to recruit and fund an additional co-ordinator.

Total expenditure **130,787**

The Inverclyde Project is a restricted fund and provides a family support service in the Inverclyde area and is funded by Big Lottery and received a grant of £1,000 from Inverclyde Council during the year.

Net income **42,611**

Transfer between funds	-
	42,611

Renfrewshire also receives funding from Big Lottery, who awarded a grant during the prior year to widen the scope of services provided in the Renfrewshire area.

RECONCILIATION OF FUNDS

Total funds brought forward	65,691
-----------------------------	--------

The Robertson Trust and Lloyds Bank Henry Duncan funds are restricted funds and the awards are to cover specific payroll costs.

TOTAL FUNDS CARRIED FORWARD **108,302**

The Glasgow Airport Flight Path fund is a restricted fund to cover the costs of the "Dad's Group". The award was received towards the end of the year and very little expenditure had been incurred.

Thanks to our Funders and Donors

SINCERE THANKS TO ALL WHO SUPPORT US



Peter Brough Bequest Fund
St Columbas Episcopal Church
Gryffe High School
Holy Family Union Catholic Mothers
Waitrose Community Fund
Peter Vardy



Looking Forward

This is an exciting time for everyone in Scotland working with children and families. The emergence of the ACE Aware movement and #AceAwareNation over 2017-18, culminating in the national ACES conference in September has set the heather on fire, and its up to us to keep the momentum going. At Home-Start Renfrewshire and Inverclyde we are spreading the message with screenings of the ACE-Awareness documentary film Resilience in both local authority areas to professional and public audiences alike, and are incorporating ACE-awareness into our volunteer preparation training. We will also exploring opportunities for further staff training to embed trauma-informed practice in our own work.

We will be seeking to extend and strengthen our support to expectant and new parents by exploring opportunities for more specialist perinatal support in collaboration with Mind Mosaic, so mums and dads can access the support they need as well as benefiting from peer support offered by our fantastic trained volunteers.

We will continue to develop and diversify our income streams, develop new partnerships and projects that will help local families and their children.

Thank you to everyone for your continuing support





RENFREWSHIRE & INVERCLYDE

70 Back Sneddon Street,
Paisley PA3 2BY

&

CVS Inverclyde, 75-81 Cathcart St,
Greenock PA15 1DE

Office Hours

Monday-Friday 09:00-17:00

Contact us

Tel: 0141 889 5272 (Renfrewshire)

Tel: 01475 603 441 (Inverclyde)

www.home-start-renfrewshire.org.uk

theteam@home-start-renfrewshire.org.uk

Donate to us



Children Are The Future

Let them express and feel their emotion
The World around them is as deep as the ocean

Let them share and explore

Don't get stuck in that revolving door

Let them play and have fun

It doesn't matter if its rain or sun

Let them be free with peace of mind

Keep them safe and always be kind

Let them guide you and lead the way

Listen carefully to what they have to say

Let them learn at their own pace

Go with the flow and give them space

Let them develop and enhance their skills

Splashing in puddles and rolling down hills

Let them be bored from time to time

Their own imagination will be just fine

Its ok to fail and make mistakes

Building resilience and eating cup cakes

Show them love, care and understanding

being a child can be pretty demanding

by Norma Martin