

HOME START

Renfrewshire
and Inverclyde

Annual Report

2018-19



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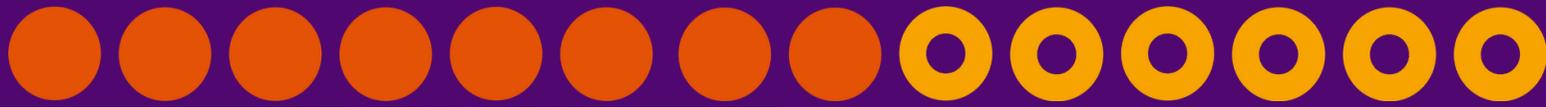


“Having people you can relate to makes a difference. It really helped reduce how isolated I had felt.”

**HOME
START**

#RealLifeParenting





Our Mission

Home-Start believes 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.

We 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. Parents grow in confidence, strengthen their relationship with their children and widen their links within our local communities.



Welcome and Introduction

It is our enormous privilege and pleasure to introduce our latest Annual Report covering the period 2018/2019. We hope you will enjoy reading through to find out more about our work, both the breadth and scope of our service, as well as evidence of the positive impact we continue to have upon the lives of local families and children.

We believe 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. For this reason too we should highlight the current importance of this work. The requirement for early support for children and families in the early years, both to address Adverse Childhood Experiences and improve support for perinatal mental health, are key priorities of the Scottish Government and have informed the strategic plans of Inverclyde and Renfrewshire Health and Social Care Partnerships.

Many parents are experiencing social isolation and loneliness, poor role-modelling, difficulties with their children, perinatal health problems and disabilities, often compounded by financial worries, housing problems or discrimination. There is a negative cycle of unemployment, poverty and deprivation, causing low confidence and a lack of aspiration. The key risk is to the next generation - we know it's the first months and years that are crucial to children's later life chances and wellbeing.

At Home-Start we focus on early supportive intervention to empower families to self-manage with guidance to achieve better health and wellbeing outcomes for children. Our home-visiting support is tailored and holistic for the whole family through our trained volunteers who are also parents. Volunteers visit during the day but also on evenings and weekends to fit around the needs of the family rather than what suits the service.

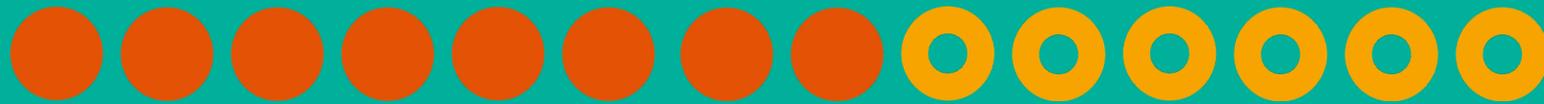
Home visiting is an excellent social and economic model of intervention. Using volunteers it provides a safety net for babies, young children and their parents, and offers a substantial saving to health, social care and to educational services. By utilising and upskilling local people we also increase civil participation and reducing loneliness, which is another key priority for our society.

We are committed to make our contribution towards ensuring that local young families in Inverclyde and Renfrewshire are given the appropriate support and encouragement to fulfil their potential and are delighted that you continue to support the vital work of this worthy cause.

Innes Turner / Jim McEleny (Co-Chairs)



2019 in Review



We celebrate another wonderful year at Home-Start Renfrewshire and Inverclyde! It has been very full-on as the service in both areas has grown to unprecedented levels to meet service demand whilst continuing to deliver the highest standards of quality service.

In May 2019 the quality of our practice was assessed under the Home-Start Quality Assurance system, and were delighted to be awarded a 98% rating, 'demonstrating high quality'. The review assessed the development of our services and the continuous improvement of practice areas relating to planning for success, leading a great team, making the most of data, and safeguarding children/child protection. These reviews are undertaken by Home-Start UK's quality assurance specialists who are accredited ISO auditors.

There have been new faces and developments as we have invested in service provision to reflect local needs. In Inverclyde Kerry Dickson was appointed Family Support Coordinator in January 2019, followed by Emma Lynch as local Admin and Group Worker. In Renfrewshire our volunteer Lindsay Murray has been our group worker to support our Cooking Group and Walk and Talk groups, whilst volunteer Jen Harrison provided additional Admin support through Community Jobs Scotland. In October we also invited our volunteer Louise Armstrong to work with us during her HNC placement in Health and Social Services. We also said goodbye to some familiar faces from our volunteer pool who have moved onto pasture new.

Most notable is Ashley Granger who has moved on to become Family Support Coordinator at Home-Start Glasgow North, working in their North Lanarkshire service, after 3 years as a volunteer and student with us. As a local community charity we pride ourselves also on the journey which our volunteers are on to improve and upskill themselves on their own career path.

Our board has continued to develop and grow with the appointment of trustees with the requisite skills, calibre and professionalism to scrutinise the charity's work and take it forward. In June 2019 Geri Taylor joined as a Trustee, bringing substantial knowledge and experience of the voluntary and social enterprise sector through her employment in a senior HR advisory role. Geri is also a Paisley mum and can identify the challenges and support needed to be a parent, as well as the value of a local charity which draws from the local community. In September our long-serving Treasurer Freda Robertson decided to step down after 4 years of service, but thankfully continues to serve as a valued home-visiting volunteer. Susan Burgess will become our new Treasurer in Spring 2020. Susan is a Financial Controller with several years' experience in accounting, budgeting and payroll management, as well as being a local mum to young children. Her appointment is opportune as she completes her time as a Home-Start volunteer in the New Year.



2019 in Review

We are proud to have such a high calibre of trustees which comprise our board. Through their dedication and commitment they continue to provide stability, diligence and sober governance of the charity and ensure its continued success delivering for families in Renfrewshire and Inverclyde.

Finally, we would like to say a huge thanks to all of our volunteers, friends, families, and well-wishers who have raised so much money for our charity. Whether you've been involved in our fundraising activities or helping privately behind the scenes, please know that you are making a difference for the next generation.

Thank you!

Serving Children and Families since 2001

Our Team

Scheme Manager
Iain MacDonald

Family Support
Coordinators
Inverclyde
Lisa Carberry
Kerry Dickson

Family Support
Coordinators Renfrewshire
Paula Gibson
Mags Gibson
Julie Goldie
Jane Hamilton

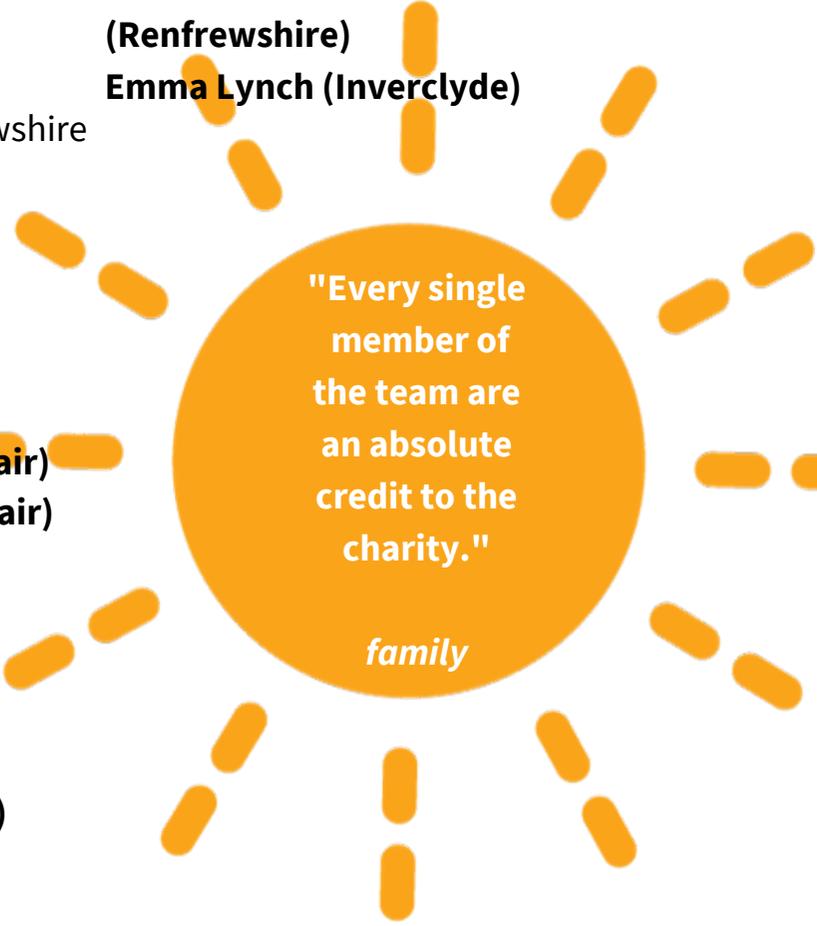
TRUSTEES
Jim McEleny (Co-Chair)
Innes Turner (Co-Chair)
Mari Lee
Fiona Whitefield
Geri Taylor

Freda Robertson
(resigned Sept 2019)

Dads and Twins Group Worker
Norma Martin

Cooking Group Worker
Lindsay Murray

Administrators
Janis Anderson
(Renfrewshire)
Emma Lynch (Inverclyde)



"Every single member of the team are an absolute credit to the charity."

family

Listening to families and volunteers

We consulted with our families and our volunteers about their experience of family life and of volunteering, exploring our role with them and what community issues they think we address. Both highlighted the unique role that Home-Start performs. They said that Home-Start is perceived differently from other family services because it uses volunteers, not paid workers. Families said that stigma, low trust and fear from professionals was a significant barrier to them asking for help. They did not feel they were judged by their volunteer.



"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."

Renfrewshire Family

"Truly a blessing and privilege to be a part of the Home-Start family."

Volunteer

"I used to wander round town on my own pushing my pram. Coming to Parents Group I've got people to talk to and made great friendships. Now we all go out together and meet up. You know we have made good friends through this and a good support network."

Inverclyde family



Home-Start Inverclyde



Our service has now completed its fourth year, and continues to go from strength to strength. Led by our experienced Family Support Coordinator Lisa Carberry, it has operated since November 2015 with funding from the Big Lottery (now National Lottery Community Fund). In January 2019 we received additional grants from RS MacDonald and the Scottish Children's Lottery Chance to Flourish to appoint Kerry Dickson as a second coordinator.

Our capacity has doubled, enabling us to support another 60 children and 34 families. Health professionals constitute the vast majority of our referrals, with some Social Work, Education 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. However, in Inverclyde we are working with a higher number of younger, complex families involving CiN assessments (70%), Social Work (68%), and in some cases Child Protection involvement.

Upskilling our volunteers is central to our ethos. We currently have 40 volunteers and recent training includes Paediatric First Aid (Mini-First Aid); Perinatal Mood Disorder Awareness (Crossreach Bluebell); and Trauma Informed training (Mind Mosaic) to name a few. Our relationships and connections continue to increase with other organisations and partners to deliver complementary support for our families.

As part of the Inverclyde ACES Working Group we have been working to promote awareness of ACES, and the impact it has on children's life chances. We organised multiple screenings of 'Resilience: the biology of stress and the science of hope' followed by panel discussions. Our ACES event in February 2019 attracted over 160 attendees and we've delivered to a total of 700 attendees local Social Work Child Protection, Health Visiting teams, Education as well as Third Sector partners. We are excited to be extending our relationships, connections and partnerships with Inverclyde HSCP and other local organisations to strengthen family support.

Our Parents Group brings families together where we have a variety of craft sessions including sensory bag-making, and other seasonal activities which the parents lead themselves. However, the real value of the group is in addressing social isolation and bringing parents together to form new friendships.

"I do not know what I would do without Home-Start. They have provided me with so much help and with so much support with Tom. I think I would have lost the kids if it wasn't for the help. I would have had to put Tom into care."

Inverclyde Family



Home-Start Inverclyde

71%
feel less isolated

68%
improved self-esteem

65%
better mental health

Between December 2018 and May 2019 we commissioned Northern Star to undertake an external evaluation of the Inverclyde service as it entered its fourth year. They found that the service has had a very positive impact upon the families we have been working with, with improvements across the range of parental mental health, reduced social isolation, and improved confidence in managing children's behaviour.

"I'd love to see a survey done of how many of us families have been in that situation where our mental health has been so rock bottom, so low, where we've been pulled back by this service."

Inverclyde Family



HOME-START RENFREWSHIRE AND INVERCLYDE 2018-19



we have supported

119

families

transforming the
lives of

237

children

with a
team of

110

volunteers

provided over

198

hours of group
activities

trained

60

new volunteers

supported

50

new families



Dads Group

Our Renfrewshire Dads Group has gone from strength to strength over the course of 2018-19, with more dads coming along with their children on Saturday mornings. The focus as always is on fun activities but with the support of staff and volunteers dads have been attending, forging friendships and growing in confidence as parents in their own right.

"It give us dads and kids a place we can develop lasting friendships in a really accepting way. We are all developing memories that will last a lifetime."

"We have a very strong bond now. Before she was more into her mum but now she also wants to stay and play with me."



Twins Group

Through feedback from our families and the local community we identified the need for a twins group in Paisley. Being a parent of multiples is such a unique experience, our families have a chance to come together providing peer support and enjoy some fun activities such as bookbug, or sensory play and learning provided by one of our local partners Let's Play Theatre.



"I'm so glad you set the twin group up. We go to Bookbug sessions and playgroup and it always feels like we're the novelty because of the twin thing! You never really fit in in the same way because you stand out so much. Unfortunately, the only people who really understand are other twin parents! It was so great to walk into the first session and just feel like we belonged in a way we didn't before. All of a sudden, there were mums who knew exactly what I meant about the very unique guilt you feel when you're dividing yourself between these two vulnerable little people."

Twins Group Family

Walk and Talk Group

Our weekly Walk and Talk group in Paisley is now well into it's second year. It's great for getting families out of the house, fresh air and chatting with other mums. Mums tell us it encourages them to get up and out of the house in the morning and engage in some light exercise. However, socialisation is the key benefit with some mums now even meeting outside the group, attending Renfrewshire Adult Learning groups together. Other mums have progressed so far they can offer peer support to other mums.



Cooking Group

We have been continuing to run our Chef's School in Renfrewshire through Santander's Discovery Grants, with 16 families benefiting so far. In Spring 2019 we also received funding from Inverclyde Council's Poverty Fund to extend the school to our families in Greenock, and have completed a course at Stepwell.

Chef's School is proving hugely successful, helping many families who relied heavily on pre-prepared and convenience foods learning new cooking skills to prepare and cook fresh, healthy and tasty meals. By providing basic kitchen utensils (pans, wooden spoons, chopping boards, knives etc) and a store cupboard of ingredients we can ensure that parents are able to put their new skills into practice.



VIDEO INTERACTION GUIDANCE (VIG)

In January 2019 we began a pilot in VIG, an evidence based intervention practiced in 15 countries by over 4000 practitioners ranging from educational psychologists to social workers. It is a video feedback intervention used with families to promote attuned parenting. At its core VIG promotes greater parental sensitivity to children's initiatives, thereby leading to mutual improved wellbeing.

Families set their own goals by focusing on what it is that they would like to change. Adult-child interactions are then filmed and edited by the VIG Guider to produce short clips of positive interactions which will help them to see their situation from a new perspective. A family would ideally have between 3-5 separate interactions recorded over a number of months. The VIG Guider edits the film to capture attuned interactions between parent and child and then shares them with the parent at review. We focus on successful moments such as when a parent responds to their child's action or words in an attuned way by responding appropriately verbally or non-verbally. The guider and parent reflect on what it is that the parent is doing that is contributing towards the achievement of their goals, while recognising and celebrating these successes and making new goals for future change. Through reflecting the guider deepens the conversation to explore what feelings, thoughts, wishes and intentions might be behind a parent's behaviour and that of their child.

Coordinator Paula Gibson has been working as a VIG practitioner with close supervision by Anita Heyes an Enhanced VIG Supervisor. She has worked with 3 families to date focusing on issues ranging from: how to develop language through play; meeting the needs of more than one child equally; and how to manage a child's emotions. Paula is amazed with the results VIG is already producing: "As someone who has worked in the community for over 20 years, VIG has been somewhat of a revelation to me. Its power lies in families being able to see themselves doing things well and building upon those strengths. It's one thing to reassure a family that they're doing a good job but VIG enables them to see it for themselves. Juxtaposed with this VIG also enables you to have quite difficult and emotionally sensitive conversations with families. I have found it provides a safe and supportive conduit for families to be very honest about their difficulties past and present while also helping them find their own solutions". We hope to secure further funding to embed VIG into our portfolio of interventions for families in both Renfrewshire and Inverclyde.



“I was feeling very low at the time VIG started. It helped me to realise I wasn't doing such a bad job and really helped me to put things into perspective ... being more present in the moment and taking pleasure in the little moments of affection, cuddles ... and valuing my children for the amazing little boys that they are.”
(Mum of 2 year old twins)



2018-19 Annual

Accounts

Income

Donations	38,176
Charitable activities	187,185
Other trading activities	8,564
Investments	111

Total income 234,126

Expenditure on:

Charitable activities	188,835
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Total expenditure 188,835

Net income 45,291

Transfer between funds	-
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45,291

RECONCILIATION OF FUNDS

Total funds brought forward	108,302
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TOTAL FUNDS CARRIED

FORWARD 153,593

Thanks to our funders and donors during 2018/19



Peter Brough Bequest Fund; Houston and Killellan Kirk; John Maurice Hardship Fund; Waitrose Green Tokens; Peter Vardy; Dunelm



Like most other charitable 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. As funding becomes more competitive, we have benefited from the generosity of donors and participants in our fundraising activities, such as the Kiltwalk, the Glasgow Bash, and the Racy Ladies Afternoon Tea. Overleaf you will find other ways to donate to us through Amazon Smile, Local Giving and through Easyfundraising.

To all our supporters, new and old....

thank you!



For parents when they need us most

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