

Home-Start
Wigtownshire


Home
START
Support and friendship
for families

Wigtownshire

Annual Report 2016



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Mission, Vision and Values

Mission

Home-Start offers support, friendship and practical help to parents with young children in local communities throughout the UK and with British Forces in Germany and Cyprus.

Home-Start offers a unique service, recruiting and training volunteers who are usually parents themselves - to visit families with at least one child under five in their home and offer informal, friendly and confidential support.

To help give children the best possible start in life, Home-Start supports parents as they grow in confidence, strengthen their relationships with their children and widen their links with the local community.

Vision

Home-Start wants to see a society in which every parent has the support they need to give their children the best possible start in life.

Core Belief

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

Aims

Each Home-Start scheme is an independent voluntary organisation which works towards the increased confidence and independence of the family.

Values

In all external and internal dealings, Home-Start schemes and Home-Start work within and demonstrate the essential ethos of:

- *Choice*
- *Partnership*
- *Openness*
- *Encouragement*
- *Flexibility*
- *Responsiveness*
- *...and Enjoyment!*

Chairperson's Report

As always, our volunteers are the backbone of our services and they continue to give us their time to support local families across Wigtownshire.

Mary Wilson leads her team, comprising Fiona McDonald and Adam Enderwitz who provide professional administrative services as well as project workers/support workers Noeleen Marshall, Claire McKie and Paula Erskine. Together, they deliver the best service we can to families who need our support. Thank you for your dedication.

The well-being of children is the focus of our work, and it is our belief that parents have the key role in ensuring that they get the best possible start in life. We work in partnership with Dumfries and Galloway Council Integrated Children's Services to ensure that support is always available when and where it is needed. They continue to be our main core funder for which we thank them.

We are also extremely grateful to the other charitable Trusts who fund us - The Cattanach Trust, The Robertson Trust, Henry Duncan Awards (Lloyds TSB), Women's Fund for Scotland, Cash for Kids and The Hugh Fraser Foundation. Various local organisations listed at the end of our report have raised funds to support our work and we appreciate their efforts and kind donations.

We have tried to raise our profile in the area in the last year and it has reaped rewards. Tolerance TV produced a short promotional film highlighting the work we do and this has been shown across the area.

Jessie Robertson has helped set the budget for next year and completes our bookkeeping on a regular basis. Her work is invaluable and we thank her very much for her help. The Board of Trustees has seen some changes. Elizabeth Duncann has resigned and I would like to thank her for her contribution to the governance of the charity. I am currently delighted to have the support of George Dalgarno, Helen Marsh, Sheena Ingham and Elaine Routledge. Together we pledge our commitment to Home-Start Wigtownshire.

There is no denying that, as we move into our next year, the difficulties we face are challenging and there is no guarantee at this stage that we will be able to provide services at the current level. However, our efforts are unwavering.

Thank you to everyone who supports Home-Start Wigtownshire.

Dorothy Skinner

Chairperson



Statistics



45%

of

Families had
Poor physical
health



55%

of

Parents/children
experienced
Mental health
difficulties



73%

of

Parents had
Low self
esteem



80%

of

Families were
Lonely and
isolated



Co-ordinator's Report

Home-Start Wigtownshire is now entering its 16- year of supporting local families throughout Wigtownshire.

From April 2015 to March 2016 the scheme supported 60 families (112 children) via home visiting and/or groups.

Our dedicated volunteers provide practical and emotional support to families at home and the groups. Last year 34 volunteers, including trustees, gave their time freely to help make a difference to the lives of local families. Some previous recipients of the service have now become volunteers and use their experience to assist others.

Training opportunities for volunteers and staff

Presentation by Wigtownshire Women's Aid

Autism Awareness training

First Aid

Children in Scotland - Creating Inclusive Play

Sexual Health Awareness

Bookbug training

Home-Start UK events (Quality Assurance, MESH - Monitoring and Evaluation Systems Home-Start - updates)

Home-Start UK (Scotland) - GIRFEC (Getting It Right for Every Child) Information

The three family groups in Newton Stewart, Stranraer and Sorbie continue to be a valuable service for families and are funded by The Big Lottery until mid-October. The Big Lottery through their Improving Lives programme have agreed to fund the group for a further 3 years from October 2016.

Please refer to the Project Worker's reports for a more detailed account of activities.

In September 2015, Claire and I travelled to Edinburgh to give a presentation to the Women's Fund for Scotland. It was a nerve-racking but worthwhile experience as we received money towards funding our fourth Tweenies group which takes place in Stranraer. Also, Home-Start Wigtownshire successfully applied to The Cattnach Trust and The Robertson Trust to jointly fund two part-time family support workers to complement our home-visiting volunteer service. The appointed workers are Claire and Paula. Following on from this, we received a visit from Rachel Lewis and Alastair Wilson from The Cattnach Trust to meet up with staff and volunteers.

To enable the scheme to maintain and develop services to families, we continue to source funding from grant-making bodies and we also receive donations from local organisations/individuals. Thank you to all of our funders (please refer to appendix).



There are always challenges to meet but the successes and good times help us to overcome the hurdles and obstacles.

Good Times

- Annual Family Christmas Party
- Free Press Toy Appeal – extra toys for some families
- Winter Wonderland Trip (organised by Dumfries and Galloway Community Learning and Development team) to M&D's theme park
- Volunteer thank you – afternoon tea at Cally Palace
- Lochinch Christmas Fair
- Musical Evening – Craichlaw House
- Coffee Morning organised by some of the families
- Various outings – Chocolate Factory, Dalscone, Heads of Ayr, Craig Tara

To end my report I would like to thank the many people who contribute in various ways to the ongoing progress and development of Home-Start Wigtownshire:-

- The families for letting us share in their lives
- The volunteers who give their time freely to support local families
- The Board of Trustees, under the chairmanship of Dorothy Skinner, who provide encouragement and guidance to the staff team
- Jessie Robertson for all of her financial guidance
- A great staff team – Noeleen Marshall, Claire McKie, Paula Erskine and Adam Enderwitz
- Fiona McDonald, who has been a great support over many years and helps to keep operations running smoothly

Mary Wilson

Co-ordinator



Project Worker's Report (Newton Stewart and Sorbie)

Tweenies in Newton Stewart and Sorbie have once again been very busy over the past year and families have continued to benefit from a variety of play activities and experiences. Taking into consideration the age range of the children, we try to target the activities to promote parent/child relationships as well as developing the child's social and emotional wellbeing. These activities are easily transferred and can be used at home. Parents are reporting offering their children a wider range of play opportunities from ideas they have picked up at Tweenies.

Activities have included messy play, painting, making a variety of tasty snacks such as fruit kebabs as well as trips to the forest and farm park with children and adults participating enthusiastically! We have had involvement again this year from Richard Line - Building Healthy Communities - promoting healthy eating, the Child Smile Team who are offering families regular support in family dental care and Solway Training Solutions who offered in depth information for parents around paediatric first aid.

We have had a session with DGHP to consider housing issues. A Speech and Language therapist also looked at ways of encouraging and developing language. These opportunities were welcomed by parents and facilitators were delighted by their enthusiastic involvement. The Child Smile Team, following initial involvement, have offered to provide regular monthly support to families around dental care. The families in turn have reported that the information offered by this service has made them consider carefully, in particular, the sugar quantities within their diet. With this in mind, we have agreed that we will no longer offer a 'treat' type snack after lunch and parents are now using a phone based 'app' called Sugarsmart to help them to determine the sugar content in everyday foods which is fantastic to see.

Newton Stewart Tweenies have moved again just before the summer break and we are now based at The Pavillion in Minnigaff. We are hoping that this is a more permanent arrangement and, although smaller than the Douglas Ewart High School, we feel having the large park in the ground adds additional exciting options for play.

We continue to have fantastic support from our volunteers Sandra Farley and Natasha Martin and also from Family Support Worker, Erica Best without which we would not be able to run effectively. Also, thank you to Deborah who helped at Newton Stewart Tweenies and has left to pursue a career in social work.

Both groups are full and we continue to run waiting lists. We will be able to offer a number of new families a place in August as children move on to nursery and school. We wish them all well in their next steps.

So, all in all, another busy year. We look forward to welcoming new families in the coming months and offering them a range of social and learning experiences within our group setting.



Project Worker

Noeleen Marshall

Project Worker's Report (Stranraer)

Another busy year at both Stranraer Tweenies groups with many families benefitting from the varied activities and advice available - all supporting a healthy lifestyle and promoting positive relationships within the family setting.

We have had a varied menu of activities throughout the last year ranging from Messy Play, arts and crafts, baking and pizza making, gardening, music and rhyme, storytelling and trips to local parks and beaches as well as going further afield to Craig Tara Holiday Park and Heads of Ayr open farm park. We also had a trip to Stranraer Fire Station.

We continue to have our annual Paediatric First Aid sessions with the parents, where they benefit from learning the basic skills required to carry out first aid to young children - an excellent skill for any parent to have! We had another group of cooking sessions with Richard Lines - healthy, economical and easy-to-prepare recipes to try out in the home. Also, visits from The Smile Project - a presentation on dental health.



I attended courses to become a Bookbug Leader - a Scottish Book Trust initiative. It's all about sharing the benefits of reading, singing and playing with your baby, toddler or child. From birth, stories and songs are used to build attachment, support speech and language development and lay the foundations of literacy. I use these Bookbug sessions at the two groups in Stranraer and they have become a part of our monthly calendar.

The groups continue to be well attended and we currently operate a waiting list. Although Home-Start support children up to the age of five, we find in Stranraer that the families tend to move on when their children turn three and are ready to start their nursery placement. This is a natural progression for the families and it's lovely to see confident youngsters ready for the next stage! Our Tweenies groups rely on our volunteers who give up a few hours each week to come along and help me at the group. I appreciate their hard work and commitment and they are an integral part of our weekly groups - so a huge thank you to Rose Baillie, Laura McCutcheon, Jemma Reid, Kay Campbell and Dawn Finlay. Last year, some of the parents from our morning Tweenies Group decided to hold a fundraising event for Home-Start Wigtownshire. They hosted a very successful Fete at the Millennium Centre in Stranraer - raising almost £400. A huge amount of thought and hard work had gone into making the event such a success.



We carry out regular evaluations with the parents to ensure that we are meeting the needs of each family and are taking on board any new ideas they may have for discussion topics/activities. It's important that we are inclusive and approachable.

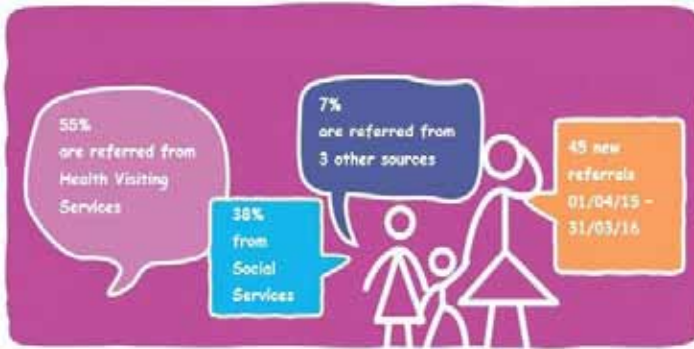
Some have attended classes through Community Learning and Development, while others have gone on to gain new skills and find part-time employment. The parents tell us that their children look forward to Tweenies each week and that they are relaxed in the group setting. The babies and younger children are starting to discover movement and play with the wonderful toys and the excitement that this brings. Some of the older children are forming friendships within the group and are starting to play together on the apparatus and in role play.

This is our fifth and final year of our current Big Lottery grant funding for our Tweenies groups.

Claire McKie

Project Worker

Statistics/Quotes



"Home-Start provided a great network of support for this family and offered a variety of opportunities for parents to engage with other parents."

REFERRER

"Home-Start helped me to get through the hardest times of my life - becoming a single parent and my mother passing away."

PARENT

"I am satisfied that Home-Start have been a life-line to the family when mum was unwell. Majority of visits were reaching/managing family and supporting."

VOLUNTEER

Acknowledgements

Board of Trustees

Dorothy Skinner Chairperson
George Dalgarno Company Secretary/Treasurer
Elizabeth Duncann Vice-Chairperson - resigned July 2016
Helen Marsh
Elaine Routledge
Sheena Ingham

Volunteers

Sheila, Shiralee, Paula, Fiona, Helen, Rose, Sandra, Natasha
Christine, Robyn, Deborah, Kay, Morag, Jemma, Anne, Dawn, Catherine, Lisa, William, Colin, Laura, Elaine, Emma
(social work student)

Tweenies

Thank you to Erica Best - Family Support Worker for Children & Families Social Work

Home-Start UK

Patron

Lady Emily Stair

A big thank you to Jessie Robertson for her financial guidance

Funders/Donations

- Big Lottery
- Dumfries and Galloway Council
- Henry Duncan Awards (Lloyds TSB)
- The Robertson Trust
- The Cattanach Trust
- Women's Fund for Scotland
- The Hugh Fraser Foundation
- Garfield Weston Foundation
- Scottish Executive Recruitment Incentive (SERI)
- The Machars Lions
- Newton Stewart Rotary Club
- Lochinch Christmas Fair and individual donations from this
- Janet Brennan - open garden and South West Scotland Decorative and Fine Arts Society
- Gladstone family (Craichlaw)
- Free Press Toy Appeal
- Kirkmaiden Knitting Club
- Helen Marsh for her fundraising efforts (Laggan Zip Wire)
- Joy Hadley - Ardoch, Drummole (open garden)

We wish to take this opportunity to thank all individuals and groups who made donations to Home-Start Wigtownshire throughout the year.





THE HUGH FRASER
FOUNDATION



Garfield Weston
FOUNDATION



LOTTERY FUNDED



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