



Support and friendship
for families

Home-Start East Fife

Annual Report

Home-Start East Fife Annual Report 2013-2014

Support and friendship for parents
and children across East Fife



Home-Start:

The UK's Leading Family Support Charity

Home-Start East Fife provides a unique service for families - recruiting and training volunteers to support parents with young children in their own homes.

Home-Start East Fife

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Scottish Charity No. SC010242

Patron: HRH Princess Alexandra, the Hon. Lady Ogilvy, GCVO

Joanne Roddam, Manager

Lynn England, Co-ordinator (resigned December 2013)

Aileen Pruden, Family Support Group Co-ordinator

Michelle Bazeley-Gray, Administrative Assistant

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Directing Scotland...



Last year in Scotland our 32 schemes supported a record number of families. Over 2600 were supported during the year. In 1997, the figure was 950 and this gives some idea of how Home-Start has grown over the period, even during times of spending cuts.

This shows, I believe, the value which is placed by funders on the services we offer in 19 local authorities where we have a presence. We know it works and our monitoring and evaluation system helps us to demonstrate this.

Home-Start only thrives because of the continuing terrific efforts of our volunteers, and whether they are trustees or home-visiting volunteers, I would wish to convey my thanks to each and every one.

I am delighted at the ongoing success of Home-Start East Fife and wish you all the very best for the coming year.



Dave Milliken
Director for Scotland
June 2014

From The Chair...



I cannot believe that my first year as Chairperson is almost over. Thank you to the staff and Board members for making it easy for me.

We welcomed Gordon Craig onto the Board of Trustees in January and we are hopeful he will stay with us for a long time.

Home-Start East Fife continues to provide a high standard of support to families across East Fife through family visits and support groups. Fortunately we have been given financial support from Fife Council for another year and we thank them for that. We hope that they will continue to support us financially in the future.

Once again our staff and volunteers continued to work hard to find the rest of the funding required to maintain our service delivery.

Lynn England left us in December 2013 and we appointed a new Co-ordinator, Catherine Wallace, in April 2014. Thanks go to all the staff for all their hard work; to Joanne for continuing to manage Home-Start East Fife so well under sometimes very difficult circumstances; to Aileen for stepping up to the mark to assist in covering Co-ordinator duties whilst still running the Family Support Groups; to Michelle who always has a warm welcome for everyone arriving at the office as well as performing her other duties professionally.

Thank you to all our volunteers whether they visit families at home, help with the Family Support Groups, help out in the office, sit on the Board of Trustees or do a mixture of all. Without our volunteers Home-Start East Fife would not exist.

Our Fife Council Link Officer, Lynn Slater continues to support and advise us and we thank her for that. Also thanks go to Home-Start Scotland.

I look forward to another successful year at Home-Start East Fife.

Wilma Ballany
Chairperson.

How We Pay For What We Do...

Home-Start East Fife again showed a surplus at the year end. In order that Home-Start do not start off the year with a deficit it was agreed to carry over some of the surplus with respect to the management accounts into the next financial year. This policy was carried out successfully last year. Some of the carry over is due to timings of funding being presented. This financial position has been achieved by incredible efforts in fundraising by the staff of Home-Start East Fife and careful financial management with support and help from all the staff, volunteers and trustees.

Principal Funding Sources

The principal funding sources for the charity are currently by way of Service Level Agreement fees from Fife Council. The charity receives 67% of its funding from Fife Council. We have also secured funding from Children in Need for a further 2 years and the rest has to be secured through funding applications and fundraising activities. The 3 year Service Level Agreement with Fife Council came to an end in 2014. The charity submitted a funding application for the next 3 years at the end of last year but only one year's funding has been given as Fife Council are re-assessing their total funding for the Voluntary Sector.

Investment Policy

The *Memorandum and Articles of Association* of the Charity authorise the Board of Trustees to make and hold investments using the general funds of the charity, but no such investments are currently held at present.

Reserves Policy

The Board of Trustees has examined the charity's requirements for reserves in light of the main risks to the organisation. The Board has established a policy whereby the funds not committed or invested in tangible fixed assets held by the charity should cover, in the long term, approximately three months running costs.

And The Future

The carry over of funds from 2013/2014 makes the budget for the current year ending in March 2015 very manageable. The Service Level Agreement with Fife Council at present is only to the end of 2015, however we have in place a further 2 years with Children on Need. Home-Start East Fife at present is in a reasonable financial position with a good reserve in place.

Joan R Prentice
Treasurer
August 2014

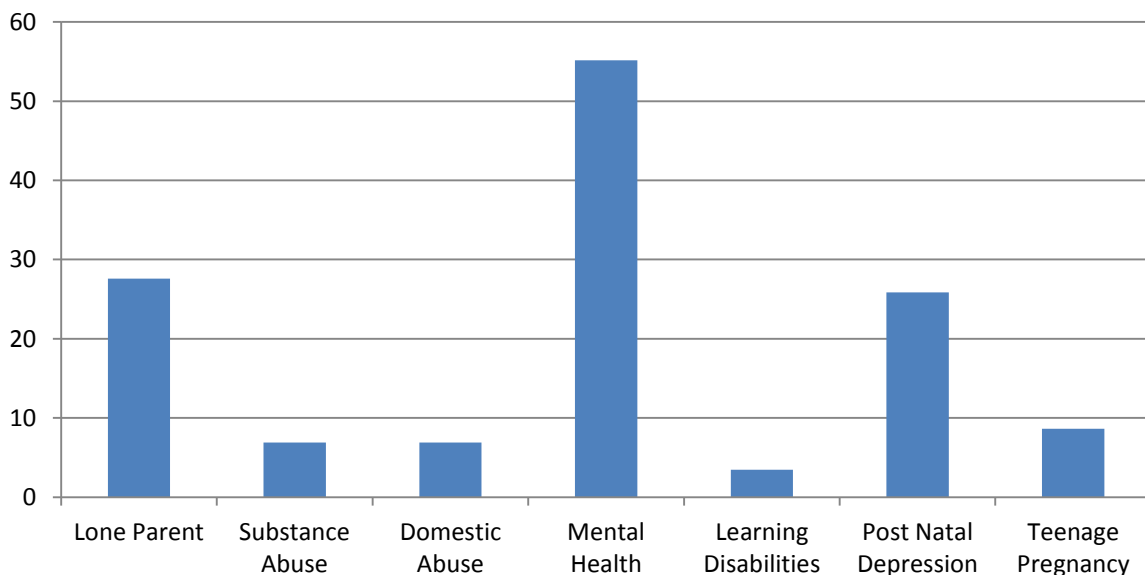
A copy of our full accounts is available on request

Statistics

The table below represents the Home-Start East Fife vital statistics from 1st April 2013 to 31st March 2014.

	01/04/2013 - 31/03/2014
Home-Visiting Volunteers	24
Other Volunteers	11
Referrals Received	58
Families Supported	72
Children Supported	164

The graph below, show the range of circumstances faced by families at the point of referral.



As can be noted from the graph, over 55% of families referred during this period were affected by mental health; over 25% were lone parents and 25% also were affected by post natal depression.

1st April 2013 - 31st March 2014



Volunteers Week 1-7 June 2013
Cambo Treat for Volunteers.



On Your Marks!
Winning entry for MUSA's Young Artist Award 2014, inspired by Commonwealth Games in Glasgow.



Shoppers bag £410 for charity!
Staff and customers at Tesco in Cupar raised £410 for Home-Start East Fife.



Summer Outing
Cupar Deer Centre 12th June 2013.



Marking 25 years of helping children
AGM 11th September 2013
'From small acorns, great oaks shall grow'



Families Take the Grain Train
Home-Start East Fife families were treated to a celebratory harvest lunch in the Cosmos Centre, St Andrews, supported by Fife Diet, St Andrews Botanic Gardens, SRUC Elmwood Campus, and Barnett Bakery. The children were also entertained by storyteller Sheila Kinninmonth.

Home-Start East Fife's Many Hats;

Following our celebrations of 25 years of providing support to families across East Fife we were determined to continue in the same vein..... and so we did!

From 1st April 2013 to 31st March 2014 we supported 166 children from 72 families providing home visiting volunteers, Family Support Groups, and staff support for families from Tayport to Lundin Links; Pittenweem to Freuchie including all villages, towns and hamlets in between.



In addition to regular weekly home visits by volunteers and weekly Family Support Groups we also provided an outing to the Scottish Deer Centre, a workshop at Cambo Estate and a Christmas Party for all supported families.

In June 2013 we held a day at Cambo Estate to say a Big Thank You to our volunteers. In February 2014 we had our Christmas lunch for volunteers at Fairways Restaurant, SRUC Elmwood Campus; in addition we held 3 Volunteer Support Group Meetings and Training sessions covering Risk Assessment and Lone Working, Speech and Language therapy and Literacies awareness.



Home-Start East Fife wears many different hats; volunteers, staff and Board members can be:

A friend

A confidante

A babysitter

A home help/housekeeper

A gardener

An arranger/organiser/matchmaker

A first aider/nose/face wiper/tear drier

A negotiator

A Problem solver

A Fundraiser

Team players

Supporters

Managers

.....And of course baby holders and play mates!

Wearing all of these hats can on occasions be tiring but as reported by all it is always enjoyable, particularly wearing the latter two hats!

In the words of Maria Von Trapp;

holding babies and playing are two of our "favourite things".



Joanne Roddam
Manager

Family Support Groups

have been busy as usual, here are some of the highlights.....

Burns Celebration

Home-Start East Fife families had loads of fun celebrating our national 'bards' birthday in January 2014.

We had tatties & neeps from our own garden for snack and the book used in our Bookbug session was Tam O'Haggis a children's version of Tam O' Shanter. We sang traditional Scottish songs and lots of fun was had when we played pin the tail on Meg.



The following week we were able to continue celebrating the culture, tradition and idiosyncrasies of our 'mither' tongue when Jill Bennet a local poet came to the St Andrews group. Jill was running a series of 'Live Literature' workshops for MUSA and had time to spare to do a session for the very young and thanks to Alison Hadfield of MUSA we benefitted from Jill's witty words.

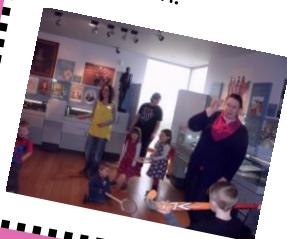
*When Ah Grow big
right up tae there
ah'll be much further
fae the flair.*

*When ah grow big
Ah'll reach the sky
Cos ah'll grow wings
an learn tae fly.
Jill Bennett*

On Your Marks!

Early in the year Home-Start East Fife yet again entered the Young Artist Award run by MUSA (Museum of the University of St Andrews) this will be the fourth year of us taking part so it has become a much enjoyed annual event.

We visited the museum for the children to gain inspiration for their artwork and then staff from MUSA ran a series of workshops at both the St Andrews group and the Cupar group. The theme 'On Your Marks' was chosen to link with the Commonwealth Games coming to Glasgow. This theme proved to be lots of fun as the children came up with unusual ways to create movement in their paintings, using bicycles, balls, shuttlecocks, and even bare feet, the results were wonderful and lots of Jackson Pollock's were born.



Dental Health

Both Groups were visited this year by Christian Devonshire (Dental Health Support Worker) who is more commonly known in early years circles as the 'tooth fairy' Christian and her colleague Sharon Carruthers (Oral Health Promoter) came along to Family Support Group in St Andrews and in Cupar to inform parents about available dental services and the importance of diet in maintaining their child's dental health. Christian brought along a friend - a helpful horse with a sparkling set of gnashers - to show the children the best way to brush their teeth!



How does our Garden Grow

All of us at Home-Start East Fife Family Support Group are extremely proud of our garden at the Cosmos Community Centre in St Andrews. Our first year of gardening in 2012 was a bit of a wash out but we have persevered and in the Autumn of 2013 we reaped the benefits of a wonderful sunny Summer and managed to provide food for healthy snacks at group and three enormous pumpkins for Halloween. This year with the help of the Kate Kennedy Club who came along and helped prepare the soil we have been even more ambitious. In the spring of 2014 we planted, French beans, Brussel sprouts, broccoli, turnip, courgettes, peas, onions, beetroot, strawberries, raspberries, blackberries, lettuce, parsnips, carrots & potatoes- and of course flowers, **harvest** is imminent and it's looking rosy!

All aboard the Grain Train

Healthy eating was on the menu when our Home-Start East Fife families were treated to a 'Harvest Day' celebratory lunch at the Cosmos Centre in St Andrews to mark the end of our 'grain train' project. Fife Diet, St Andrews Botanical Gardens, SRUC (Elmwood Campus), Barnett Bakery, our volunteers and one of our very talented dads: provided some delicious healthy soups, bread, pizza dough and healthy toppings, for the families' and children who attended from both Home-Start East Fife's Family Support Groups. The venue was festively decorated and well known traditional story-teller Sheila Kinninmonth came along to tell us the story 'Stone Soup'.

The lunch marked the end of a series of activities that included baking bread and making 'corn dollies'. Earlier in the year during a series of visits to the St Andrews Botanic Gardens the children learned how to grow wheat from seed, planting and tending their mini crops even making scarecrows to keep the birds away as part of 'The Grain Train'. SRUC Elmwood Campus made a plot of land available for our Cupar families.

The children were involved in the milling process thanks to Fife Diet's Fergus who brought along his innovative bicycle powered mill, for all those that didn't want to peddle, mortar & pestle's were on hand. The flour produced was then used by families to make bread. This project was an exciting and fun way to promote healthy eating and learn about where our food comes from.



Look out for more exciting activities next year.....

Aileen Pruden

Family Support Group Co-ordinator

1st April 2013 - 31st March 2014



Funding to support local families

Hope Park & Martyrs Church presented cheques for £1533.75 to Home-Start East Fife and Families First- St Andrews, from funds raised through a household goods sale.



Rotary Club Adds Cheer for Another Year!

St Andrews (Kilrymont) Rotary Club presented a cheque for £200 to help us host our Christmas Party.



It's Panto Time, Oh Yes It Is!

Members of the Kate Kennedy Club from St Andrews University entertained Home-Start East Fife families with a special performance of Jack and the Beanstalk.



Presents from Santa!

There were presents for all the children from Santa, thanks to donations from Anstruther Parish Church and the Rotary Club of St Andrews (Kilrymont). Each child also took home a selection box courtesy of the congregation of St Athernase Church in Leuchars. In addition every family went home with a lovely hamper kindly donated by a local group from the Point Church.



Little village...but a big heart!

Colinsburgh Primary School presented us with a cheque for £134.52 which was the proceeds from their Christmas Service Collection.



Volunteers finally catch their breath and charity pulls a cracker of a thank you!

Christmas Lunch at Fairways Restaurant SRUC - Elmwood Golf Course..... 7th February 2014.

Home-Start East Fife would like to say a very big
Thank You to the following people for their invaluable
contributions over the past year.....

Our Dedicated Trustees...

Wilma Ballany; Chairperson (from September 2013),
Fiona Sutherland; Chairperson (until September 2013),
Anthony Davis; Vice-chair, Joan Prentice; Treasurer,
Helen Rorrison; Company Secretary, Catherine Ferguson, Olwen Robertson,
Bill Sangster (until September 2013), Peter Williams (until July 2013)

Our Amazing Volunteers...

Lorna, Wilma, Eileen, Sue, Judy, Louisa, Amanda, Margaret,
Jean, Lesley, Carol, Maggie, Alison, Marina, Kathy,
Nicky, Catherine, Olwen, Neryl, June, Alice, Rosemary, Irene, Ann.
Also the Lumsden Club volunteers; Sam, Zainy, Yasmin, Rachel and Anna
and the Kate Kennedy Club volunteers.

Our Partners...

Cosmos Community Centre, Westfield Nursery,
Museum of the University of St Andrews (MUSA), St Andrews Botanic Gardens,
Home-Start UK (Central and Scotland office),
Fife Council Link Officer Lynn Slater, and all our friends in other organisations.

Our Funders and Supporters...

Fife Council, BBC Children in Need, Lloyds TSB Foundation for Scotland,
St Andrews Community Trust, RAF Leuchars Airshow, Russell Trust, St Andrews
Midsummers Ball, St Andrews Welfare Trust, R&A Club Committee,
Rotary Club of St Andrews, Kilrymont, AM Pilkington Trust, Tesco's Cupar,
Scouts Scotland North East Fife District, The St Rule Club,
The St Andrews Photographic Society, Anstruther Parish Church (donation of gifts),
local group from The Point Church Dundee, Cellardyke Parish Church,
Chapelwell Dressage League, Colinsburgh Primary School,
Hope Park and Martyrs Church of Scotland, Kate Kennedy Club,
St Leonards Parish Church Baby and Toddler Group .
We are also grateful to all of you, who gave to our collecting tins,
volunteers who donated their expenses, and all of you who have
dropped items into the office over the year!