



Support and friendship
for families

Home-Start
East Fife

Annual Report

Home-Start East Fife Annual Report 2014-2015

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

Catherine Wallace, Co-ordinator

Aileen Pruden, Family Support Group Co-ordinator

Michelle Bazeley-Gray, Administrative Assistant

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From The Chair...

The second year has gone, again, so quickly and successfully, thanks to the support given to me by the staff and board members.



Unfortunately, Joan Prentice had to give up as Treasurer, but has been replaced by Phil Robertson in that post. Thank you, Joan, for your hard work during your time in post. I hope that Phil feels that he is welcome and stays with us for some time.

Our volunteers continue to provide a high standard of support to families in East Fife by both family visiting and through our Support Groups. As we have gained a few more volunteers we have been able to help some more families. A big thank you must go to all our volunteers in whatever capacity they volunteer.

Fortunately, we again have been supported by Fife Council for another year. Our staff and volunteers have done wonders in finding the rest of the funding we require to maintain our service.

Joanne, Catherine, Aileen and Michelle continue to work hard for our organisation; a big thank you to you all. To Joanne for continuing to manage our charity so well under sometimes difficult circumstances; to Catherine for coming into our organisation and working so well within our team - fitting in so well in such a short time; to Aileen for continuing to run our St Andrews and Cupar Support Groups so successfully as well as starting up another in Auchtermuchty; to Michelle who unfortunately was ill for some of the year, but has returned to work with her usual welcoming smile.

Thank you, Vikki, our Fife Council Link Officer, who continues to support and advise us.

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

Wilma Ballany
Chairperson.

How We Pay For It All

Overall, Home-Start East Fife again recorded a surplus at the year end.

Operationally, there was a similar deficit to last year which was again met from reserves. This financial position has been maintained by the praiseworthy efforts in fundraising by the Home-Start East Fife staff and by careful management of expenditure. The support and help from all the staff, volunteers and trustees in achieving this are acknowledged.

Our costs for the coming year are expected to be similar to last year and it is important that the successful fundraising continues to increase our total income.

Principal Funding Sources

The principal funding source for the charity is currently from the Service Level Agreement with Fife Council. The charity receives 67% of its funding from Fife Council. The last 3-year SLA came to an end in 2014. A funding application for 3 years was submitted at the end 2013 but only one year's funding has been given for the past two years as Fife Council are re-assessing their total funding for the voluntary sector.

We have also secured significant funding from Children in Need. The current grant expires this year and we need to devote time to securing a renewal of this support.

The rest of our income has to be raised through funding applications and fundraising activities.

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...

In financial terms, our main concern for the current year is the renewal of the support from Children in Need. In a wider context, changes to the relationships between local Home-Start groups and with Fife Council might have consequences for how we receive support from Fife Council.

Home-Start East Fife, at present, is in a reasonable financial position with a good reserve in place.

Phil Robertson
Treasurer
August 2015

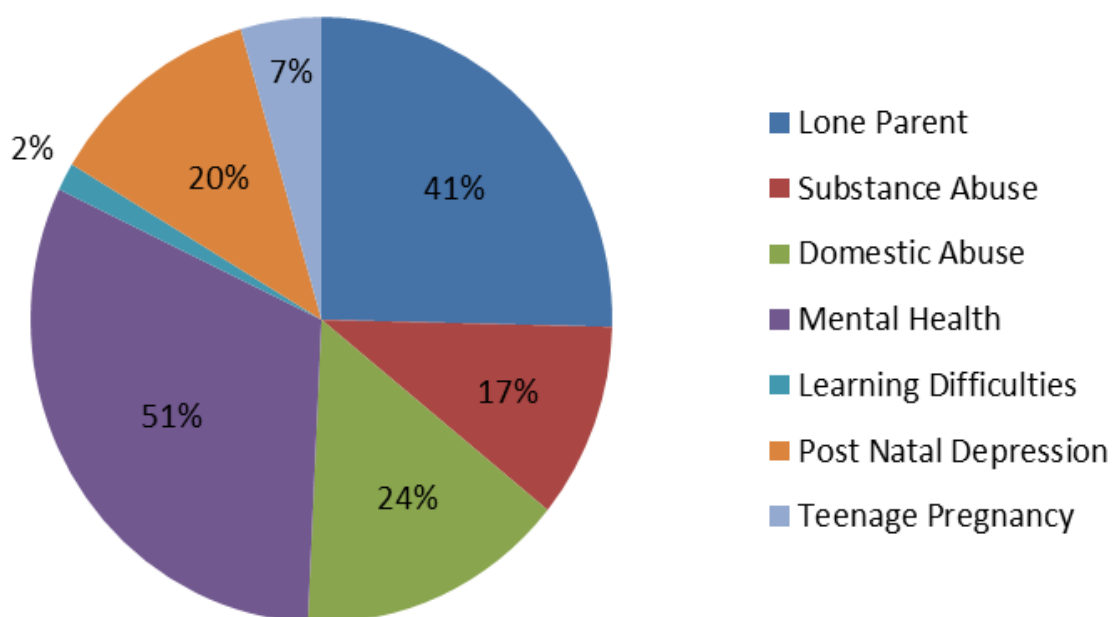
A copy of our full accounts is available on request

What we do, why and how we do it...

Home-Start East Fife offers friendship and support to parents with children under 5 years of age, we do this by recruiting, preparing and supporting volunteers with parenting experience to visit families in their own homes.

Why do we do it?.... because sometimes being a parent can be overwhelming. Families are referred to us through a variety of sources or they refer themselves as they are in need of some additional support. Many parents report that they feel isolated perhaps because they live in a rural location, or because they have difficulty getting out with several small children or perhaps their confidence has taken a knock which makes them reluctant to go out and meet new people. Many also report poor mental health - some may be referred by their Community Psychiatric Nurse - depression, including postnatal depression, can make it extremely hard for parents to form good attachments to their children and it can also make it hard to get out in the community and make connections. Sometimes families are referred as they have several children under 5 years of age and they really need an extra pair of hands.

Families where support is offered and the issues identified at referral during the period 01/04/2014-31/03/2015



We carefully match families and volunteers; this involves getting to know the volunteers - their skills, experiences, likes, dislikes, values and attitudes - when they are undertaking the Preparation Course which all new volunteers are required to participate in. We also get to know families a little including what their support needs are and their values, attitudes, likes and dislikes. It is important that we match families with volunteers they are going to get along with as they are inviting the volunteers into their own home. It is also important that volunteers are matched with families they get along with in order to keep up their motivation and enthusiasm.



We introduce volunteers and families and following an introduction volunteers spend 2-3 hours every week (with the exception of the odd holiday) at the family's home to provide practical and emotional support as required. The sorts of things volunteers do each week alongside parents are amusing the children, going to the park, helping with the housework, attending appointments and keeping the children amused in the waiting room, going shopping, having a cup of coffee and a chat, playing catch and 'piggy in the middle' and perhaps most especially.....getting a cuddle with new baby! The primary purpose of all activities is to work alongside parents to enable them to enjoy time spent with their children. Our volunteers do not "do" to or for parents but "do" with parents.

Through this approach parents report a reduction in feelings of isolation, feeling more connected in local communities, increased confidence in parenting skills, improved health and wellbeing including mental health, increased knowledge of child development and learning needs, increased resilience, strong attachments and more positive family relationships.

Manager's Report

We began the year a member of staff short with Aileen Pruden stepping up to cover some of the Co-ordinator duties; Catherine Wallace joined us in June 2014 as Co-ordinator so we were again up to full complement of staff. We also ended the year down one member of staff due to illness.

We delivered 2 Preparation Courses over the year preparing a total of 14 new volunteers; 13 completed the course and 11 chose to volunteer with us as home visiting volunteers and also at Family Support Groups.

Supporting volunteers and thanking them for all of their time is very important to us and as the first week in June is Volunteers Week we held Volunteers Day at St Andrews Botanic Garden on Friday 6th June by way of thanking volunteers.

Volunteers were all able to make a corn dolly and have a tour of the gardens before finishing with a delicious lunch courtesy of Cherries of St Andrews.



For our annual families outing we returned to Falkland Estate for some excellent activities delivered by Sam and Debbie. The children and the adults got the opportunity to make journey sticks and floral headdresses. We picnicked on the playing fields and the children, and adults, enjoyed a kick about with a ball and blowing/chasing bubbles! We caused quite a stir heading back through the village to pick up the bus wielding our journey sticks and wearing our headdresses!

Two outdoor play events for under 5's across East Fife were organised through the Early Years and Parenting sub group in order to encourage families to be more involved in outdoor play. The first in June was held at the St Andrews Botanic Garden and the second in September was held at Falkland with transport provided. Several families took advantage of the opportunities and reported great days out and several new skills learned by parents and children.

Education Scotland conducted two Learning Community Inspections in autumn 2014 - one around Madras Learning Community and the other around Waid Learning Community. We were involved in both Inspections with the Preparation Course and the Family Support Group and we received good feedback from both.

In November 2014 Home-Start UK launched the first Scottish Manifesto at the Scottish Parliament with an event hosted by Jayne Baxter MSP, shadow minister for children and young people. Aileen and I attended the event as can be seen below!



Joanne & Aileen outside Scottish Parliament

Our Christmas party was, as always, held at Cosmos Community Centre and attended by 24 families with 35 children. Fortunately Santa was able to put in an appearance to give out gifts again donated by Anstruther Parish Church; many of the children opened their parcels immediately and even came back to show Santa and thank him for the gift! Storehouse also donated family gifts of boxes of biscuits and sweets and St Athernase Parish Church Leuchars donated selection boxes for all the children to take home. The Rotary Club of St Andrews (Kilrymont) also made a donation which helped us provide a delicious buffet for the children and adults (again provided by Cherries of St Andrews).

Overall throughout the year we supported 65 families through home visiting volunteers, Family Support Groups and staff support. We currently have 32 volunteers 21 home visiting, 5 Family Support Group only, 5 resting and 1 office volunteer; in addition we have 8 Trustees.

My thanks go to all our volunteers, whether home visitors, Family Support Group, Trustees or in the office, for their enthusiasm, commitment and humour, and also to Aileen, Catherine and Michelle for all their hard work, commitment and humour!

Joanne Roddam
Manager

Some highlights from the year...



Family Support Groups

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

Cosmos Garden & Visit to Albany Gardens June 2014

Our garden at the Cosmos Community Centre continues to flourish and in the autumn of 2014 we harvested a bumper crop of fruit & vegetables.

The garden is very much a co-operative effort with the Kate Kennedy Club members helping out with the heavy work of digging and weeding, and gifts of garden equipment, seeds and plants coming from our own supported families and the wider community.

One of our many kind donators was Alistair MacLeod Project Manager of Transition University of St Andrews which was launched in 2009 by a group of students. Their aim is to work within the University and local community to develop carbon reduction projects in response to the threats of climate change and peak oil. Through practical activities they help individuals and groups minimise their impact on the planet, and become more self-sustaining.

On a visit to the Cosmos Alistair caught sight of our garden and was so impressed with our results and our vision to promote healthy eating and grow your own food he invited us to visit the University's Albany Gardens. Families from the St Andrews group got to see the progress the students were making on this bit of ground and sample some of their vegetables. We also got to take back some cuttings and seedlings to plant in the Home-Start East Fife garden. Most successful of these were the French beans, of which we managed to get from a bit of ground around a meter square a whopping 3lb harvest!

Messy Play Harvest / apple crumble

At Family Support Groups for the last few years we have tried to promote the benefits of healthy eating in exciting and innovative ways, we have our garden of course but we also do lots of other things.

In October 2014 for instance we had a Messy Play session where the children are given a chance to try touching and tasting different foods - this gets them used to different textures and makes it easier to introduce a varied diet. Its messy as the children are encouraged to get 'stuck-in' a phrase that in many cases is taken quite literally as some of our youngest members have to be physically extracted from mounds of jelly and spaghetti!

We also made apple crumble from windfall apples thanks to a kind donation from one of our Board Members. Thanks Gordon the apple-crumble might not have been our most healthy snack but it was one of our most delicious! The added bonus was a valuable lesson in the sharing of the surplus from a bountiful harvest and that a balanced diet doesn't have to cost the earth!



Organic Tasting



FSG- grown Parsnips



Making Birdfeeders



Easter Egg Hunt



Robert Burns Day



Messy Play



Apple Crumble



Home Baking

Kate Kennedy Procession

In 2014-2015 we are again being supported by the Kate Kennedy Club.

One of the highlights for the club is its annual procession, an event that many of our families would be aware of but unlikely to attend with the under-fives. So, it was decided that the club would host an exclusive sneak preview of the event for both Cupar and St Andrews Family Support Groups.

We went on a short circular walk in the town starting at Martyr's monument and along the way we met several historic figures who played a part in the University's life. We met Martyr Patrick Hamilton, the polar explorer and Nobel Prize laureate Fridtjof Nansen, who was well dressed against the biting cold wind of an East coast spring, and Bishop Wardlaw one of the founding members of the university who was out and about in his very splendid robes of office. Queen Margaret and the golfer Tom Morris also made an appearance to the delight of parents and children alike. John Cleese the tallest and the youngest former rector of the University was our guide for the day.

The children were then provided with a snack back at the Martyr's monument where St Andrew himself made an appearance and was seen tucking into a pack of Dairy Lea dunkers -the food of Saints!

The event finished on a real high with a visit to the coach house where the Kate Kennedy ceremonial coaches are stored. The children were surprised and delighted when they realised they were allowed to play on the coaches and much fun and laughter was had by all!

MUSA Young Artist Award March 2015

This year is Home- Start East Fife's fifth year competing in the Young Artist Award run by the Museum of the University of St Andrews (MUSA).

Both the St Andrews and Cupar Family Support groups paid a visit to the museum where the children got to look at some of the University's anatomical and medical collection on display during MUSA's exhibition *Doctor's in the Making*. Artists through the ages have been fascinated by the human body as an art form and have even helped in the understanding of how the body works so this exhibition inspired the theme of this year's Young Artist Award *Brilliant Bodies*.

Staff from MUSA also ran a series of workshops at the groups with the help of MUSA's full size skeleton - Charlie. Lots of fun was had as the children proved they were all equipped with their very own x-ray vision and produced some fantastic blood pumping, bone- crunching masterpieces!

The Future looks bright!

Funding is in place for a new group to begin in Auchtermuchty early next year. Local health visitors have highlighted a need in this area and planning is presently underway. We have already secured a very nice venue in the Auchtermuchty Church Hall. I am very much looking forward to the new challenge and meeting and supporting new families. ...Watch this space!

Aileen Pruden

Family Support Group Co-ordinator



Bishop Wardlaw



Fridtjof Nansen



St Andrew



Graduation Fun!



Brilliant Bodies



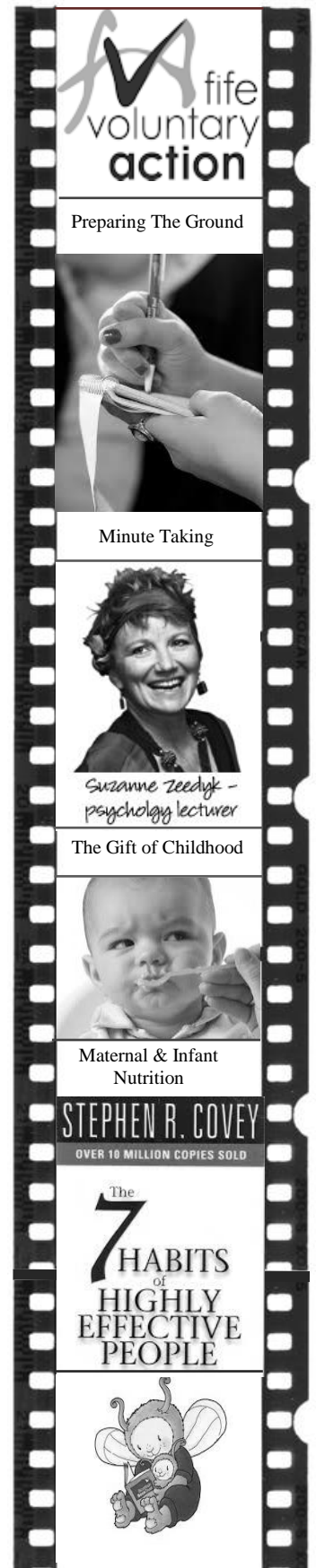
Making Paper Planes



Washing Line Games

Training and events attended by staff and volunteers:

- Fife Voluntary Action Voluntary Sector Conference "Preparing the Ground"
- Creating Imaginative Learning
- Minute taking
- Early Years collaborative event and training
- Consortia development
- The Gift of Childhood, Suzanne Zeedyk
- Early Years and Parenting group development session
- Self-directed support in Fife awareness (with Families First St Andrews)
- Maternal and Infant Nutrition
- 7 Habits of Highly Effective People
- Bookbug session leader training
- Bookbug at Home training



Home-Start East Fife would like to say a very big

Thank You

to all of the following people for their
invaluable contributions over the past year.....

Our Dedicated Trustees...

Wilma Ballany; Chairperson, Anthony Davis; Vice-chair, Joan Prentice; Treasurer,
Fiona Sutherland, Helen Rorrison (resigned October 2014),
Catherine Ferguson (resigned October 2014), Gordon Craig,
Olwen Robertson, Isobel Clifford, and Philip Robertson.

Our Amazing Volunteers...

Ghazal, Lorna, Wilma, Carol B, Eileen, Sue, Judy, Lorraine, Louisa, Amanda, Margaret,
Jean, Lesley, Carol GC, Maggie, Sarah, Gaynore, Carol E, Denise, Alison, Marina, Kathy,
Nicky, Valerie, Olwen, Neryl, June, Alice, Rosemary, Irene, Ann, Paula,
and the Kate Kennedy Club volunteers.

Our Partners...

Cosmos Community Centre, Westfield Nursery, St Columba's Catholic Church,
Museum of the University of St Andrews (MUSA), St Andrews Botanic Gardens,
Home-Start UK (Central and Scotland office), Fife Council Link Officer Vikki Quigg,
and all our friends and colleagues in other agencies - voluntary and statutory.

Our Funders and Supporters...

Fife Council, BBC Children in Need, Lloyds TSB Foundation for Scotland,
Psyches Garden, Upper-cut, The Kingdom Vineyard, The Russell Trust,
The Encounter Group (Hope Park and Martyrs Church), St Andrews Welfare Trust,
Storehouse, The Rotary Club of the Howe of Fife, AM Pilkington Trust,
RAF Leuchars Thrift Shop, Anstruther Parish Church (donation of gifts),
St Athernase Parish Church, Church of Scotland Carnbee, Kate Kennedy Club,
Haydays 2015, Spiritual Light Within, Morrisons of St Andrews,
Royal Scottish Country Dance Society (St Andrews branch), Eva, Leah and Jorja,
Hope Park and Martyrs Church of Scotland and Tesco St Andrews.

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!