



Support and friendship
for families

Home-Start
East Fife

Annual Report

Home-Start East Fife annual report 2015-2016

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

Michelle Bazeley-Gray, Administrative Assistant;

Aileen Pruden, Family Support Group Co-ordinator;

Joanne Roddam, Manager; Catherine Wallace, Co-ordinator

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From The Chair...



Another year has again gone so quickly. Home -Start East Fife has once again given excellent support to families in the area, although we could do more if we could recruit some more volunteers.

Unfortunately during the year we lost Sue, a long serving volunteer, who had given many years of dedicated service to our organisation. Sue lost her battle against illness at a very young age and she will be sadly missed.

We still remain grateful to Fife Council for their contribution to our core funding. I would like to thank Vikki Quigg, our link officer, for her continued support and advice. We receive about 35% of our funding from various grant making bodies and trusts and we are very grateful to them all. I must thank all the staff and volunteers, especially the trustees, who trawl through forms, fill them in, send them off and keep their fingers crossed that the money comes. Mostly it does but when we are knocked back one year we try again the next. This is a time consuming business but we would not survive without it - so again thank you to all.

My thanks to the staff who keep us in the news by contacting the local press and taking photographs and sending them in so that people know what we are doing.

Our volunteers do a great job and enjoy their "thank you" Christmas lunch in February. They deserve it as they work hard to keep our organisation going at such a high standard. The Board of Trustees also work hard to make sure the organisation is run in a professional manner. My thanks to all who have helped me through my time as chairperson.

My thanks must also go to all the staff who work so hard to make our organisation as professional as it is. To Joanne, who keeps the ship in order, and without whom we may have sunk. To Aileen who now runs three family support groups with fun and laughter and providing fantastic support for the families. To Michelle who greets us all with a cheery word and a smile whether on the phone or in person. Unfortunately Catherine left us during the year but she will soon be replaced by a new Co-ordinator. Good luck to Catherine in her new pursuits, and I look forward to welcoming our new member of staff.

My three years as chairperson has come to an end and as I have said it would have been a lot more difficult if it were not for the help and support I received from the staff and board members. Thank you to you all. Good luck to the next person in the chair.

Wilma Ballany
Chairperson.

Treasurer's Report 2015-16



Summary

The Statement of Financial Activity for Home-Start East Fife recorded a deficit of £39,045 at the year-end in March. This deficit is largely due to a change in reporting regulations that is explained further in the Reserves section. The state of the accounts is little changed over the year and the costs of operations have been covered by income. Indeed, the current assets are over £47,000 which is little changed from the 2015 figure. Operationally, our income and expenditure were close to balance with expenditure at £105,000 being about £1100 more than our receipts.

This financial position has been maintained by the praiseworthy efforts in fundraising by staff and trustees, and by careful management of expenditure. The support and help from all the staff, volunteers and trustees in achieving this are acknowledged.

Principal Funding Sources

The principal funding source for the charity is currently from the Service Level Agreement with Fife Council. The charity receives around two-thirds of its funding from Fife Council. In previous years we have received a substantial award from Children in Need. However this was not renewed this year. Fortunately our fundraising team rose to the challenge and we attracted funding of over £25k from other sources.

Reserves Policy

There has been a significant change in the level of our free reserves. Home-Start East Fife has an annual commitment from an old pension scheme which has a recovery plan running until 2031. A provision for the total of these payments (£39,799) is included as part of our expenditure. Consequently, the sum of £39,799 has been removed from the reserves as required by the charities Statement of Recommended Practice.

The provision for these future payments has had considerable impact on the free reserves. At a recent meeting, the Board considered the current state of the free reserves. This was not seen as an immediate threat to the day-to-day activities of Home-Start East Fife. However it was agreed that, in the longer term, a higher level of free reserves is required and that future budgets should include provision to improve the level of the free reserves.

And The Future...

In financial terms, our main concern for the current year is to continue the success of recent years in fund-raising. 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. Within Home-Start East Fife, workplace pensions will be introduced in April 2017. Home-Start East Fife, at present, is in a reasonable financial position with a good reserve in place.

Phil Robertson
Treasurer
August 2016

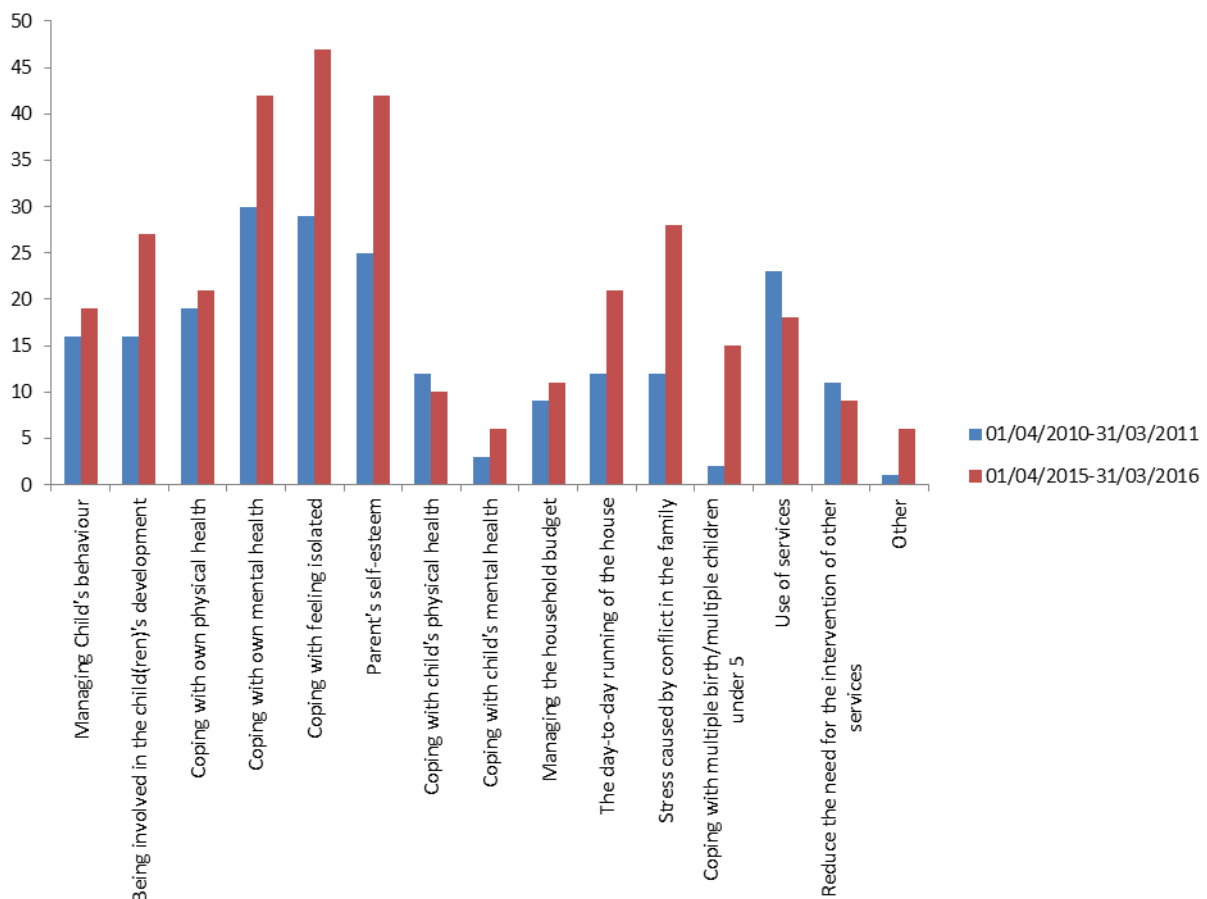
A copy of our full accounts is available on request

Statistics

The table below represents the Home-Start East Fife vital statistics from 1st April 2015 to 31st March 2016.

	01/04/2015 -31/03/2016
Referrals Received	45
Families Supported	60
Children Supported	144

The graph below shows the range of needs expressed by families at the point of referral, comparing those needs expressed by families in 2010-2011 with those of the past year 2015-2016.



As can be noted from the graph, there have been significant increases over the past five years in families reporting they need support with coping with parental mental health, feeling isolated, low self esteem, stress within the family (often caused by conflict) and also an increase in the number of families coping with multiple births and / or multiple children under 5 years of age at the point of referral.

This is significant as families who are coping with this range of issues require support for longer and sometimes more intensive periods of time. This in turn has a significant impact on the number of families in total who are able to benefit from support as the challenges of recruiting volunteers have also increased.



Planting with Kate Kennedy boys at St Andrews FSG, Cosmos garden.



Dental Health



Graduation



Harvest rubbings hedgehogs etc.

Family Support Groups

Aileen Pruden,

Family Support Group Co-ordinator

Family Support Groups in Partnership

Our Family Support Groups work closely, every year, with other organisations in the wider community and this year has been no exception.

The St Andrews University Kate Kennedy Club was interested in supporting us again through some hands-on work at our group in St Andrews. Some of the highlights of that support included a group of Acapello singers who came along and entertained us in April 2015, along with a student from Guatemala who led a cultural story-time. The children enjoyed learning about another country and were awe-struck by the singers. Some of the students also helped us plant vegetables in our garden and we had some talented musicians lead us in Christmas carols.

APRIL 2015



Prior to the Kate Kennedy Club procession the students also led a shield making activity which was a great success.



For the sixth year in succession we entered the Museum of St Andrews University's (MUSA,) Young Artist of the Year Award. Both children and adults never tire of the wonderful workshops that MUSA's, Learning and Access Curator Matt, and his team put on. All three Family Support Groups enjoyed a visit from the team and a visit to the museum. In 2015 we had two winners, so following such success we couldn't wait to see how we would tackle this year's theme; *Globetrotters*. The children had great fun as their imagination was sparked by tales of intrepid explorers who had travelled to amazing places such as the polar ice fields and the African plains. Fingers crossed, a Home-Start East Fife family, will soon be travelling to the MUSA Young Artist Award ceremony.

FEBRUARY 2016



We have also had the pleasure of working with the St Andrews Botanic Garden, when in October 2015 all the groups had the opportunity to visit the gardens and go on the Hedgehog Trail. We all learnt lots of interesting facts about one of Scotland's most endearing garden animals. Nikki the Garden's Education Officer then came along to the St Andrews group to advise and help us to build our very own Hedgehog hibernation houses.



NOVEMBER 2015



New 2015-16 Auchtermuchty Family Support Group

It has been an exciting year for group development as we launched a new Family Support Group at Auchtermuchty. We now have a well-established group with several families attending on a regular basis. Auchtermuchty Church Hall is our venue which is well equipped, light and spacious. The church community have been very helpful and welcoming even donating their harvest collection to Home-Start East Fife. The only drawback is there is not an outdoor space. The families however have requested that we combat this with a visit to the local park and there are plans afoot to work with the local school to use their outdoor facilities. Local library visits are also planned.



Apple Crumble



Christmas crafts Hot Chocolate Marshmallow Snowmen



Dinosaurs and Gloop!



Experimenting with colour!

Manager's Report

Volunteers

We delivered two Preparation Courses over the year preparing a total of 10 volunteers; 5 have chosen to volunteer with us as home-visiting volunteers and also volunteers at Family Support Groups and one continues as a Trustee.



The first week in June is Volunteers Week and it affords us the opportunity to say a big Thank You to our hard working volunteers. On Friday the 5th June, 2015, we invited our volunteers to meet at the Guardbridge Inn for coffee and scones, followed by a tour of Eden Mill Brewery and Distillery and then back to the Guardbridge Inn for a light lunch.



Family Outing

It was no co-incidence that we chose to visit Cambo Estate for our outing this year, as according to their website: "Cambo Estate was built back in the day as a place for the privileged to party. Now it's a place of fun for everyone."

Our adventure at Cambo included a wander through the beautiful woodland keeping an eye out along the route for any unusual woodland creatures hiding in the trees. Rumour had it there were wild willow pigs about! We stopped at a bridge to play a game of 'Pooh sticks', and had so much fun that we were almost late for our picnic lunch; we dined liked kings and queens on the beautiful lawns. Down at the stables where a fire pit was glowing, it was time to toast marshmallows, the smell was wonderful and as we turned our skewers we knew we were in for a treat. We weren't disappointed - all crispy on the outside and gooey on the inside- **delicious!** What a perfect end to a perfect day or so we thought?

Can you imagine our surprise when we returned to the coach to see the Cambo cows surrounding it - but there was no room for them on board with all the sleepy children so reluctantly they moooved off!



Cows trying to hitch a ride!



Meeting the Wild Willow Pigs!

In June 2015 Jayne Baxter MSP, (Mid Scotland and Fife) joined fellow MSP's in recognising the life-changing impact of Home-Starts work

Jayne Baxter, MSP for Mid Scotland and Fife, praised the work of Home-Start across Scotland for its role in supporting families and children during a special debate in the Scottish Parliament on Thursday 11 June 2015.

The debate, which had to be extended because of the number of MSPs wanting to contribute, was proposed by Bob Doris, MSP for Glasgow. Introducing the debate, Bob Doris said: "One of the strengths of Home-Start is that, because volunteers are not viewed as a statutory service, they often find it easier to build up trust and friendship with families."

"An important aspect (of Home-Start) is its volunteer home-visiting service, which, crucially, offers practical and emotional support to struggling families. In that way, Home-Start respects each family's dignity and identity and can respond to individual needs."

Speaking during the debate Jayne Baxter said: "I hope that the debate will be the beginning of an increased recognition of the work that Home-Start and its volunteers do every day across Scotland. It is difficult and scary work, but it is also valuable. We must all recognise the positive contribution that Home-Start makes in each of our constituencies and regions."

In total 11 MSPs, from all parties, spoke during the debate, commending Home-Start's work in 32 communities across Scotland, supporting over 2,600 families with around 4,000 children.



Home-Start launched its first manifesto for Scotland at the Scottish Parliament in November 2014. The Home-Start Manifesto calls for volunteer-led support for families and children to be made available in every community in Scotland. The manifesto called All Our Children, sets out practical solutions to ensure children have safe places to live and play; to receive the support they need when someone in their family has a mental health concern and that they are protected from hunger and poor nutrition. During the debate several MSPs spoke about the importance of the three key priorities included in Home-Start's first manifesto for Scotland.

Jan McClory, chair of Home-Start's national committee in Scotland and trustee of Home-Start UK, spoke after the debate at a reception of MSPs along with families, volunteers and staff from local Home-Starts including Home-Start East Fife.

Jan said, "The Scottish government has long recognised the importance of supporting early childhood intervention. Now we are calling on MSPs to work with us to make sure this commitment is matched at a local level and that our effective family support is available in every constituency in Scotland, providing all children in Scotland with the best possible start in life."

Over the last year Home-Start East Fife has worked with 60 families, supporting them through difficult times. Many of the families we support face poor mental health, extreme isolation, low self-esteem, poverty, addiction, and physical health problems. Often families lack confidence and volunteers support them to make the best decisions for their children.

We are delighted that the work of Home-Start East Fife and our volunteers has been recognised in the Scottish Parliament.

Local MSP's visit Home-Start East Fife



Willie Rennie, MSP, Member for Mid Scotland and Fife visited us on Monday 5th October 2015



Annabelle Ewing, MSP, Member for Mid Scotland and Fife visited Monday 9th November 2015

On a lighter note.....

Our Christmas party was, as always, held at Cosmos Community Centre and attended by 21 families with 31 children.

The families were treated to a short film of Oliver Jeffers 'Lost and Found', complete with popcorn handed out by "usherettes" from the Kate Kennedy Club.





Fortunately Santa was able to put in an appearance to give out gifts again donated by Anstruther and Cellardyke Parish Churches; 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 Kilrymont Rotary Club of St Andrews also made a donation which helped us provide a delicious buffet for the children and adults (the buffet was again provided by Cherries of St Andrews).

Courtesy of the Scottish Book Trust we were able to give every family a copy of the book 'Lost and Found', to take home and read together.



Overall throughout the year we supported 60 families through home visiting volunteers, Family Support Groups and staff support. We currently have 34 volunteers; 23 home visiting, 5 Family Support Group only, 5 resting and 1 office volunteer; in addition we have 6 Trustees.

It is with a heavy heart that I pay tribute to one of our longest serving volunteers Sue Boyle, who very sadly passed away in early April after she lost her battle with breast cancer aged only 39. Sue had received support from Home-Start East Fife when her children were younger, and following this had begun volunteering initially at Family Support Group in St Andrews, and then later she visited families at home to offer support. Sue will be greatly missed by all of us at Home-Start East Fife.

My thanks go to all our volunteers, whether home visitors, Family Support Group, Trustees or helping out in the office; for their enthusiasm, commitment and humour. We would be unable to offer support to so many families without them.

I would also like to say a huge thank you to Aileen, Catherine and Michelle for all their hard work, commitment and their good humour!

Joanne Roddam
Manager

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, Philip Robertson; Treasurer,
Fiona Sutherland; Olwen Robertson and Isobel Clifford.

Our Amazing Volunteers...

Lorna, Wilma, Carol B, Eileen, Sue, Judy, Lorraine, Louise, Amanda, Margaret,
Jean, Lesley, Sarah, Carol GC, Maggie, Carol E, Alison, Marina,
Nicky, Valerie, Olwen, Neryl, Nancy, Rosemary, Irene, Linda, Anne, Sophie, Paula,
and, the Kate Kennedy Club volunteers.

Our Partners...

Cosmos Community Centre, St Columba's Catholic Church, Auchtermuchty Parish 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, Burntisland Fabrications Ltd., Bank of Scotland Foundation,
Co-op Local Fund, Auchtermuchty Parish Church, Spiritual Light Within,
The Phoenix International Charity, The Kingdom Vineyard, Storehouse,
St Regulus Ladies Golf Club, St Andrews Community Trust,
St Andrews Welfare Trust, volunteers who donated their expenses,
The Kilrymont Rotary Club of St Andrews, The Rotary Club of Howe of Fife,
Anstruther Parish Church, Kate Kennedy Club,
Neryl Malcomson, New Park Educational Trust, Rag Bag.

We are also grateful to all of you for all your support throughout the year!