



Support and friendship  
for families

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Home-Start  
East Fife

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# Annual Report

Home-Start East Fife Annual Report 2011-2012

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.

Read on to find out more about what we do.

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**Scottish Charity No. SC010242**

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

**Joanne Roddam, Manager**

**Lynn England, Co-ordinator**

**Aileen Pruden, Family Support Group Co-ordinator**

**Lauren Sykes, Administrative Assistant**

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# DIRECTING SCOTLAND...

Once again Home-Start schemes in Scotland have supported more than 2,200 families over the course of the last year. The figure compares to a total of 950 families in 1999, so this continues to be a significant achievement.

Of course the figures are important to us, demonstrating as they do the strength of the Home-Start network. But of greater importance is the knowledge that these 2,200 families, with more than 5,000 children, are invariably leading happier lives than would be the case without the existence of Home-Start. This is not just my opinion: it is supported by the monitoring and evaluation system which is in place to measure the outcomes of our activities and which charts the journey of change in all these families.

None of this would be possible without our fantastic volunteers, who so freely give their time and who form the heart of Home-Start. Whether they are home-visiting volunteers or Trustees (there are more than 200 Trustees in Scotland), I would like to take this opportunity to record my thanks to each and every one. They make Home-Start the organisation that it is.



We are well aware we are living in difficult times: difficult for families and difficult for our organisation. We are delighted that the Scottish Government is developing a parenting strategy for the first time and particularly that its focus is all parents. I expect that this will help to ensure that we are well placed to continue delivering support and friendship to families.

Finally, congratulations to Home-Start East Fife for another successful year. Long may it continue.

**Dave Milliken**  
**Director for Scotland**  
**June 2012**

## FROM THE CHAIR...

As I write this report I am about to enter my third year of a three year appointment as Chairman of Home-Start East Fife.

As last year we had to work hard to make up the difference between our core funding from Fife Council and the total required to continue providing the same level of support for families across East Fife. We remain extremely grateful to Fife Council for their contribution to our funding, approximately 65%, and we will continue to strive to raise the remaining 35%. I am extremely grateful to all who contribute to the fundraising efforts with particular thanks going to Lynn England for all her efforts.

This year the Board of Trustees decided to review the job descriptions of all members of staff in order to ensure they remain current and relevant to the posts. Following the review which was conducted on our behalf by Maureen Trumper, Home-Start UK, the Board decided to change the title of Senior Co-ordinator Joanne Roddam to Manager of the scheme. Each member of staff was issued with a revised copy of their job description and copies are kept in personnel files.

In the coming year we will again be reviewed on Home-Start Quality Assurance Standards and work is underway in preparation for this.

Home-Start East Fife does not function without the sterling work of all our volunteers who provide weekly help and support for local families. My thanks and appreciation and those of all the Board of Trustees go to all of them.

My thanks go to Home-Start UK Family Support Specialist Maureen Trumper and Director Dave Milliken.

Our Fife Council Link Officer Chris Campbell deserves a special mention for all the support he gives to Home-Start East Fife, we are deeply grateful to him for all his advice, support and humour.

To our valuable members of staff - Manager Joanne, Co-ordinator Lynn, Family Support Group Co-ordinator Aileen and Administrative Assistant Lauren - my sincere thanks for all your work for Home-Start East Fife, you are an excellent team and long may you continue.

To my fellow Trustees many thanks for all of your support throughout the year.



Trustees, volunteers and staff at Kellie Castle for Volunteers Day

**Fiona Sutherland**  
**Chairperson**  
**August 2012**

# HOW WE PAY FOR WHAT WE DO...

Home-start East Fife showed a surplus at the year end, part of which was carried over from the previous year. Although there have been insecurities over funding and restraints over resources, this financial position has been achieved by greatly increased 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 and donations from charitable trusts. The charity at present receives 65% of its funding from Fife Council and the rest has to be secured through funding applications and fundraising activities. With future constraints on local authority expenditure resulting in reduced funding from them, the charity will be required to seek increased funding from a broader group of agencies and donors in the coming year.

## 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 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...

A budget for the current year ending in March 2013 indicates that the running costs of the organisation are greater than our funding. The funding from Fife Council, although reduced, is guaranteed for three years from 2011. There is already in place secured funding from The Robertson Trust, Lloyds TSB Foundation, Pilkington Trust, St Andrews Community Trust and the Scottish Community Foundation Royal Wedding Fund. Despite the economic situation Home-Start East Fife is hopeful that, although a proportion of the reserves may have to be utilised, there will be the level of reserves recommended by the Office of the Scottish Charities Regulator (OSCR).



**Joan R Prentice**  
**Treasurer**  
**August 2012**

*A copy of our full accounts is available on request.*

# What we do...

Home-Start East Fife offers friendship and support to parents with children under five 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?

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 in East Fife 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 and they have difficulty getting out and about and meeting new people.

**"Please don't take my volunteer away yet, I don't know what I'd do without her!"**

*Supported Parent*



**"I know Mum and the children got amazing support during the time of Home-Start involvement."**

*Referrer—Health Visitor*

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 with their children and makes it hard to get out in the community and make connections. Sometimes families are referred to Home-Start East Fife as they have several children under five years of age and they really need an extra pair of hands.



## How do we do it?

We carefully 'match' families with volunteers, which involves getting to know the volunteers - 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, 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 will get along with in order to keep up their motivation and enthusiasm.

We - Joanne and Lynn - introduce volunteers to families at a first visit and then volunteers will 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 playing with 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 of a new baby!



**"I also felt supported by Home-Start to help Mum address important issues enabling her to grow in confidence and improve her mental health and the well-being of her family."**

*Referrer—CPN*

The primary purpose of all activities is to work alongside parents to enable them to get back to enjoying time spent with their children. Our volunteers do not "do to" or "do 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, increased knowledge and resilience, strong attachments and positive family relationships.

November 2012 marks 25 years of Home-Start East Fife supporting families and more than 1000 families with young children have been supported since 1987. The next 25 years will bring perhaps more families in need of a friendly helpful visitor every week.



**"Thought everything about my Home-Start support was spot on!!!"**

*Supported Mum*

**"The support (from Home-Start East Fife) was excellent!"**

*Supported Mum*



# Just another year...

Over the past year more than 60 families were supported by our mini-army of volunteers—families, children and the wider community are all better thanks to them.

Some of the comments volunteers have made about their experience are:

**"Don't know what you could do better which must tell you something!!"**

**"I love being a volunteer and making a difference to families' lives."**

**"With the family I have now I feel it is an honour to be 'a bit' in the family, particularly being with children as mine are now teenagers."**

**"I get as much pleasure supporting my Home-Start family as they do!"**

**"At times I feel so frustrated, saying the same advice and help to mum but I just love being a volunteer."**

**"I really enjoy my time with Home-Start and I do feel supported and appreciated whatever I do."**

As always this year we have had a very busy year, all the usual activities plus we piloted a Family Support Group in Tayport in response to a gap in provision being identified through the Getting it Right for Every Child sub-group that we sit on. The Tayport Family Support Group ran from November 2011 through until June 2012. A small number of families attended and reported that they and their children benefitted from attendance.

However, the identified need for family support in Tayport did not generate referrals for Home-Start support and on conclusion of the pilot our assessment is that, although additional provision for families may be needed in the area, a Home-Start Family Support Group is not the required provision.

Our summer outing was to St Andrews Botanic Gardens and this was well attended by families supported across East Fife. Volunteers also came along and supported families to enjoy the activities provided by staff and volunteers from the Gardens.

The Christmas party was held at Cosmos Community Centre and a large number of supported families attended. Owing to grant funding we were able to offer support with transport for Cupar families which enabled more of them to be able to attend. Thanks to Anstruther Parish Church and St Athernase Church, Leuchars, all the children got presents and selection boxes. Many thanks to Santa (aka Mike Roddam) for paying us a visit to help give out all the presents. We were entertained by a puppet show from Waste of Paint Productions and Cherries of St Andrews supplied a scrumptious buffet.

As the acrostic on the following page reveals, Home-Start East Fife staff support volunteers to support families in order to provide better outcomes for children.

My thanks go to all our volunteers including Trustees, and to Aileen, Lauren and Lynn for all their time, energy and enthusiasm.

<b>V</b>	Vivacity
<b>O</b>	Opportunities
<b>L</b>	Lovely Laughter
<b>U</b>	Unique
<b>N</b>	Necessary
<b>T</b>	Twenty five years and counting!
<b>E</b>	Enthusiasm
<b>E</b>	Endings as new beginnings
<b>R</b>	Respect
<b>S</b>	Satisfaction
<b>S</b>	Special smiles
<b>U</b>	Unprecedented
<b>P</b>	Parenting Experience
<b>P</b>	Practical
<b>O</b>	Open
<b>R</b>	Ready for anything
<b>T</b>	Talented
<b>I</b>	Intuitive
<b>N</b>	Normal!!
<b>G</b>	Go-getters

<b>F</b>	First Years
<b>A</b>	Amazing and amusing
<b>M</b>	Masterful
<b>I</b>	Imaginative
<b>L</b>	Lifelong
<b>I</b>	Ingenious
<b>E</b>	Energetic
<b>S</b>	Stickers!
<b>T</b>	Trustworthy
<b>H</b>	Hardworking
<b>A</b>	Always anchoring
<b>N</b>	Non-judgemental
<b>K</b>	Knowledgeable
<b>Y</b>	Youthful!!
<b>O</b>	Out there
<b>U</b>	Unshockable

Joanne Roddam  
Manager

# Family Support Group

We've done loads in our Family Support Groups this year—here are some of the highlights...

## PC Tod helps families across the road

Home-Start East Fife families were treated to a special visitor when PC Callum Tod of Fife Constabulary's Specialist Services popped along to talk about road safety.

Families who attend Home-Start East Fife's Family Support Groups have been learning all about road traffic and in-car safety.

More than 2,000 children aged between birth and 15 were killed or seriously injured on Britain's roads in the last year.

"These statistics support our view at Home-Start East Fife that it is never too early to teach road safety," said Family Support Group Co-ordinator, Aileen Pruden, "even if it's just the importance of holding hands with a grown-up near traffic."

Home-Start East Fife's supported children—all under five—were taught about crossing the road using 'STOP LOOK

LISTEN', being safe by being seen, using seat-belts and why it is so important to 'strap in'.

"We are grateful to PC Tod for giving his time to this great cause," said Aileen, "and a special thank you also goes to Andrew

Westwater of East Fife's Road Safety Team for his input and resources, including their 'digital road' to practise safe crossing."

"You are never too young to learn about road safety," according to Aileen, "and never too old either, it would seem, as some of the Mums also picked up some good tips on keeping children safe around traffic."



## Special story of RNLI

One of Home-Start East Fife's supported Mums delivered a very special story time at the charity's Family Support Group when she dressed in Lifeboat 'mustos' and helmet, read a book that she had written, and presented information and photographs on the Anstruther Lifeboats.

Home-Start East Fife's Family Support Groups always have story time and recently the Family Support Group Co-ordinator has been trained in Bookbug.

"There is evidence that stories and nursery rhymes help to develop young children's reading and counting skills as well as strengthening the bond between parent and child," said Family Support Group Co-ordinator, Aileen Pruden.

"The idea behind Bookbug is to encourage parents to read more with their children at home, so it

is particularly exciting for us to see a Mum take the story time session."

"I didn't really like story time at first," said Mum, "but my kids really loved it and we now read every night at home."

The Anstruther Lifeboat crew was her chosen theme as this other local service is close to Mum's heart.

"My Dad is a member of the Lifeboat crew and I don't feel people know enough about this life-saving voluntary service," she said, "and the idea for the story came from an actual event, when the Lifeboat crew 'saved' a giant balloon in the shape of Mickey Mouse!"

Both parents and children were impressed with the information and photographs of the lifeboat's and rescue helicopter's serious, and often dangerous, rescue adventures on the local sea and coastline.

## A Taste of Honey for Home-Start Families

Home-Start East Fife families have been visiting St Andrews Botanic Gardens to see how well their vegetable garden has been growing.

During a series of visits the children have been learning how to grow all kinds of vegetables from seed. The children had planted seeds in the Spring and returned to the Botanic Gardens to check their crops.

Sadly the cucumbers had been lost to frost but the carrots, peas and broad beans were doing well and the pumpkins planted by each child were "gigant-o-saurus" according to one budding young gardener.

As part of the Home-Start East Fife Family Support Group project 'From

Seeds to Table' families will continue to visit the gardens on a regular basis and eventually cook and eat their produce.

Family Support Group Co-ordinator, Aileen Pruden, told the *Citizen*: "As part of our continuing work with families, we try to promote healthy eating and exercise."

"As well as learning about different growing techniques and being introduced to a variety of fruits and vegetables, the children met the 'Botanics Bees' and got a taste of their honey."

Along with actively planting and tending their mini crops, the children enjoyed a story session from Pauline Smeaton, Library Supervisor for Young



People's Services, who led an outdoor Bookbug session on one of the formal lawns in the gardens, with bees as the main theme.

## Fantastic Creatures for Home-Start East Fife families



Home-Start East Fife supported families produced 'Fantastic Creatures' for this year's entry into the Young Artists Award competition.

The competition is run by the Museum of the University of St Andrews (MUSA) and this year's theme was chosen to link with the University's Edwardian natural history collection housed in the Bell Pettigrew Museum.

Home-Start's families visited the Bell Pettigrew Museum for inspiration, seeing all kinds of creatures and interesting artifacts, from butterflies to zebra and from fossils to dinosaur poo.

The pre-school children's artworks were produced in workshops held at the Family Support Groups and run in conjunction with MUSA and were very much enjoyed by all.

### BENEFICIAL

"We have collaborated successfully with MUSA on a number of projects, including last year's Young Artists' Award, when we made faces from fruit!" said Family Support Group Co-ordinator, Aileen Pruden.

"We didn't win anything last year or this but the quality of entrants is extremely high, and anyway it's the taking part that counts and which has been hugely beneficial and educational for the children and their parents."

## Home-Start Halloween Pumpkins

Home-Start East Fife families got busy this week carving some very special Halloween pumpkins—they had been grown by the children and parents themselves.

The children learned how to grow vegetables from seed at the St Andrews Botanic Gardens, planting and tending their mini crops in a 'From Seeds to Table' project.

Families visited the gardens to harvest the vegetables, which included potatoes, carrots, beans, radishes and peas. The perfect pumpkins were ready in time for the Halloween festivities and were pulled by gardeners at the Botanic Gardens.

Nikki MacDonald, Education Officer at the Botanic Gardens, demonstrated how to carve the pumpkins. The Botanic Gardens and Home-Start East Fife, who promote environmental and healthy eating issues, made sure nothing was wasted and made pumpkin soup with the pulp which the families, staff and volunteers enjoyed at the charity's Family Support Group.

"We try to introduce healthy eating in new and exciting ways,"

said Family Support Group Co-ordinator, Aileen Pruden, "and are delighted that the children got to enjoy the products of their efforts." "Our partnership with Botanic has borne fruit – literally," said Aileen.

"We hope this project will inspire families to eat healthy food. We are so grateful to Nikki and the Botanic for making this possible and are delighted that families are visiting the gardens outwith the group on a regular basis."



## Library visits for Home-Start

Home-Start East Fife families got together to visit their local library.

Families who attend Home-Start Family Support Groups have been learning all about road traffic and in-car safety. Adults and children walked to the libraries to put into practice what they had learned at the group sessions. Children joined the library and borrowed books to take home and read and enjoyed Bookbug stories based around the road safety theme.

Family Support Group Co-ordinator Aileen Pruden read books that highlight the need to wear seatbelts while Young People's Library Services Supervisor Pauline Smeaton led a Bookbug session at St Andrews Library with the group.

Bookbug and the library visits encourage children to take an early interest in books and reading, which can help pre-school development, such as reading,



writing and talking. "You are never too young to find pleasure in books or to find out about road safety," said Aileen. "This outing allowed us to do both for our families and we are very grateful to the Library Service."

# A Year in the Life...



"I do enjoy volunteering and though I never think I do anything I know the visits are appreciated."

*Volunteer*



"Being involved with the Mums and seeing the children develop is so rewarding."

*Volunteer*

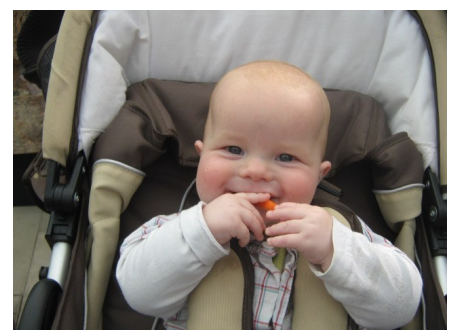
"Our volunteer gave me confidence, helped me go out, and provided company - I don't think me or my children would have coped as well if it wasn't for the support."

*Supported Mum*



"My volunteer was very easy to speak to and the kids loved her!"

*Supported Mum*



**"Like to know that the family consider me as part of the family."**

*Volunteer*



**"My volunteer was a pillar of strength, especially when I split up from my partner and became a single Mum."**

*Supported Mum*



**"My volunteer was always there for me - I didn't ever feel I couldn't tell her something."**

*Supported Mum*



**"I feel that we as volunteers get good support."**

*Volunteer*



**"(Family Support Group) gave me the confidence to be where I am now - a well-worth service!"**

*FSG Supported Mum*



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...**

Fiona Sutherland (Chairperson), Bill Sangster (Vice-chair),  
Joan Prentice (Treasurer), Helen Rorrison (Company Secretary),  
Bill Campbell, Anthony Davis, Wilma Ballany,  
Peter Williams and Catherine Ferguson

### **OUR AMAZING VOLUNTEERS...**

Wilma, Sue, Judy, Anna, Louisa, Amanda, Margaret, Morven, Susan,  
Jean D, Lesley D, Ann, Carol, Sharon, Alison, Marina, Kathy, Catherine,  
Nicky, Diane, Rubina, Jean W, Lesley GB, Christine, Angela

### **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 Chris Campbell, VONEF, and our friends in other organisations.

### **OUR FUNDERS...**

Fife Council, BBC Children in Need, The Robertson Trust, Lloyds TSB Foundation for  
Scotland, Hugh Fraser Foundation, Crail Women's Guild, Rag-Bag, St Andrews & District  
Soroptimists, Rotary Club of St Andrews & Rotary Club of St Andrews Kilrymont, Provost  
Tulloch via the Cosmos Centre, Rotary Club of Anstruther, Russell Trust, St Andrews  
Welfare Trust, St Andrews Community Trust, Cupar Round Table, RAF Leuchars Air Show,  
Kingdom Kids, Lorraine Caira, New Park Educational Trust, Bank of Scotland Small Grants  
Scheme, Community Food & Health (Scotland), BTCV, Committee of the St Andrews  
Midsummer's Ball, R&A Championships Ltd, Psyche's Garden, St Andrews & District  
Neighbourhood Watch, Rev Caroline Taylor and the congregations of St Athernase Church  
of Scotland, Anstruther Parish Church and Carnbee Church, the members of our 200 Club,  
all those who gave to our collecting tins, volunteers who donated their expenses  
back and all of you who have dropped items into the office over the year!