

# Home START

Support and friendship  
for families



## HOME-START GARIOCH 20th ANNUAL REPORT 2015



celebrating  
20 years

LUMPHART COTTAGE, PORT ROAD, INVERURIE, AB51 3SP

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LOTTERY FUNDED

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**EVERYONE RECEIVES A WARM WELCOME  
AT OUR COTTAGE!**



Valerie Kelly Mhairi Lynn Liz

**WE ARE JUST BEHIND THE TOWN HALL  
AT:  
LUMPHART COTTAGE  
PORT ROAD  
INVERURIE  
AB51 3SP**

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## **STAFF:**

<b>Senior Co-ordinator:</b>	Mhairi Philip
<b>Co-ordinators:</b>	Liz McKinstry Lynn Davidson
<b>Administrator:</b>	Valerie Tennant
<b>Admin Assistant:</b>	Kelly Garvie
<b>Cleaner:</b>	Kathleen Webster

## **BOARD OF TRUSTEES:**

<b>Chair:</b>	Jackie Loder
<b>Vice Chair:</b>	Angela Gowdy
<b>Treasurer:</b>	Alex Matthewson
<b>Secretary:</b>	Pam Morton
<b>Trustees:</b>	Anthea Atha Linda Morrison Maeve McDowall Harry Thorburn

## **SUB-GROUPS:**

### **FUNDRAISING GROUP**

<b>Chair:</b>	Maeve McDowall
<b>Members:</b>	Lynn Davidson Mhairi Philip Pam Morton Tracey Skene Valerie Tennant

### **AWARENESS RAISING GROUP:**

<b>Members:</b>	Anthea Atha Jackie Loder Maeve McDowall Pam Morton Mhairi Philip Valerie Tennant
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**FINANCE GROUP:**

**Chair:**

Alex Matthewson

**Members:**

Anthea Atha

Mhairi Philip

Valerie Tennant

**STAFFING GROUP:**

**Chair:**

Linda Morrison

**Members:**

Angela Gowdy

Maeve McDowall

Harry Thorburn

**HEALTH AND SAFETY GROUP:**

Angela Gowdy

Mhairi Philip

**VOLUNTEER REPRESENTATIVE:**

Angela Gowdy

**ADVISOR TO THE BOARD OF TRUSTEES:**

Angela McKinnon-  
Child Health Lead

## ACKNOWLEDGEMENTS

### **OUR MAIN FUNDERS FOR 2014/15:**

Aberdeenshire Council

Big Lottery

The Garioch Charities Shop

Wood Family Trust – Meldrum Academy YPI

### **DONATIONS RECEIVED DURING 2014/15 FROM:**

The Co-operative

St Mary's Episcopal Church

Blackburn Rotary

David and Carol Whicher

Strathburn School

Meldrum Academy

Isabel Buchan

YE- Buchan Shed

The Royal Northern University Club

BA Stores

Derek and Susan Brown

Charlie McCorry – RAE Shell

Eileen Ballantyne

Rebecca Brown – Apache

Alehousewells Primary School

Face Facts Consultancy

Inverurie Choral Society – Morrison's can collection

NHSG Endowments

Girls to Grannies

Castle Fraser

AUSA Students' Union

Caroline Morton

Margaret Cox

**Special thanks also go to:**

The Volunteers of The Garioch Charities shop

Bruce Morton

Joe McDowall

Naida Sneddon

Members of Inverurie Rotary

The Men's Shed

Neil McDonald -EBlast

James Davidson

## **BACKGROUND INFORMATION**

Home-Start Garioch was established on 1<sup>st</sup> April 1995 with a Co-ordinator offering a family support service in Inverurie, Kemnay, Oldmeldrum, Kintore and the surrounding rural area. Home-Start offers a unique service. We recruit and train volunteers who are usually parents themselves to visit families in their home who have at least one child under the age of five and offer them informal, friendly and confidential support.

Home-Start Garioch works across a large rural area, centred in the Aberdeenshire town of Inverurie, which has been subject to rapid expansion (Garioch Area Community Plan 2010 - 2014). It has more than double the population density of the Aberdeenshire average and is the largest and fastest growing population of all the six administrative areas within the Shire. In the area there is a mix of private housing development and social housing with consequently a rising settlement of young families. This increase has put pressure on any existing community facilities and family support services (Inverurie statistics, Aberdeenshire Council).

There are a substantial number of private lets on farms and estates which are distant from amenities and public transport.

The Garioch area has a population of 50,523 people (2011) and the population is expected to grow further by nearly 12% over the next decade – by far the fastest projected growth rate in Aberdeenshire. The area's age profile has a higher representation of younger age groups than Aberdeenshire generally.

This increase has caused problems for low income families and also the more affluent because, as incomers to the area, they are often disadvantaged by rural isolation and lack of social networks. This was identified as recently as July 2013 at the Garioch Community Planning Group where they updated their Community Plan 2013-2016.

Home-Start Garioch offers support to a hugely diverse range of families. Although the area boasts a high level of employment, there still exist some real pockets of deprivation. Families on low incomes face the additional strains of long distance journeys to work, increased fuel costs and inaccessibility of affordable childcare. These families also become

marginalised as the minority in a relatively affluent community, struggling to make meaningful social networks.

Home-Start Garioch is part of a nationwide network of Home-Start schemes, under the Home-Start UK umbrella. Each scheme, although rooted in its community and responding to unique needs, shares a common vision and purpose.

## CHAIRPERSON'S REPORT

This has been a very full and interesting year for Home-Start Garioch. We have completed our 20th year, and are holding an event to celebrate. This has only been achieved through the support of volunteers, staff, trustees, funders, referrers, friends, helpers and families, and our thanks go to them all.

This year has seen considerable growth. As a result of the additional funding from the Big Lottery we have been able to expand our numbers of volunteers, and now have a group of volunteers offering a service in Formartine as well as our core services in Garioch, which has also seen a growth in volunteers. This has enabled us to offer a service to more families.

This expansion has been possible because of the energy and dedication of our staff, and thanks are due to our Senior Co-ordinator, Mhairi Philip and our Co-ordinator Liz McKinstry, who have continued to recruit, train and support the growing numbers, and to our Administrator Valerie Tennant who has not only kept up with the additional administration but has taken care of all the other tasks which crop up, from delivering Christmas Boxes donated for families to organising fundraising events.

Some time ago it became apparent that there were not enough hours in the working week for all that needed to be done, and we were very fortunate in being able to use some funding to employ two further part-time members of staff. Lynn Davidson, an additional co-ordinator, and Kelly Garvie, an administrative assistant. They fitted in to the team immediately, and have been a great help in keeping things running smoothly.

I took over as Chair of the Trustees in March this year, following the resignation of Linda Morrison. Linda remains as a trustee, and continues her long-standing contribution to Home-Start Garioch. I am very grateful to the Board of Trustees for their support and the huge amount of work they put in to the range of sub-groups which cover all aspects of the running of an

organisation. We are delighted to see Alex Matthewson, our Treasurer, restored to health and energy; enormous thanks are due to Anthea Atha, who took over in Alex's absence to ensure that our accounts were ready for audit and submitted on time.

The fundraising group, chaired by Maeve McDowell, has successfully organised some well-received events, popular in their own right for their social benefits as well as for their income, and as detailed in the Financial Report, we have received various donations too. Equally, we have received donations in kind, which means that our premises have been painted by the Men's Shed, and the Aberdeen Foyer Reach Project have greatly improved the garden and made it safe so that it can be used for play activities. Angela Gowdy and her helpers have continued to work in the Garioch Charities Shop, and we are very grateful to the Chair and Trustees who have again supported us with a generous donation.

Angela McKinnon has been appointed as advisor to the Board of Trustees, and we were very much appreciated her contribution to our annual Strategic Planning Day, when she took us through the intricacies of GIRFEC and other legislation relating to children and young people. We are working in accordance with Aberdeenshire Council's Early Years Strategy, and this has led to some very effective joint working with Health, Education, Community Learning and Development and Social Work.

This has been a successful and active year. At the time of writing, however, there is change on the horizon. Currently half our funding comes as a grant from Aberdeenshire Council, but this will not continue in its present form. In future funding will be allocated by tender. What is cheering is that the five Home-Start groups in Aberdeenshire have come together to put in a joint bid as Home-Start Aberdeenshire, and we hope to build on this very positive collaboration whatever the outcome.

**Jacqueline Loder**

**Chairperson**

## SENIOR CO-ORDINATOR'S REPORT

Home-Start Garioch is 20 years old - quite an achievement and worth celebrating! There have been some considerable changes in that time, although some things remain the same: Valerie. While the needs of the families may have changed as the Garioch area has grown and evolved, it is apparent the service is still very much required. From April 2014 - March 2015 we received 60 referrals from families needing a Home-visiting volunteer. The award received from the Big Lottery has allowed us to grow and develop as a scheme, now covering almost all of Formartine in addition to Garioch.

We currently have 50 active volunteers who work across Garioch and Formartine providing practical and/or emotional one-to-one support to families who have been referred to us. This is almost double the amount of volunteers compared to 2 years ago. This increase has had an impact on staff capacity so, in order to address that, we now have another 2 part time members of staff who are Kelly, our Admin Assistant, and Lynn, our Co-ordinator. Having 2 part time co-ordinators ensures that there is always someone in the office.

For the past 20 years we have received funding from Aberdeenshire Council, historically as Sure Start Funding, which originally covered around 2/3<sup>rd</sup> of our core costs. As an organisation, we then had to apply for grants and fundraise to make up any shortfall. Aberdeenshire Council Early Learning and Childcare Services were recently put out to tender. Home-Start Garioch, along with Home-Starts Deeside, Deveron, Kincardine and North East Aberdeenshire, put in a joint bid for funding for the tender Lot called Early Intervention and Support for Families. Home-Start Garioch took the lead in the application. It was a huge amount of work and we were very fortunate to receive help from Just Enterprise who collated the information that was required. The figures that came back were staggering! Over the past 2 years across Aberdeenshire, 170 volunteers have supported 473 families in their home. 690 families were helped to access other services by Home-Start and 487 families accessed

groups run or supported by Home-Start. We will hear in mid-November if we have been successful with our tender bid.

Home-Start Garioch has been involved in a lot of joint work and received a lot of support from other organisations. Inverurie Men's Shed came out to help refresh the office with a lick of paint, kindly donated by E-Blast based in Kintore. Aberdeen Foyer Reach Project, in addition to supporting one of our families to get employment, completely transformed our outdoor garden into a safe, secure and natural play environment. We are hoping to achieve funding so that we can run a regular drop-in group for parents and children over the holidays when they don't have a volunteer and are finding things especially hard. Having a space to play outside will make this more achievable.

We have worked with Inverurie CLD (Community Learning and Development) at their Monday Stay and Play sessions for targeted families. A volunteer goes into the group every week to take part in play with the parent and child and identify families who would benefit from additional support. In partnership with Health and NHS peer support workers, we provide a Breast Feeding support group on a Monday morning which has been really well attended. Two of our volunteers are also about to start Mellow Bumps training which will allow us to run groups for expectant mums.

This is all new work for us but, at the core, what we do best is matching the right volunteer to a family in need to support them to achieve better outcomes for themselves and their children. What our volunteers do for their families in their home is invaluable. The difference to you or me may be very small, immeasurable, but for that family who knows that their volunteer will be coming later that day for a couple of hours, it is everything. We are so fortunate that our scheme is supported by such a wonderful group of individuals who selflessly give up their time, giving themselves to helping others. They are what make Home-Start Garioch the scheme that it is.

Mhairi Philip

**Senior Co-ordinator**

## **Margaret Harrison, Charity Founder**

**Born, 1 April 1938; died 16 August 2015**

Margaret Harrison, died in August this year of heart failure aged 77. She leaves three children of her own and more than a million others helped by Home-Start, the charity she set up in 1973 and led for 25 years before her retirement. She continued to be involved with Home-Start as life President. Her concept of using trained volunteers to support families under stress, broke fresh ground in UK welfare policy and practice.

From a single pilot project in Margaret's home city of Leicester, Home-Start has grown to 288 schemes across the UK supporting more than 33,000 families and 70,000 children. The concept has spread to 22 other countries from Norway to Sri Lanka. Although it has a much lower profile, Home-Start's contribution to child welfare can today be considered alongside that of leading charities such as the NSPCC or Barnardo's.

Margaret was an unlikely pioneer. A full-time mother with no background in social work or any related discipline, she began to volunteer with children's homes, mother-and-toddler groups and child guidance clinics. As she told a local newspaper in 2013, during Home-Start's 40th anniversary celebrations: "Invariably, parents, many of whom were involved with social workers and other statutory agencies, would ask me to visit them at home 'so we can really talk'.

The idea of enlisting other parents to provide informal support to those struggling with family life – "to listen and care and help with practical things", as she put it in an interview with Society Guardian – crystallised when Margaret was awarded a Winston Churchill fellowship to study family support in the US, notably the Head Start programme, introduced in 1965. On her return to Leicester, she secured an urban aid grant to establish the first Home-Start scheme.

Of more than 300 referrals from professionals in the first four years of that initial scheme, 90% were classified as low-income, 40% were lone parents and 25% had a child on the at-risk register. By helping them deal with the challenges they faced, Margaret's volunteers not only kept many of the family units intact but minimised costs to the public purse for a relatively tiny outlay. Even today, Home-Start UK calculates that the local schemes it co-ordinates cost only £10.39 a week for each child they work with.

A woman of great energy and passion, Margaret, who was appointed CBE in 2001, was enthused by art and design, gardens – invariably bringing fresh flowers from her garden to her office – travel and philosophy. She was a follower of the Resurgence peace and ecology movement. Satish Kumar, a leading light in Resurgence and editor of its magazine, was an early supporter of Home-Start and an adviser on its development.

## FUNDRAISING GROUP REPORT

A big "Thank You" to Home-Start Garioch Staff, Volunteers and Trustees who unfailingly gave generously of time, effort and resource for all fundraising events during 2015

**Fundraising Group members:** Pam Morton, Mhairi Philip, Tracey Skene, Valerie Tennant, Lynn Davidson, Maeve McDowall (Chair from January 2014).

Date	Events 2015	Venue	Raised after costs
Dec 2014	Bag packing/Carols	Morrisons, Inverurie	£360.00
May 2015	Ladies' Golf 4somes	Inverurie GC	£327.00
May 2015	H-SG Quiz	Inverurie Town Hall	£764.00
June 2015	Farmers' Market	Inverurie	£112.00
		<b>Total</b>	<b>£1563.00</b>

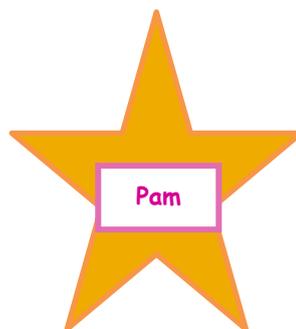
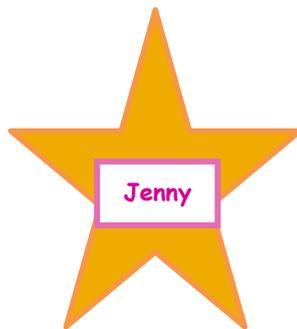
### **Future events:**

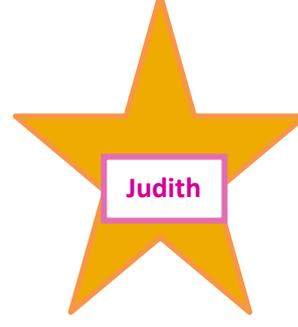
#### **Dates for all our diaries 2016**

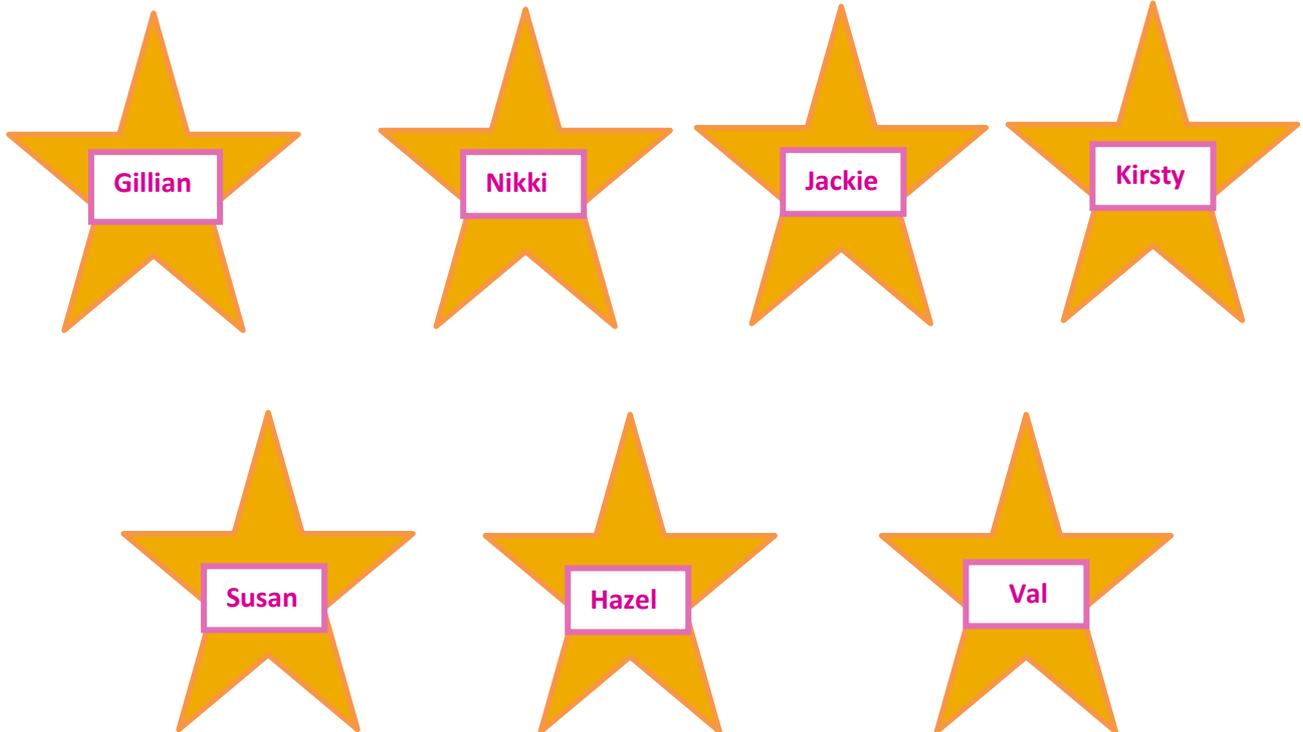
Thurs 3 <sup>rd</sup> March 2016	Bingo & Fish suppers	Ashvale, Inverurie
Fri 20 <sup>th</sup> May 2016	Quiz & Bar	Inverurie Town Hall
Sat 11 <sup>th</sup> June 2016	Farmers' Market	Market Pl, Inverurie
Fri in Sept 2016	Ladies' Golf 4somes	Inverurie GC
Sat 1 <sup>st</sup> Oct 2016	Tea Party	Inverurie Town Hall

**Maeve McDowall**  
**Chair Fundraising Group**

THE STARS OF HOME-START GARIOCH,  
OUR VOLUNTEERS.....







VOLUNTEERS JOINING US FOR 2015/16.....

Moira Kerry-Leigh Jill Alison

STARS WHO HAVE RETIRED DURING THE YEAR.....

Julie Mhairi Claire Moira

## QUOTES FROM THE FAMILIES WE HAVE SUPPORTED

### THROUGHOUT THE YEAR

*"I have two sons 8 and 3, my 8 year old has ASD and if we go out needs one to one supervision. I take my older son swimming once a week. Due to the nature of my son's ASD I cannot take both children swimming. Home-Start Garioch have allowed my older son and I to continue our much cherished swimming lessons and my younger son adores his one to one time with our Home-Start volunteer. Our volunteer is super, always ready to help, approachable, reliable, friendly, and trustworthy. I am totally comfortable when our volunteer comes around because I know my younger son is in super hands, couldn't ask for better."*

*"I cannot thank Home-Start Garioch enough for supporting me and my son throughout the most awful time of my life. Irene is the only person we see regularly and her visits to us are priceless. Seeing my son bond with her is so lovely to watch, I just wish she was our real family as she is such a genuinely wonderful person."*

*"Our Volunteer has made such a difference to us. Given us support by looking after our daughter for a couple hours a week. Lynn has also been someone good to talk to during reviews and given me some useful information regarding Autism"*

*"We love Alison our volunteer. I think she is too modest to acknowledge what a support she is. It is great to have her practical support- an extra pair of hands to make dinner/feed and entertain the kids is very welcome. What Alison also brings is emotional support. Whatever is happening the day she comes over I know she will be there later and that keeps me going. She is like a breath of fresh air when she arrives so happy and positive and it changes my frame of mind so I can cope better. The whole team at Home-Start Garioch are so friendly and welcoming. Thank you to all, but especially Alison who gives up her time for us"*

# PHOTOGRAPHS FROM OUR ALBUM 2014/15

## Christmas Parties 2014



# Picnic at Haddo House July 15

