

Annual Report

2019-2020



**Parents supporting parents in
Garioch and Formartine since 1995**

**For parents
when they
need us most**

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Registered Charity No: SCO22057

Scottish Registered Company No: 280871

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Structure and Organisation

Board of Trustees:

Chair: Jackie Loder

Treasurer: George Bews

Secretary: Pam Morton

Trustees: Alex Matthewson, Joe Greener, Angela Gowdy, Sandra McCorry,
Maeve McDowall and Tracey Skene, Gail Winchester

Staff:

Scheme Manager: Mhairi Philip

Co-ordinators: Kelly Blanchard, Lynn Davidson & Shona Reynolds

Administrator: Valerie Tennant

Acknowledgements

Our main funders for 2019/2020



We have received donations of time, money and other resources throughout the year. Our warm thanks go to:

The Gariochs Charity Shop and The Volunteers of The Garioch Charities Shop, Bruce Morton, Angie Bell, Naida Sneddon, Members of Inverurie Rotary Club, The Ashvale Inverurie, Margaret Brown, Prem Reynolds and Oscar Reynolds, Argos, Marks and Spencer Inverurie and The Inverurie Golf Club.



Background Information

Home-Start Garioch was established on 1st April 1995. 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 the large rural area of Garioch and Formartine, 22% of the total Council area; 544 square miles centred in the Aberdeenshire town of Inverurie. In the area there is a mix of private housing development and social housing with consequently a rising settlement of young families. There are a substantial number of private lets on farms and estates which are distant from amenities and public transport.

The area has a population of 98,442 people (2018) and the population is expected to grow further by nearly 12% over the next decade. The increasing population and need has seen Home-Start Garioch grow over the past 24 years from a lone co-ordinator to a team of a Scheme Manager and 3 co-ordinators managing on average 75 volunteers a year.

Home-Start Garioch offers support to a hugely diverse range of families identified by working in partnership alongside statutory services. This ensures we deliver on the local priorities:

- * Help all our children and young people to grow, develop and reach their full potential in loving, safe and healthy environments (*Health and Social Care Locality Plan Garioch 2018-2021*)
- * Ensure every child has a good start in life.
- * Improved mental health and wellbeing for parents and their children.

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.



Monday 2nd March Home-Start Garioch moved into new premises at 1a George Square Inverurie after almost 20 years at Lumphart Cottage.

Thank you for the support of local businesses, tradesmen, volunteers and families who most generously donated materials and time. We didn't pay for any work to be done, time was 100% donated. How amazing is that!

Bon-Accord Glass

Orchard Timber Products

William Wilson

Blue Flash Electricians

Cruickshank Blinds

G J Decorators

Phil Thomson Ames Taping

Prem Reynolds

McKenzie Print

Howdens

Keith Builders

Travis Perkins

Fraser Fire and Security

GPH

Angela Gowdy

Grampian Opportunities

MPS Housing

Johnston Paints

Biff Leith - Plumber

Alan Keith - Electrician Bryan Philip - Electrician, IT and Network Richard Murray - IT and Network

Scott Miller Jim Morrison Shane Morrison Murray Stephen, Gareth Stein, Alan Cooper—Joiners

Linda and John Gunn - Demolition team, tippers and painters

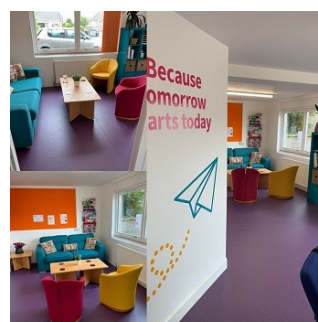
Christine and Dave Tulip - Demolition team and kitchen fitters

Tracey and Neil Skene - Gardeners

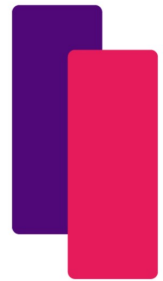
Bruce Morton - Charlie McCorry Fitters

Bob McLean - Angie Bell and Carrol McDonald—Painters

Volunteers and their partners who helped with the actual move on the day.



Work carried out over the past year



We have supported 100 families with 213 children under 5.

Our volunteers carried out 1043 home visits, and spent 2367 hours with their family

Referrals were made to Home-Start Garioch

78 new referrals. 46 from Health Visitors. 2 from the Mental Health Team.
4 from other Health services.

3 from other HS schemes for families who moved from their area into ours.

7 from Social Work . 15 referred themselves. 1 from Grampian Womans Aid

Needs Identified at the Time of Referral

32 lonely and isolated

36 Poor mental health

26 Experiencing low self esteem

32 poor physical health

6 domestic abuse



19 families needed help
managing their children's behaviour



17 families needed
support with their children's
development



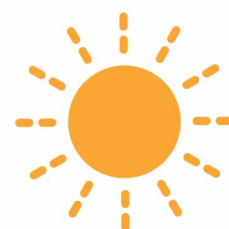
5 had concerns about their
child's mental health



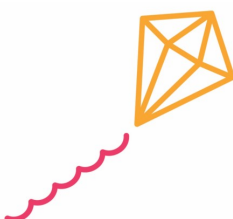
2 had concerns about their
children's physical health



18 families were looking after a child/children with disabilities or health
problems.



2 needed help to use
other services



15 needed help running
the household



8 needed help with
household
budgeting

15 were experiencing family
conflict and stress

18 families with multiple
children under 5



Throughout Home-Start Support

56% of families reported feeling less isolated.

85 % of parents reported improved self esteem.

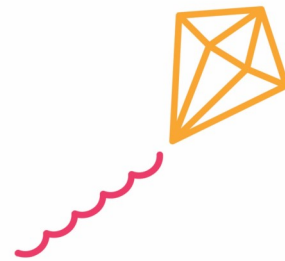
56% felt better able to cope with their mental ill health.

67% reported being more able to cope with managing their household budget.

84% felt better able to manage their child's behaviour.

83% felt more involved in their child's learning and development.

(it is worth noting that the last review was carried out at the end of March 20 during lockdown which has impacted greatly on the scoring for isolation, mental health and household budget. Previously these figures would be in the high 90's)



Volunteers report:

Increase in their Personal Development

Increase in their Skills Development

Improved Health and Well-being

Greater awareness of Diversity and Inclusion

Increase in Friendships, Contacts in the Community

Referrers tell us:

"The service you provide, covers the gaps we are unable to"

"The difference in mum is incredible. I don't know what you do, but please keep doing it"

"Thank you for responding so quickly"

So how has Home-Start Garioch helped?

Emotional Support

I have found it really hard moving to Ellon, not having friends or family around with a husband who works a 6 week away, 2 week home rotation and having 2 small children, 1 with a life limiting condition. Having a volunteer to speak to, to share my concerns, provide emotional support at appointments has been great. I'm not sure I could have coped with out her.



Reducing social isolation

I really want to make friends but the groups are established and after being once and ignored I don't want to go back. I know its wrong because my child needs the opportunity to play and socialise with other children but my confidence is in my boots. My volunteer helped by coming with me to the park and playing with my child, chatting to the other mums who were there, bringing me into the conversation. I have made a couple of friends and we are going to go down to the local group together. Its nice to know I'm not the only one feeling that way. I'm still a bit nervous but I'm also really happy for my son.

Practical support

I struggled with pelvic dysplasia towards the end of my pregnancy to the point I couldn't walk. My health visitor suggested a home start volunteer. I didn't think they were for people like me and that there were people much more in need but I agreed. My volunteer was only with me for a month because after the birth my condition improved, but the time she was with me was amazing. She was amazing. Nothing was too much trouble and I feel I have made a friend for life.



Chairs' report

This year's AGM takes place in such unusual circumstances that it feels like a different world. As we report on the last financial year it becomes only too apparent how things have changed as the result of Covid19. What has not changed, however, is the energy and commitment shown by staff, volunteers, and trustees, ensuring that Homestart Garioch is still busy and thriving.

Last year was also memorable for other reasons: before Christmas, Aberdeenshire Council gave us notice that the lease on our premises was to be terminated, as the building is to be demolished as part of the redevelopment of the Town Hall area. This was obviously a blow, but a Relocation Group was rapidly formed to seek suitable properties. We have now moved to new premises, still conveniently situated in central Inverurie. The building identified as the most suitable was in a rather poor state and the layout was not ideal for HSG's needs, but Mhairi Philip exercised her powers of organisation in gathering volunteer workers and donations to help create a really attractive and convenient workplace which will serve our needs. We owe huge thanks to all those family members, friends and colleagues who brought their expertise and DIY skills and gave their help, both practical and financial. At present the building is not being used to its full potential, but post-Covid it will provide a good setting for many groups, meetings and activities.

Until the arrival of Covid19, last year had shown a significant increase in fund-raising income. Tracey Skene and her energetic fund-raising group came up with a number of regular events and innovative ideas which were exceptionally successful. These activities also help raise HSG's profile, which in turn attracts new volunteers.

This AGM will see the resignation of two of our trustees, Alex Matthewson and George Bews. They have been valuable members and we see them go with regret. Alex for many years held the position of Treasurer, and then recruited George, who subsequently took on the role. This entails a considerable degree of responsibility and effort and we thank Alex and George for their conscientious work. Alex also maintained an up-to-date Risk Register for the scheme. Robert Anderson has kindly agreed to take on the role of Treasurer.

Our trustees all play an important role in keeping HSG well governed, are conscientious about attendance, and provide all kinds of support to the scheme through meetings and sub-groups. Latterly this has been on-line, and although Zoom meetings are not ideal everyone has cooperated fully in making them work as well as possible.

Homestart Garioch is part of the Aberdeenshire Homestart Consortium, which it currently chairs. The Consortium was formed originally to tender for Aberdeenshire Council funding. The Consortium continues to hold regular meetings to share ideas and seek other sources of funding.

Finally I would like to thank all our staff and our volunteers: throughout the year they have worked tirelessly to ensure that a good service is provided, despite the move and the virus. Valerie is always a friendly voice on the phone and a welcoming presence in the office. Shona, Lynn and Kelly respond to all referrals which are quickly allocated to volunteers, and have continued throughout to support volunteers to work with families, whether face to face or where necessary by phone. Mhairi's energy and enthusiasm have, in addition to her project managing skills with the new premises, subsequently helped to maintain activities despite difficult times, so that new volunteers are still being recruited and trained and new referrals accepted.

Jacqueline Loder

**For parents when
they need us most**



Scheme Manager's report

I ended last years annual report saying that my priority for the following year would be locating new premises and that is what we did. A shell of a building right in the middle of Inverurie, perfect, although extensive and expensive work would be required and with no budget to do it. A DIY SOS appeal brought many of the materials from local businesses and then a lot of favours were called in. From the beginning of January we were in Wednesday and Fridays evenings, all day Saturday and Sundays until we moved in at the beginning of March – then the lock down, but I'll save that for next years report!

What has been produced is the most amazing space for staff, volunteers, visitors and groups. Its open, fresh, warm and inviting with the perfect mix of a professional yet friendly environment. I'm astounded and proud at what we have produced together.

It was also a year of financial uncertainty. In addition to the funding received from Aberdeenshire Council we secured 3 years funding from both The Robertson Trust and The Henry Smith Charity and 2 year funding from Garfield Weston. We also had a phenomenal year of fundraising events so ended the year in a good place.

As we move towards our 25th Anniversary and I reflect, reading through previous annual reports its astonishing how much we have grown over that time. How we have evolved and diversified as an organisation to meet the ever-changing needs of the families we support. The changes in the current economic climate, the downturn in the oil industry and the impact that has on families. The hidden poverty, families who can't access additional support because they don't quite fit the criteria, but they are struggling and need support. As an organisation, the staff and volunteers offer non-judgemental friendly support, and it's that which allows us to reach those hard to reach families, providing support so that as a family they don't go into crisis. Early Intervention which is the core of what we do.

So I will bring this years report to a close with a thank you to the staff team, the board and our home visiting volunteers for the work they do, to bring about change for these families and thank you to the families, for being open to support from Home-Start Garioch and allowing us into their lives.

Mhairi Philip



Fundraising report

The Fundraising and Communication Group continue their good work building the success of previous events, getting Homestart Garioch on the calendar and gaining contacts. A good year was had with over £15,000 being raised. Thanks goes to all the support from staff, volunteers, trustees and families.

Events such as the Afternoon teas, Bingo, quiz nights and dinners are proving very popular and we hope to continue with their success. During the year we added a new family photo opportunity and the Kiltwalk to our fundraising portfolio.

Bingo and Quiz nights, raised between these events £2000



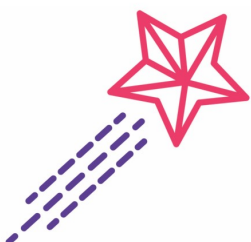
Awareness raising events raised £464



Dinner parties raised £8378



Ladies afternoon tea in Ellon, Westhill and Inverurie raised £3916





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**We're only a
phone call away.**

