

Activities in Home-Start Stirling 2022-2023

A report by Ann Bradwell, Manager on behalf of the Home-Start Stirling team
Kim Walker, Michelle Beech, Diana Small, Ruth Banning and Liliana King

Overview:

- 112 families supported
- 56 referrals received
- 28% increase in number of families supported
- 30% increase in referrals



2022-2023 – A year of change

Overview:

- April 2022 –

Welcome to Michelle Beech as a permanent member of staff

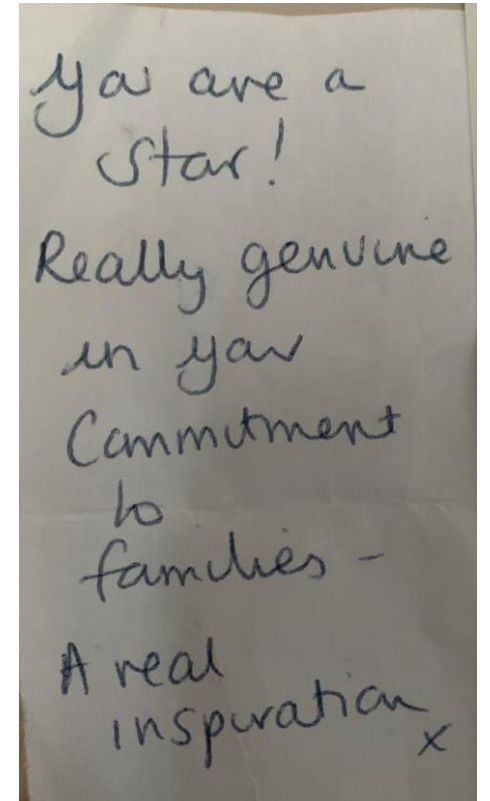
- May 2022 - Goodbye to Rachel Keenan, Manager

- July 2022-November 2022 –

Welcome to Amanda Arkell, Manager

- February 2023 – Ann Bradwell, Manager

- March 2023 – Goodbye to Barbara McElhinney



Family Support

Overview:

- In 2022-23 at Home-Start Stirling we provided:
- 1-1 support in family's homes by either a paid member of staff or a volunteer
- Group support - Play Club, Pathways, Every Mind Matters, Seasons for Growth
- Holiday activity programme
- After school club for school aged children
- Video-Interactive-Guidance
- Sleep Counselling



Keeping 'The Promise'

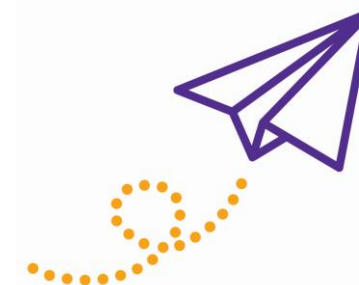


Overview:

- Home-Start Stirling is committed to keeping 'The Promise'
- The ten principles of intensive family support closely align with our principles
- The key change implemented in 2022-23 was extending our age range to include families who have a child who is under the age of 8.

This has helped us:

- Reach more families
- Increase the level of support for our most vulnerable families
- Accept re-referrals back to our service
- "It's so hard having to repeat my story every time. I am so glad I can work with you again. I know I can trust you and I don't have to go back into the past"



Volunteers

Overview:

- Board of Trustees – welcome to Kenny, Barry and Becky and goodbye to Linsay and Ellie
- For our home visiting volunteers:
- Two training courses ran in September 2022 and February 2023 – 9 completed the training and 6 went onto to be volunteers
- Training opportunities offered to volunteers: first aid, supporting numeracy and literacy in the outdoors and outdoor play using our play chests



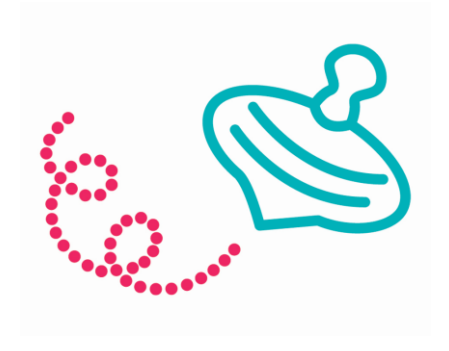
Pathways

Overview:

- Ran in June 2022 for 8 sessions with 6 parents attending
- Each session was a focussed input on a wide variety of topics including: paediatric first aid, yoga, relaxation and sleep support.
- “We wish it could have been on for longer”



Summer 2022 Parents Forum



Data analysis

In 2022-2023 43% of our referrals were from health professionals.

This is a significant increase from 2020-21 where only 24% of our referrals were from health professionals.

Our Current group provision supports families by:

- ◉ Reducing their levels of stress.
- ◉ Mums have told us:
- ◉ “If I am sitting in the house I lose my mind, I need to get out. Being with Home-Start really takes the stress off. If I go out by myself the kids don’t have friends and so I don’t get a break”

Summer 2022 Parents Forum



Our Current group provision supports families by:

Creating the opportunity to **mix with parents from similar situations**. Mums have told us:

- “I know how everyone feels and we can relate to one another. We are not the only family that is struggling and this makes a massive difference”

Summer 2022 Parents Forum

Our Current group provision supports families by:



Having **staff that parents know and trust:**

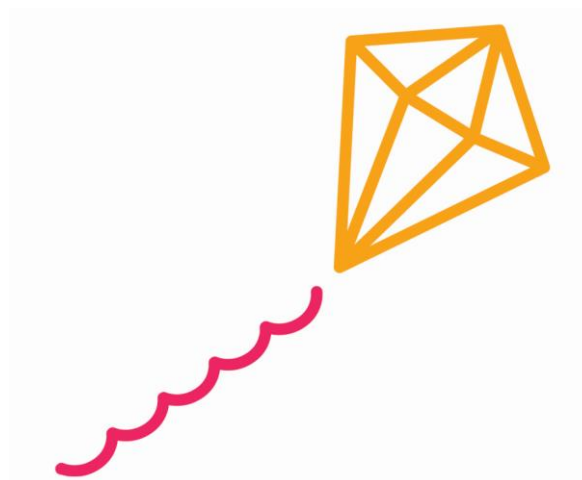
- Before I was thinking “I can’t take any more of this...Home-Start is great as it gets everyone out. It’s really relaxing having a structure to your day. I don’t have to worry as there are staff to help me. I would be panicking otherwise as its too much by myself”

Summer 2022 Parents Forum

Our Current group provision supports families by:

Having **opportunities do things with their children**

- “It gets us parents out of the house. The kids give us the push we need”



Summer 2022 Parents Forum



Parents Identified:

- How our groups support their mental health
- The factors that support their attendance
- The barriers to attendance that need to be addressed
- So we:
- Created an all-year-round provision for parents called 'Every Mind Matters'

Every Mind Matters

Overview:

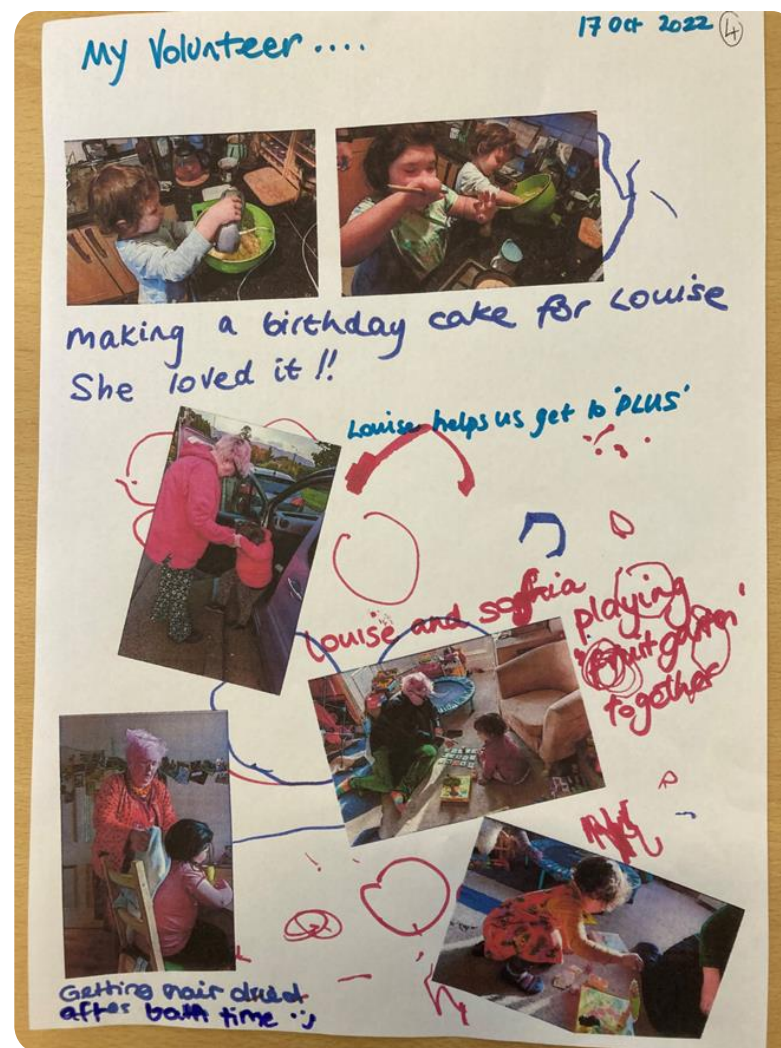
- Term-time group for parents began in September 2022. 13 parents enrolled.
- Based on the five ways of wellbeing to equip parents with the skills, knowledge and understanding that promotes positive mental health for them and their children.



Hearing Children's Voices

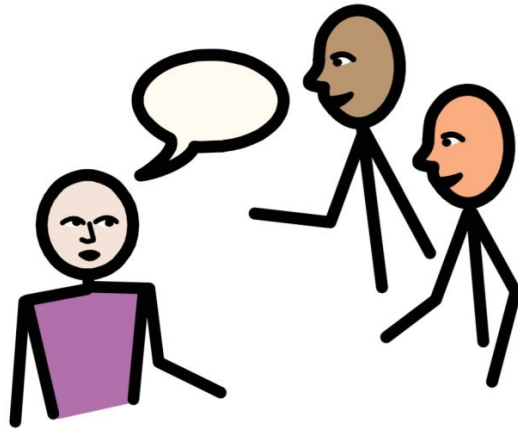
Overview:

- Understanding the impact of volunteers
- Adapting our service – Play Club
- After school club
- Summer programme
- A children's forum
- Children's Rights Impact Assessment





Hearing Children's Voices



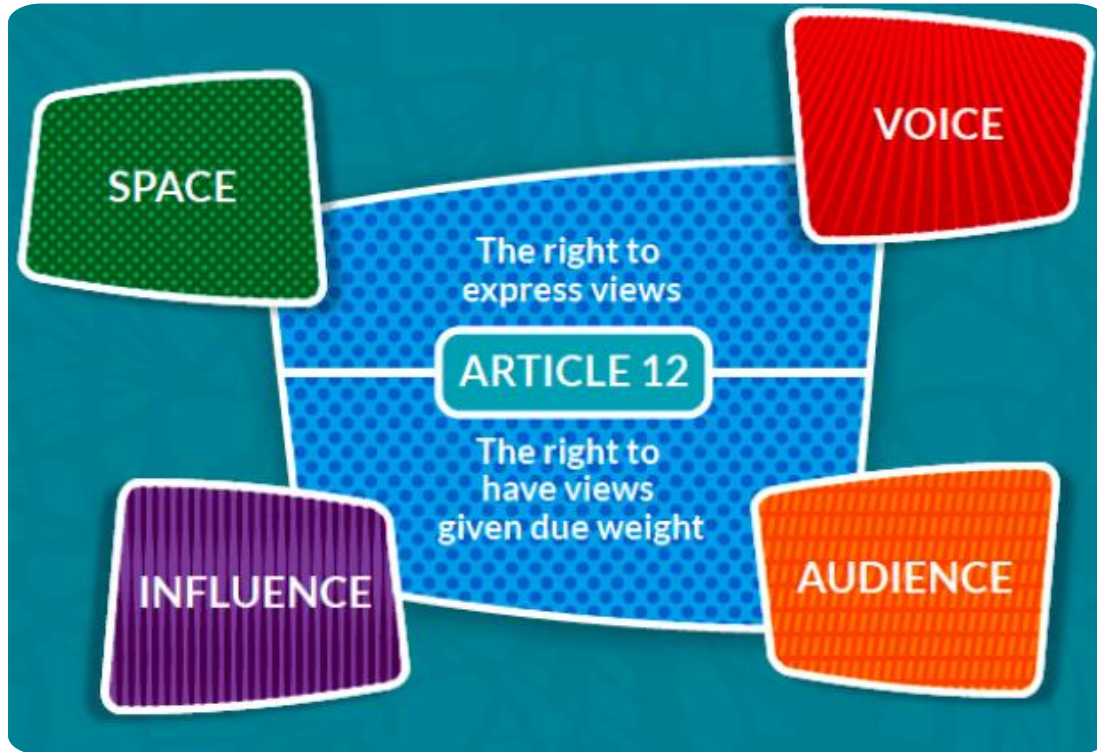
UNCRC Article 12

I have the right to be listened to and taken seriously

- Exploring new and innovative ways to gather children's thoughts and opinions
- Gaining a deeper understanding of how they enjoy interacting with the supports that are provided by Home-Start Stirling.



Our Approach



Lundy's Model of Participation

The Mosaic Approach

Developed by Clark and Moss in 2001

Listening is an active process of communication

Using creative and active techniques to enable children to share their thoughts

Hearing Children's Voices



Understanding the impact of volunteers:

- We support a little girl called 'Taylor' who lives with her Gran. They are supported by a volunteer as Gran struggles with her physical health and finds outdoor play hard to manage.
- We used photography, flashcards and role play to discover Taylor's views.
- We observed the joy that Taylor experiences being outside with her Gran and her volunteer.
- Taylor created a collage of photos arranged in the shape of her Gran's initials illustrating how much the volunteer role supports Taylor and her Gran's attachment.

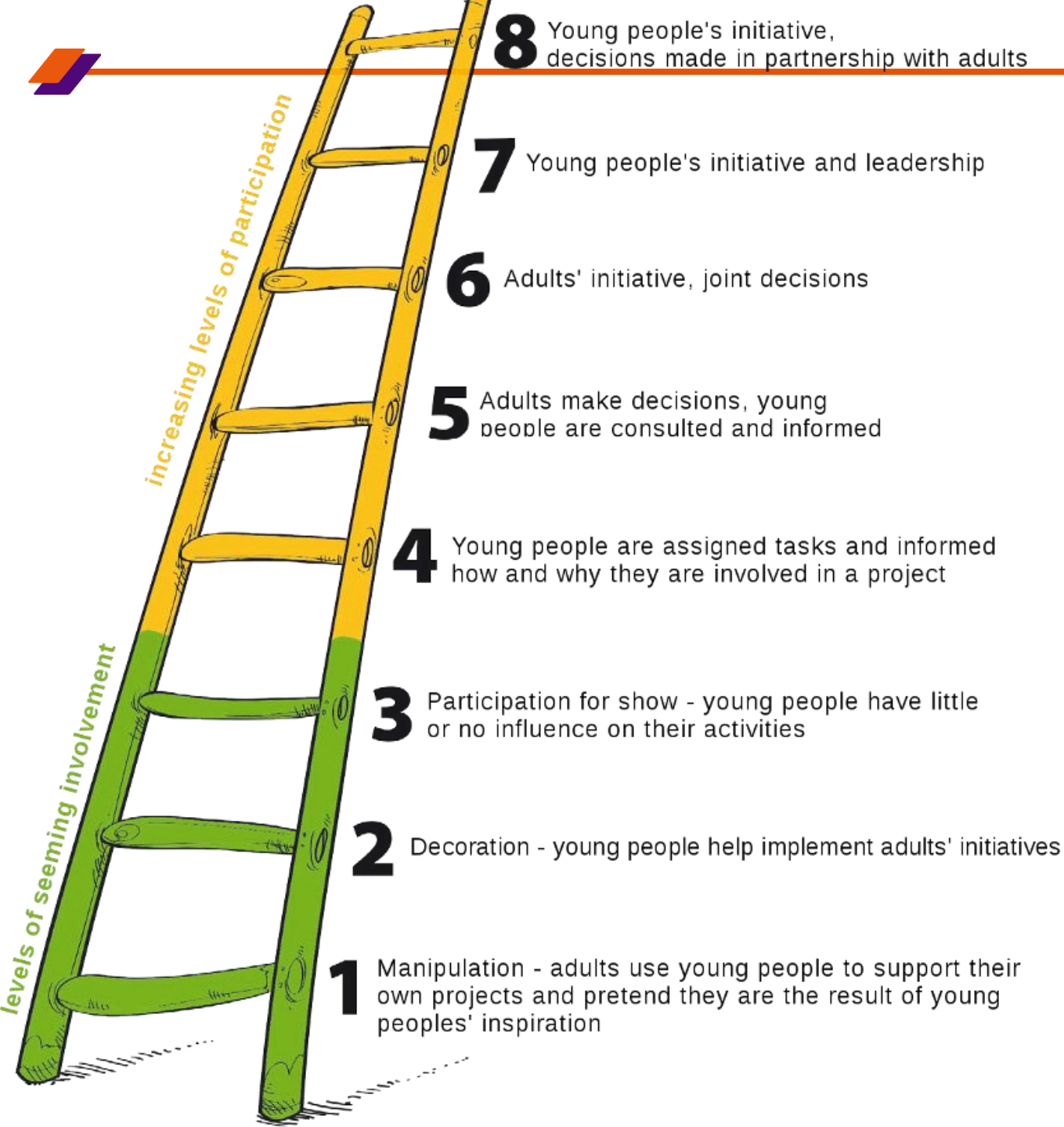
Hearing Children's Voices



Play Club

- Ran twice a week with a wider geographical reach
- Aims to:
- Decrease social isolation
- One mum said “it is very difficult times for me and the kids. Coming to group helps us go away from our anxieties”.
- Increase interaction between parents and children
- Enhance our skills, knowledge and understanding of listening to children’s voices
- Introduce choice





Hart's Ladder of Participation

- We evaluated our work with children using this tool.
- 5: In 2021 parents asked us for an after-school club as they identified that children who attended our play club missed support and interaction with our team once they started school
- 6: Outdoor learning was established as a theme by Home-Start Stirling staff and parents
- 7: Children then shaped the sessions and took ownership of planning the final session
- We are aiming for 8!

After School Club



- We ran an afterschool club in partnership with Under the Trees
- 13 Children attended each week
- Children worked towards and achieved a 'Natural Health Award'



Summer Childcare Project 2022:

Children came to two sessions:

- Session 1: Hearing Children's voices and taster activities
- Session 2: Activity session designed by children



Session One

Wellbeing check in and out of each session

Observation and Listening

Drumming circle

Co-operation, Turn taking and Sharing

Lego

Team work

Playing active, energetic games outside

Planning



Session Two

- The children chose to take part in a wide variety of different activities during their second session.
- Active Stirling ran sports sessions based on dodgeball and football.
- We also ran activities on cake and gingerbread decorating, jewellery making, visiting a local play park, den building and churros!



Children's Forum

- Introduction session using creative dance to develop an analogy between complaints, concerns and the weather.
- We explored what sort of things we could complain about and who we could speak to. We practised these ideas using case studies.
- The children identified that they felt comfortable sharing their complaints and concerns with Home-Start staff, but they thought that this may not be the case for other children.
- The children decided to create a buddy system whereby they could be a visible presence during Home-Start family activity days.
- They created T-Shirts, posters and badges to share their message.



Children's Rights Impact Assessment

Overview:

- We are currently the only Home-Start to have undertaken this process
- Growth, Voice, Inclusion, Impact
- UNCRC articles
- Impact of our strategy on the UNCRC articles
- SHANNARI indicators
- Gathering the views of children and families



Children's Rights Impact Assessment



Overview:

- **Article 1**
- Within Home-Start Stirling we accept referrals from families who have a child under the age of 8. In line with 'The Promise' we work in a 'holistic and relational' way. This means that we work with the whole family ensuring that there are not a multitude services supporting each individual. The likelihood of success is not based on specific interventions but on a relationship of trust.
- **Articles 9, 18 and 21:**
- The home-visiting service is key to the support that is provided in Home-Start Stirling. Within this work we are fully aligned to 'The Promise' ensuring that "Scotland must do all it can to keep children with their families" and "There must be more support for families based in the communities where they live".

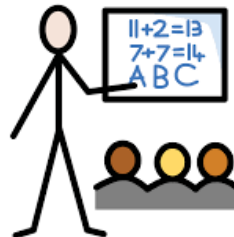


Children's Rights Impact Assessment



Overview:

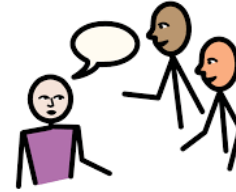
- Articles 3,5,24 and 28:
- We will support families to provide the best possible care to their children through our comprehensive package of support which includes: 1-1 flexible and responsive support based on family's assets, video-interactive guidance, sleep counselling and trauma informed support with wellbeing.
- Articles 15 and 31:
- We will create a wide variety of opportunities for children to have fun, play and experience the joy of life. These opportunities will be available throughout the year to ensure that we are meeting the needs of both our pre-school and school aged children.



Children's Rights Impact Assessment

Overview:

- Articles 2, 12 and 13:
- We will have robust systems in place to ensure that the voices of those under the age of 18 that we support are central to the service that we provide. We will as a staff team be trained in newborn observation to support parents with understanding and communicating with their babies; we will embed systems to ensure that young children can review the support that they receive and children's voices will be heard through our regular children's forums.
- Articles 19,33,34,35,36 and 37:
- At Home-Start Stirling we believe that every child has the right to protection from all forms of abuse and harm. Through following the Home-Start UK Safeguarding and protecting children's policy we will ensure that this is the case.



HOME
START

Children's Rights Impact Assessment



Overview:

- **Article 39:**
 - At Home-Start Stirling we have in place bespoke therapeutic supports directly for children. At present these include 'Drawing and Talking' and 'Seasons for Growth'. These interventions will ensure that children are getting the support that they need from professionals that they know and trust.
- **Article 26:**
 - Through our joint project with the Citizens Advice Bureau we will ensure that families gain the wider financial supports that they are entitled to. We will work with CAB to provide help, support and advice.





SHANARRI INDICATORS



SAFE

Children who are supported by Home-Start Stirling will feel protected from harm with their home.

HEALTHY

Children attending Home-Start Stirling groups and events will be given healthy food. Children attending groups will have opportunities to exercise and spend time outside.

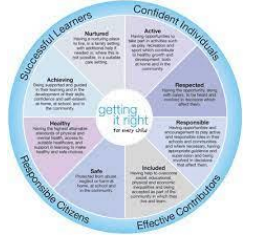
ACHIEVING

Children attending Home-Start Stirling groups will have opportunities to develop new skills and experience a range of activities that will contribute to their learning. Families supported by Home-Start Stirling will be supported to attend school and given support with any barriers that may exist.

NURTURED

Home-Start Stirling will support attachment between parents/carers and their children.

SHANARRI INDICATORS



ACTIVE

We will support all our families to have fun together and to have the confidence to try new things that will support an active lifestyle.

RESPECTED

We will actively listen to the children that are supported by Home-Start Stirling. We will provide regular opportunities for their views to be heard.

RESPONSIBLE

We will support children and their families to understand their emotions and develop skills to support emotional regulation.

INCLUDED

We will create a sense of belonging with Home-Start Stirling so that the children we support feel part of our community.



Children's Rights

INVOLVING FAMILIES





Good Food For All: Easter Programme Fun in Kildean





Good Food For All: Easter Programme Fun at Plean Country Park





Good Food For All: Summer 2022 – seven sessions out and about in Stirlingshire

55 adults and 96 children attended, and 541 healthy meals were provided





Good Food For All

October 2022: Kildean Pumpkin Patch



Staff Training and Therapeutic Support

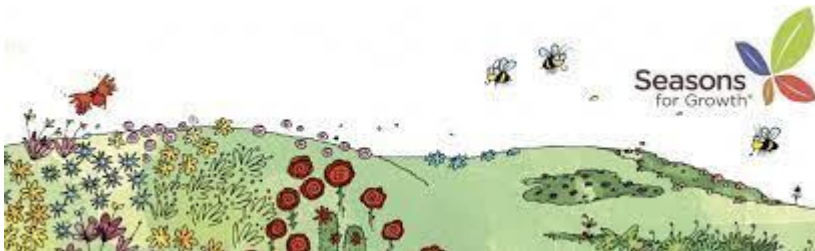


Overview:

- Video-Interactive-Guidance: 5 families
- Seasons for Growth – supporting 5 children with grief, loss and change in partnership with Stirling Women's Aid
- Drawing and Talking – 6 children
- Sleep Counselling – 7 families



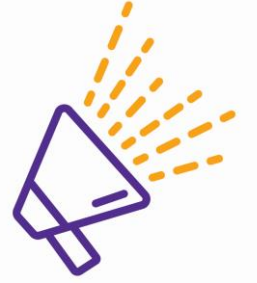
**Drawing
and Talking**



Stirling & District Women's Aid



Child Protection themes



Overview:

- 11 Records of Concern and Action have been completed in 2022-23 for 8 families.
- Themes:**
 - Domestic abuse - including parental abuse
 - Physical and emotional neglect of children
 - Parental drug use
 - Children's mental health
 - Of the 8 families 3 were unknown to social work



Winter 2022 Data Analysis



We discovered that of the 72 families currently supported:

- 61% are lone parents, 42% have three or more children and 67% live in a household where no one is in employment.
- Of our families 70% of our families live in SIMD 1 and 2.
- "It costs us £5.50 return to get the bus to group...If I'm feeling ok I could walk but now its colder and wet it's too much for me but I don't know if I can afford it now"

Responding to the Cost-of-Living Crisis



Overview:

- New partnership developed with Stirling's Citizen Advice Bureau
- 14 families supported from May –August 2022 using the energy re-dress voucher scheme
- “I can't thank you enough, you have no idea what this means to me and my family”.
- December 2022 – Scottish Children's Lottery where we were awarded £1500 for vouchers to support with food, energy and other essential items for family life.
- January 2023 – National Lottery's Award for All – ‘Helping Hands’ project – advice and support in partnership with the Citizen's Advice Bureau



Christmas 2022

Incredible donations, Santa's Grotto and a Christmas Shop



BABES IN THE WOOD

openreach

a BT Group business



HOME
START



Supper Club – Began in January 2023

Providing healthy and nutritious meals for families, cooking and play experiences



PLANS

- We have seen an increase in both the complexity and the intensity of the support that families require.
- A social work colleague said “HSS is a service that meets the needs of families, individually but also as a family unit to enable them to make positive changes in their lives. The service is very person centred and needs led. Families enjoy working with the service and they are able to develop a sense of belonging from the positive working relationships and supports available”.
- Families will be offered a wide range of **community-based** group programmes that enable them to develop new skills, knowledge and understanding, increase their social capital and enjoy quality play-based experiences with their children.
- Our most at risk families require a great deal of scaffolding and support to attend our group provision. Time spent building purposeful, trusting relationships is of central importance to ensuring that families can benefit from the group opportunities that we provide.



PLANS

- We will continue to provide a **flexible and non-stigmatising** 1-1 home visiting service to meet the needs of families. Our service will be **underpinned by children's rights**. We will give parents a voice, providing **empowerment and agency** through our regular reviews of our 1-1 service and our parents forums. We use parents' voices to plan and develop our service and to understand the impact that our support provides.
- We will continue to provide a range of **therapeutic supports** enabling families to get the support that they need from staff that they know and trust. We will train staff in both 'Newborn Observation' and 'Circle Of Secure Parenting' (COSP).
- We have created a positive and purposeful partnership with the Citizens Advice Bureau which will ensure that our families have a robust package of support around them which will reduce stress levels, promote attachment and lead to better outcomes for babies and children.

Thank You



To an incredible staff team who consistently go above and beyond for the families of Stirling

To our home visiting volunteers who support all our families and our Trustees for their guidance in supporting us to navigate through this year.



Thank you to all those who have donated their time, money or items – often anonymously – which have made a positive impact on all of our families this year.



And of course to our FUNDERS – without whom none of this would be possible!

