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Glasgow North and North Lanarkshire



Welcome to our Newsletter!



And just like that, we are three months on from our last newsletter and are now officially Home-Start Glasgow North and North Lanarkshire!

Let's just go with HSGNNL.

And a busy three months it has been. Again, we have seen some changes within the project and are delighted to welcome new members of staff to the team. Karen, Pamela and Gail join the team in North Lanarkshire, and Abi joins us in Glasgow North. Whilst endings and farewells to colleagues are hard, we are always pleased to see staff move on in their career and hope that the skills and opportunities gained in their time spent at HSGNNL have supported their career progression.

We are also excited when we welcome volunteers on to our staff team. On this occasion it is Abi, who has volunteered with us for a number of years and now brings her expertise, skills and knowledge joining us as an employee.

As part of our birthday celebrations (more about that later!), we have been really excited to work with our colleague Liffy in producing a book celebrating our relationships over the last 21 years. Our book “21 stories, 21 lives” captures the stories of 21 people whose lives has been touched by HSGNNL.st As part of our 21

The content is everything. Happiness, sadness, awe inspiring journeys that we have had the privilege of being part of. We look forward to sharing our book with our friends and supporters, and thank all those involved for their generosity and time enabling this beautiful project to be a reality.



Our days have been filled with many activities and events, from training in Child Protection and Trauma Informed Parenting to working with TSIs on campaigns, such as Black Mental Health Week, and developing new practices as part of The Promise. We have continued to develop new relationships to benefit families, such as Dads Support at the Mother and Baby Unit and partnering the fuel bank to try and alleviate fuel crisis. We have secured funding to enable us to run further STEPS courses and are delighted that in partnership with Down's Syndrome Scotland, staff will be attending Makaton training in the new year.

We are proud of what we have achieved this year but know the challenges that lie ahead. As statutory services become more stretched than ever, families being referred to HSGNNL are often more complex requiring additional time and expertise. Although volunteer support remains our core offer, recruitment of new volunteers is difficult as everyone's lives are impacted by the energy crisis and own personal pressures. We remain grateful to all those who give so willingly of their time and can hopefully see the real difference they are making to families with young children.

Once again, we thank all those who support us in so many ways. Let's hope 2023 brings hope, happiness and comfort to us all.

We said goodbye to our Lauren who has been an amazing support for our families, she is moving onto another adventure. Lauren started off as a student volunteer for the Glasgow North team then joined the North Lanarkshire team as Family Support Coordinator. We wish Lauren all the best, she will be very missed!



We welcomed Karen, Senior Family Support Coordinator, and Pamela, Family Support Worker, to the North Lanarkshire team. Karen worked in a variety of early learning and childcare settings, including local authority, private and a third sector children's charity. During this time, Karen realised her passion lay with family support and early intervention and firmly believes this is where transformational change can occur. Pamela worked as a cabin manager in the airline industry for 22 years. During the first lockdown she took voluntary redundancy and embarked on a new career within social care, working as a recovery practitioner in a residential rehabilitation center for addictions and then moving into mental health support.

Previously a volunteer, Abi joined the Glasgow North team as a Family Support Coordinator. She worked as a Speech and Language Therapist for children and young people with additional support needs for almost ten years in Aberdeen.



Fundraising



Collection Cans

We have been working in the background and designed some beautiful new collection cans. If you know of any office buildings/ shops or community spaces happy to hold our collection cans, please get in touch with caitlin@homestartgnnl.org.uk.



Jags for Good

We were really grateful to receive Patrick Thistle football club season tickets as part of the Jags for Good initiative. This is an independent and fans-led initiative aiming to mobilise Partick Thistle fans for social justice issues in Maryhill and across Glasgow. The initiative was launched in the summer with an online fundraiser aimed at buying season tickets for local charities. HSGNNL was lucky to be selected to receive season tickets for families we work with.



"Thank you to Home-Start as my son and I had a great time at the game on Saturday. I used to come here a long time ago and up until now could never afford it. I have something to look forward to with my son every Saturday and it makes me feel normal."

Quote from Dad



Eco friendly coffee mornings

Glasgow North held their Eco Friendly Coffee Morning on 28th September at the Heart of Scotstoun Community Centre, home to the Glasgow Eco Trust, a community café and much more.

Conversations with parents and grandparents focused on sling libraries, cloth nappies and plastic use. There was a mum with a toddler who has used cloth nappies the entire toddler's life and a mum with a 5 month old who had sourced some second hand nappies but hadn't the confidence to use them yet. It was recommended she attend a group hosted by Merry-go Round who focus on cloth nappies to see the practicalities/learn from other mums' experiences as it can be a hard adjustment in the early days.

North Lanarkshire held their Coffee Morning on 30th September in Bellshill West Church. There was added excitement as a reporter from BBC Radio 4 came along to hear the views of parents in regard to being eco conscious during the current cost of living crisis - you can listen to the recording on our social media!

Recycling bins was a key topic of discussion as some parents had no access to recycling bins in their flats and it was very hard to recycle their waste due to lack of bins/bin space. The group plan to discuss how we can change this in the future.

Our wonderful volunteer, Helen, came along to both events and hosted small workshops

on how to mend cloths, iron on patches and take out stains using a cheap “magic eraser” that is marketed to clean walls. The events were a great platform for families to talk and think about how we can all be more sustainable in everyday life.

This project was funded by the Climate Change Festival - for more info search @ClimateFringe.



Donations

We have recently been thankful to our community champions across GN and NL who have supported is in many forms. Our most recent donations have come from Morrisons Wishaw and Tesco St Rollox.

Co-op Local Community Fund

We have just received the exciting news that we’re part of the Local Community Fund. When members buy selected Co-op branded products and services, the Co-op will give local causes a helping hand. Go online at <https://www.coop.co.uk/membership> to find us.

The Co-ops in Kilstyth and Cumbernauld have chosen us as their charity this year, and you can support us through any store in the UK by using your membership card.

AmazonSmile

While shopping with Amazon for some #ChristmasGifts, remember to support us by shopping through the AmazonSmile App. It’s the same app experience but better as, when you shop through Amazon Smile you donate to us with no additional fee to you!

Simply search for- Smile.Amazon - select Home-Start Glasgow North and North Lanarkshire as your charity and support us every time you shop.





The team attended a fantastic Child Protection training session which was facilitated by Fiona Stevenson (Stevenson Consultancy) this also incorporated the Home-Start UK updated policy keeping children safe. Fiona is also a trustee for Home-Start Stirling. It was very informative and reminding us all that keeping children safe is everyone's responsibility. Fiona shared some resourceful from the NSPCC too.



21st Celebrations and AGM

On Wednesday 30th November we were delighted to host our 21st birthday celebration event and AGM at Maryhill Burgh Halls. It was the perfect opportunity to bring together friends, families, volunteers, supporters and funders from the last 21 years to celebrate all that we have achieved within our communities.



The event was hosted by our lovely Ambassador Kaye Adams, with keynote speakers Claire Haughey MSP, Minister for Children and Young People, and Bob Doris MSP for Glasgow Maryhill and Springburn. As always, we were inspired by the stories shared by families of their experiences with Home-Start, and to them we are truly grateful. It was also extremely exciting to be able to launch our birthday celebration book, “21 stories, 21 lives”, an opportunity to hear first hand the voices of 21 people whose lives have been touched by the work of Home-Start Glasgow North and North Lanarkshire.

As part of the event we incorporated our AGM business meeting, giving us further opportunity to learn of our achievements from this year. Our current chair, Anita Heyes, was thanked for her time and commitment to HSGNNL as her involvement stretches over a number of years. Anita is standing down from the Board and the team wish her well in her future adventures. Current Board member Susan Walsh was appointed as our new Chair and we welcome her to this role.

The event brought much merriment, fun and laughter, with Ceilidh dancing, face painting, a life sized unicorn, a delicious buffet and, of course, a magnificent cake! We shared wishes from far and wide from friends old and new with beautiful heartfelt messages of the difference HSGNNL has made to lives over the last 21 years. From Dr Suzanne Zedyk to HSUK CEO Peter Grigg, our much loved colleague Lucy in Sweden to Matilda and her Mum. Just so special.

Our thanks goes to The National Lottery Community Fund for funding this amazing event and to all those who helped make the celebrations such a huge success.

Please listen to our fabulous karaoke version of “Let’s Celebrate” via this link - https://www.youtube.com/watch?v=Ba_qoSS11o4

And please watch this film from Inspiring Scotland that showcases Alvina from Home-Start - <https://vimeo.com/765820264>



Update from your Volunteer Coordinators

“Hi! Emily here. I am thrilled to share the news that my husband and I are expecting our first baby at the end of this year. I will be going on mat leave for one year from 9 December but am confident that you are in great hands with Annette while I am off!”.

“Hello from Annette! I’ve been working with Home-Start for almost 4 years but at a different project – the Glasgow Family Support Partnership. I’m delighted to be looking after volunteering until Emily returns. I look forward to meeting you all. If you have any questions about volunteering with Home-Start, just let me know!”.

We would also love to share some stories from our lovely volunteers Victorine and Debbie...



Victorine – Home-visiting volunteer in Glasgow North

Victorine is a long-standing volunteer with the project in Glasgow North, having joined in 2015. After completing the Bridges Program Victorine was driven to get involved with the families in the community. Since 2015 she has supported eight families, each for about a year. Victorine says that volunteering with families has led her to become a full-time care worker and she enjoys her career working in a care home.

When asked what her best memory was of volunteering over the years, Victorine told us “my best memory has been when I got to support a family a second time. This was because I supported the family with the older children and then mum gave birth to a set of twins and I was able to come back and support them as a volunteer again”.

Debbie – Home-visiting and Group support volunteer in North Lanarkshire

Debbie joined Home-Start in April of this year. Since then, she has jumped right in and supported Home-Start families in a variety of ways including the summer program and Nurture Group. Debbie immediately agreed to help a family needing extra support to attend group activities and since then has been supporting that family through Home-visiting. .



Debbie says that joining Home-Start has given her purpose outside of her home life. When asked what she has taken from her experience of volunteering so far, Debbie told us “Volunteering with Home-Start has allowed me to grow as a person and to share my many years of experience as a parent to six children with others. Not only can they learn from me, but I can learn from them. Every day is a school day”.

[Click here for the Volunteer Application Form](#)



Dad Matters at Glasgow North and North Lanarkshire is finally up and running. Our Dad Matters Coordinator David Monaghan has put a lot of work into promoting the service in Glasgow North and North Lanarkshire areas. David will be offering 1:1 support to dads who are within the perinatal period, either with a pregnant partner or a baby up to 2 years old. Dad Matters also provide online wellbeing groups, walk n talk sessions and new dad workshops (pregnancy to 12 week old).

David had a great opportunity to showcase our dads work at the Children in Scotland Conference in November to a packed audience eager to learn and share of their experiences. There were many thought provoking conversations about dads and how we support them, their families and their babies. "I was made to feel like a passenger rather than a dad" was one of the comments shared by a dad in the workshop, so we obviously still have a long way to go, but hopefully conversations and opportunities like this will enable organisations to embed work with dads in their everyday work.



[Click here for the Dad Matters Volunteer Application Form](#)

"Holding the Baby in Mind"

Our Family Support Coordinator, Lynne, attended an online event through Home-Start UK titled 'Holding the Baby in Mind' exclusively for Perinatal and Infant Mental Health Champions. The event was hosted by Alex Corgier, Perinatal and Infant Mental Health Lead (England, Wales and Northern Ireland).



There were 3 guest speakers during the session. Sally Hogg, Policy Fellow at Pedal, the research centre for play in education, development & learning within the University of Cambridge's Faculty of Education, and former CEO of the Parent-Infant Foundation. Sally delivered 3 sessions throughout the course of the day: Holding the Baby in Mind, Babies Feeding/Sleeping/Crying & The Challenges of Holding Baby in Mind. All were extremely informative, and there were some great discussions in the breakout rooms with staff from a variety of different Home-Start groups varying in experience, knowledge and ideas.

The other speakers were Hannah Guzinsky, Home-Start Scotland Associate and Kasia Zych, Principal Child Psychotherapist at Wee Minds Matter, Infant Mental Health Service, Glasgow. They focused on 'Holding the baby in mind in supervision and reflective practice'. Again, some rich conversations took place around this subject and reflection on our current practice and how this can be improved.

The session ended with sharing of good practice across the network which was a nice positive way to end the day.



Well Done Anna



Well done to our talented staff member and poet, Anna, whose poem 'Monster Tinder' was highly commended by the Forward Poetry Prize and has been selected to appear in their Anthology for 2023!



Group Support

North Lanarkshire Groups

Our Nurture Group in the West Church Bellshill continues to offer a weekly session on a Friday morning for young mums. One of the recent sessions involved lots of messy play. We had sensory stations filled with different materials such as gloop, shaving foam, flour, vegetables and cooked pasta. The children had great fun, mixing, sieving, dividing and transferring. It was a great success.



Cumbernauld Bambinos started on 17th November at St Mungo's Church. This group is for parents or carers of children 0-12 months and runs on Thursdays from 10.30-12.



Glasgow North Groups

Play Talk Read have been a massive support to the families of Home-Start. They came along to Home-Start Glasgow North's October Week Family Day and to our groups at Heart of Scotstoun and Cafe Stork. Our families benefited by spending some quality time with their little ones listening to stories, singing songs, getting messy and picking up great play ideas they can do at home.

To find out more about Play Talk Read, here is a link to their Facebook page: <https://www.facebook.com/playtalkread/>



October Week Family Fun



The Glasgow North and North Lanarkshire teams held separate October Week Family Fun

Day events where the 'Animal Team' came along with some amazing and exotic creatures!



Our families were invited along to see some animals and insects. Some were cute and cuddly like the black and white rabbit and Nugget the chicken, whilst others were just as interesting but not very cuddly, like the two cockroaches and the bearded dragon!

What a fantastic experience it was getting to see and touch creatures that may only have been seen on TV before. Well done to everyone who was super brave and participated brilliantly in turn-taking and sharing.



Pamela, our Family Support Worker in North Lanarkshire, is currently supporting 4 families from 2 schools with children between P1 – P3 in the Bellshill / Viewpark area and taking on another 2 families in the next few weeks.

Did you know that Home-Start UK have a fabulous magazine - Family Matters! If you would like to keep up to date on all Home-Start UK news, click the button below to subscribe.

[Subscribe to our Family Matters magazine here!](#)

We would love to hear your feedback on our newsletter, please get in touch if there's any further information you would like, or if there's anything you'd like to see included, you can email us on info@homestartgnnl.org.uk

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We are always grateful for donations to help us continue to support families, you can donate by clicking on the button below.

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