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Glasgow North and North Lanarkshire



**Welcome to our
Newsletter!**



Director's Intro



In our newsletter in March, I commented on the slightly warmer weather and lighter nights. I am delighted to now celebrate what feels like a month of the best weather that Scotland has ever seen. Just amazing!! It most definitely brings out the best in people with more smiles, more conversation (mainly about the weather), and a sense of community.

The weather has enabled us to embrace the great outdoors with many families enjoying local parks, the Children's Wood and our beautiful garden. There is nothing nicer than hearing the chatter of wee voices from our garden and seeing families connect and develop lasting relationships in their own communities.



Our volunteers remain the “lifeblood” of the organisation and we can never thank them enough for what they do. We continue to think about opportunities for volunteers and are always eager to have feedback on how we are doing. Don’t be afraid to share any thoughts, learning and ideas on how we can improve the experience of being part of our volunteer team.

We are really delighted to have welcomed Alison, an experienced home-visiting volunteer, into a different volunteering role supporting the admin team. Admin love the extra set of hands, especially as we enter the “Summer Programme Season”!

Our level of referrals for support remains high and thankfully we have had a great uptake for volunteer training. We are excited to learn more about the Volunteer Charter launched by Volunteer Scotland.

**CHARTER
CHAMPION**

The Volunteer Charter sets out ten key principles that help to ensure that volunteers are engaged in rewarding, appropriate and sustainable roles. It helps to ensure that volunteers have quality volunteering experiences with adequate support and training. The charter aligns with Home-Start Glasgow North and North Lanarkshire’s ethos, values and policies which enables us to confidently commit to this new pledge.

We are also proud to be able to commit to the Infant Pledge ensuring the youngest members of our society have a voice as they have a right to be listened to too.



Infant Pledge



I am one of Scotland's youngest citizens. To give me the best start, so that I can thrive throughout my life, I need to be seen as a person with my own feelings and rights. I depend on adults to interpret my cues and communications so that my rights are upheld, and my voice is heard.

My relationships with the people who care for me are important and directly affect how my brain grows and develops, and how I learn to process and regulate my feelings. Safe and secure relationships and consistent care support my wellbeing now and give me better chances and outcomes in later life too.

Professionals and academics in the field of Infant Mental Health alongside organisations championing the rights and welfare of babies and very young children have come together on my behalf to create the following expectations, which they believe would help improve my life chances.

I expect that I will:

1. Be seen as a person with my own feelings and views.
2. Be seen as able to communicate my feelings and views.
3. Be able to trust my important adults to think carefully about my feelings and views and speak them for me.
4. Be supported to have secure relationships with the adults who care for me.
5. Have safe, interesting places to play and learn, and the help I need to do so.
6. Have my views valued by my family, community, and society.
7. Have a say in decisions about what happens to me.

My important adults will:

8. Have support to be healthy, including before I am born.
9. Have the information they need to make good choices for me.
10. Have the support they need to understand and meet my needs and their own.
11. Have help from people with the right knowledge and skills.

It is everyone's responsibility to:

12. Consider me and my perspective at all levels of decision making.

Every day is a school day and we are pleased as an organisation to learn and share learning every day helping us all grow and flourish.



We say goodbye to our wonderful Fiona as she steps down from her Family Support Coordinator role. Fiona initially joined us as a volunteer but for the last 7 years has supported many families and volunteers. We wish Fiona the very best in her new adventures!

We welcome Annette as our new Family Support Coordinator/Volunteer Coordinator to the team! Annette comes with a wealth of experience, she worked previously for the Glasgow Family Support Partnership under Barnardo's.

In the North Lanarkshire team we welcome not one but 2 new Group Workers! Welcome Nichola and Brogan who come with lots of skills, passion and a connection with our values!

Trustees

From our recent Trustee recruitment drive, we were so lucky to have 5 new Trustees join our Board.

We would like to welcome Sheila (Child and Adult Protection Lead), Amy, Charles, Marsaili and Anna (Treasurer).

We look forward to their support and ideas!

If you would like to read more about our Trustees, please head to our website:

[Home-Start GNNL Trustees](#)

Fundraising

We want to thank Emma for her Marathon Effort in the Paris Marathon at the start of April!

Her story was published in the Milngavie and Bearsden magazine, sharing her fundraising page far and wide.

Emma is a home-visiting volunteer so she is familiar with the pressures some families are experiencing now. As a small local charity, her support has made a huge difference to us.



Thank you Emma for raising over £5,000 for Home-Start Glasgow North and North Lanarkshire, this will truly make a huge difference to our charity.

Movement for Good

We are delighted to be in receipt of a £1,00 donation from Movement for Good. Thank you to everyone who nominated us through their platform.

You can easily re-nominate us for the next draw by following this link - all you have to do is input our details:

<https://click.benefactgroup.com/click/ggno-3dfvm-d5mkc-l17hc3/>

David and Cameron have chosen to take part in the Loch Ness Marathon on October 1st to raise funds for Home-Start Glasgow North and North Lanarkshire. David is no stranger to Home-Start as he walked the Kiltwalk with us.

Cheer on the boys by checking out their page.

[Donate Here](#)



The team recently attended the Emergency First Aid at Work and Emergency Paediatric First Aid training with First Stop Safety Training in May. They really enjoyed the interactive course, which was led by Sean. Although the subject matter is serious, the course was fun which made it more interesting and engaging!



We would thoroughly recommend First Stop Safety Training for all your First Aid training needs - visit their website for more information:

<https://firststopsafetytraining.co.uk/>



Volunteer News



Our Volunteer Training and Assessment course finished on 8 June. Thanks to everyone who attended and for contributing to the training.

Most of our new volunteers will be ready to support families over the summer holidays.

The next course will be starting week beginning 28th August - date and time to be confirmed.



The course will run for 7 weeks, with each session running for 2.5. hours, covering all aspects of supporting families in HSGNNL.

There will be a daytime and evening option to complete the training.

Family Quote below shows how much a difference a volunteer can make:

"Thanks for all the support mentally, emotionally & financially and for helping me through one of the toughest challenges I have ever faced as a parent. Not all heroes wear capes!!"

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Volunteers' Week

At the start of June this year we showcased how wonderful our volunteers are by focusing on celebrating and shouting out about the wonderful things you do as a volunteer.

The week focused on sharing stories, letting more people know about us, and a relaxing thank you event for current volunteers in Ruchill Parish Church. All volunteers were sent out a personal thank you card and trolley token, we hope you find this useful when out and about.

Our wonderfully talented Group Worker, Mary, hosted a wellbeing session for volunteers to help when things get a little stressful and we have heard some techniques have been used since the session.

From the bottom of our heart, thank you for all your kindness, compassion and being there for families because childhood can't wait.



Volunteer Recruitment

We would be grateful if you could share with your networks, families and friends that we are looking for volunteers. We provide full training and support during the Home-Start volunteering journey. The training is a mix of face to face and e-learning. Full support can be provided with the e-learning.

We are looking for people who have 1-3 hours spare a week, or even every 2 weeks, to support a family.

We need more volunteers for both Glasgow North and North Lanarkshire, but at the moment particularly in North Lanarkshire.

If you know someone who is interested please give them our email address - info@homestartgnnl.org.uk - and we can give them more information.

Calling all Glasgow Volunteers...

The date for our annual mandatory Safeguarding/Child Protection Update Training for all home-visiting and group volunteers is confirmed for 26th September from 10 am - 1 pm.

Venue to be confirmed soon.

Please contact info@homestartgnnl.org.uk to confirm your place.

[Click here for our Volunteer Leaflet](#)

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

Family Group - Glasgow North

During this summer term we have enjoyed several outings in the local community and visited Hamiltonhill Claypits, where we walked up to the viewpoint for an amazing city view and enjoyed the Big Slide. We have also been for a picnic to the local Happy Park wwing park and enjoyed two visits to the Children's Wood.



We have been working in partnership with Glasgow Sculpture Studio and artist Rosie Roberts has held several creative art and craft sessions with us.

Each week we have a selection of toys and resources for babies and toddlers. We enjoy healthy snacks, have a wide selection of books, and we sing songs and rhymes each week as a group activity.

Parents report an increase in their own confidence through attending group, and enjoying new experiences, and notice increased confidence in their child as they play alongside other children. We have a very supportive and friendly atmosphere.

Family Group meets on Thursday mornings 10 am - 12 pm in Maryhill Community Centre.



Cafe Stork Parkhead Schoolhouse

Café Stork Parkhead Schoolhouse is a group for parents from pregnancy up to 1 year of age. The group is supported by a Group Worker and volunteers who create an environment where families feel comfortable and included, enabling parents to meet new friends and share knowledge and parental experiences. We recently had a lovely trip to Tollcross Country Park, where the families enjoyed spending time with the animals and a picnic in the park.

We also run regular Bookbug sessions with visits from the Health Improvement Team. Activities include messy play, songs and dance, and baby massage. The group runs every Monday (excluding school holidays) from 10 - 11.30 am.

Heart of Scotstoun

Heart of Scotstoun group is for parents of children aged 0-3 years. The aim of the group is to empower parents to support their children with their development, peer support, play ideas and enhance wellbeing. We deliver messy play, Bookbug, songs, dance and much more. The group runs every Tuesday from 10 - 11.30 am (excluding school holidays) at Heart of Scotstoun Community Centre.



Cafe Stork Cumbernauld

Café Stork Cumbernauld is for parents from pregnancy up to 1 year of age. Parents get the opportunity to meet new friends, share knowledge and parental experiences as well as take part in activities with their babies, such as songs and dance, baby massage and fun-packed messy play ideas. The group runs every Thursday (excluding school holidays) from 10 - 11.30 am.

If you are interested in finding out more about our groups email us at info@homestartgnnl.org.uk.





2023 Kiltwalk was out BIGGEST ever Kiltwalk Crew raising over £3,000 for Home-Start GNNL!

The team at Mov8 and Gillies from PJ Sandwiches took on the Mighty Stride, walking 23 miles battling through the rain while meeting many new faces and charities!

The troop of parents, volunteers and staff took part in the Big Stroll with their four-legged friends walking 15 miles each from Clydebank to the banks of Loch Lomond.

Our group of little's went for a stroll with Gary the Dinosaur and Slanj along the Wee Wander- 3 miles from Lomon Shores around the castle and finishing at Moss o Balloch Park.

Once at the finish line we met up with friends new and old, also having a wonderful photo opportunity with Love Island's Laura Anderson, who is expecting her first child later this year.

Leah summed up the day perfectly...

“When we left the house yesterday with our t-shirts on someone who was doing the Kiltwalk wished us good luck. On the bus we saw 3 men and we wished each other good luck. At Queen Street the platform was full of different people going to Kiltwalk. We started chatting and it so happened that we were doing the same as others and we walked together from the train station to Loch Lomond Shores. We became family looking out for

each other. After the finishing line we met them again and it was great. In the tent we were up dancing and we knew a lot of people from different charities.

My kids were worried to start with but they had the best time. Ethan was way ahead of us. I loved the confidence he had walking on his own chatting to others.

Thank you so much Home-Start for all your hard work. Erin and Ethan are products of your great work and support. To be where they are today is because of people like you and me who took their time to support Home-Start. Well done guys.

We stayed till 1830 coz the kids loved the band so much.

Now the kids are planning for next year's one. The way they love Home-Start it just shows that they appreciate the love and support we had from day one."

Thank you to everyone who was awarded a Kiltwalk medal, thank you for your Kiltwalk Kindness and supporting us to be there for families when they need us most.

Student Placements

We have been so lucky to have amazing students complete their placements with us, and they have made such a difference to our families with their support.

We asked Eloise and Donna a little about their experiences as a Student Volunteer.



Eloise - North Lanarkshire

When being a student volunteer with Home-Start, you are constantly learning on the placement. It's rewarding as you also get the opportunity to see how the organisation works and the dynamics between coordinators and volunteers. For my placement I was placed at the North Lanarkshire office and I always felt included, all the staff were great and just so positive. The staff also asked for my

opinions and listened and I have really felt part of a team.

When you get your placement you first go through two interviews, just to make sure that Home-Start is the best fit for you. You then attend training over 4 weeks which covers everything you need to know, like safeguarding and the things you can use to support families who may be going through a variety of different life challenges, which can range from confidence and mental health issues to addictions and asylum and immigration. During my training I met several of the coordinators from both offices who acted as hosts for the training. I was then matched to my team and families and attended an induction day.

The great thing about Home-Start is that mental health is very much at the forefront of everything they do, and this is shown in every aspect, be it with the families as a unit but also for paid staff and volunteers through having support and supervision meetings every 6 weeks with your allocated mentor, as that is a safe place to express any worries and concerns about your families or your own mental health. There is always someone to talk to or bounce ideas off of in the office.

I found that as a student studying social work and education, that quite often what we were learning in class lined up with what we were learning at Home-Start and within the placement. I also had access to all the same training opportunities as the rest of the staff which included trauma informed parenting and reading up on voice of the infant guidelines which in the career pathway that I am heading is very useful and informative. I have also enjoyed meeting both my families and their children and they will stay with me forever, I hope they have benefited and enjoyed me as much as I have them.

Donna - Glasgow North

Volunteering is important to me because I get to help people, and that is rewarding. Just being able to help even if it's just being there for someone to talk to you've made a difference to someone's day. I started with Home-Start as part of my work placement for my HNC Social Services because I wanted to work with younger children and their families and after reading what Home-Start were all about I knew that it would be perfect for me. I then stayed on after my placement ended as I was enjoying the experience and had also just started supporting a new family and wanted to continue to do so, and then returned as a student again to complete my HND.



My role as a volunteer and student has been to support the family I was matched with and also work with families in the group sessions within the Heart of Scotstoun. With the family I have supported I have watched mum grow in confidence and self-belief and that has been amazing to see. I love working with all the children and have gained close bonds with them all. It has been lovely to watch them grow, develop and reach their individual milestones.

My experience with volunteering with Home-Start has built my own confidence in my abilities and given me invaluable practical experience for the sector I hope to work in.

My mentors for my families and my group have been fantastic. I have always felt supported, included and encouraged. Others should volunteer with Home-Start because it is such a rewarding role, the learning opportunities are excellent, and the families are just lovely.

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 at info@homestartgnnl.org.uk

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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Info@homestartgnnl.org.uk

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