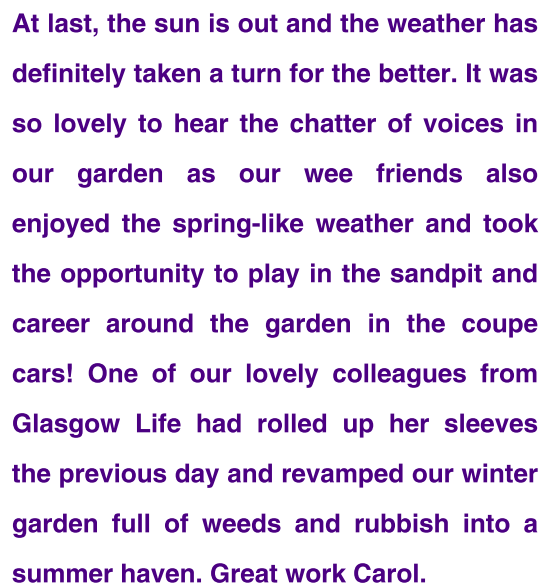



The strategy builds and extends our work across the communities of Glasgow North and North Lanarkshire ensuring children are at the centre of all our decision-making. We

continue to be curious and courageous as we consider future developments of the organisation, but remain grounded and passionate about our core work and commitments. We are proud of what we have achieved to date and excited about what the future holds. We would like to extend our gratitude to all those who contribute to the development of our strategy, ensuring it is truly co-produced, meaningful and guides us on our journey over the next 5 years.

Strategic Plan 2024-29

Over the last few months, the HSGNNL world has continued to be busy with day-to-day normality ticking over and new potential developments coming to fruition. We are absolutely delighted to be part of a consortium that, in partnership with Barnardo's (Lead), Action for Children and Impact Arts, successfully won the tender to provide improved family support in North Lanarkshire. The aim of the funding (Whole Family Wellbeing Fund) is to provide additional resource to Children's Services Planning Partnerships to support whole system change with the focus of reducing the need for crisis intervention. The funding will support the ambitions of The Promise to provide flexible family support, enabling more children to remain loved and supported within their own families.

Thanks also to funding secured through the NHS Endowment Fund, our vision to develop a small early years Family Hub is becoming a reality. Building on the success of our established home-visiting family support service and delivery of parenting support groups across North Lanarkshire and North Glasgow, HSGNNL will pilot a new, innovative Family Hub in Maryhill where all families can drop in from pregnancy through the early years of parenthood to access support. This space will contribute to improvements in the mental health and well-being of parents and young children and offer opportunities to link with other parents and services.

The new Family Hub will directly contribute to the NHSGGC Perinatal and Infant Mental Health Network's aim "to enhance collaborative working between clinical and third sector partners to provide smooth pathways of support for mums, babies and families affected by perinatal mental illness". The Hub will also contribute to the ambition of Best Start in NHSGGC to provide safe, high quality and accessible care in the community and improved perinatal mental health services.

As always, we are thankful for the time and dedication that our volunteers show to the organisation and the families that they provide care, fun and guidance to. They report how it feels “a privilege” to walk alongside families, whilst our staff, Board and families are forever grateful for the passion and commitment that volunteers show on a day-to-day basis.



We have much to look forward to in the coming months and are pleased that you remain connected to us supporting our work. As we develop our summer programme for families, work alongside our volunteers, support fundraisers in their almighty challenges like the Kiltwalk and Bungee Jumping, we are also here to listen to feedback and comments. The door is open, so please don't be shy!

Family Forum

At the beginning of April we welcomed families to a week of Family Forum brunches across our group venues in both Glasgow and North Lanarkshire. Family Forum plays an important part in making sure that the support and services that we provide are relevant and accessible for all. It was lovely to welcome so many families and witness empowered parents and caregivers using their voice to give feedback on our current work and to help shape our future. Some feedback that we received included the importance of our group work for meeting other families and socialising, the positive difference that our volunteers make to the lives of our families, and lots of fun ideas for our Summer Programme!



A huge thank you to all families who took part in Family Forum and we hope to see you, and new families, at the next Family Forum later in the year.



Volunteer News



We are delighted to welcome 8 new Glasgow North volunteers and 3 new North Lanarkshire volunteers to the Home-Start volunteer team. Throughout 7 weeks of training, volunteers explored child protection, mental health, child development and more. Our newly trained volunteers will be joining some of our groups running across Glasgow and North Lanarkshire and supporting families 1-1 through home-visiting.



Our next volunteer training is set to run in August, just after the schools go back.

If you are interested in learning more about our volunteer training and how you can become a Home-Start volunteer, please contact info@homestartgnnl.org.uk.



Volunteer Voices

Volunteers and staff took some time to slow down and connect with each other for Volunteer Voices in February and March. We started the Easter celebrations early by painting “easter egg” plant pots, and then planted them with some spring flowers. Volunteers helped HSGNNL shape volunteer programming by consulting on training and events that they would like to see offered over the next year. All in all it was a lovely day to catch up, spend time doing well-being activities together and enjoy some tea and cakes. And we certainly have some very talented artists in the group!



Volunteer Spotlight

Pauline started as a Social Work student with the North Lanarkshire team and just completed her 1st year social work placement in March - we have been really lucky that she has decided to stay on as a volunteer!

She has kindly shared a bit more about her journey with Home-Start!

What does volunteering mean to you? /

Why is volunteering important to you?

Volunteering means to me being available, reliable, honest, empathetic and non-judgemental to people who need someone to listen at a crucial point in their lives.

Volunteering is very important to me because everyone needs a little help at some time in their lives. Having had life experiences has given me the opportunity to give back some of my experiences to help others realise their potential.

What motivated you to volunteer with Home-Start Glasgow North and North Lanarkshire?

Previously, I had never heard of Home-Start. So, when I was told I was being placed by my university as a student, I thoroughly researched the charity. I was really impressed with the work that they do with the families and the family groups.

Tell us about an achievement or contribution you are most proud of during your time as a Home-Start volunteer.

An achievement I am proud of was through baby steps with one of the families. It was about being very patient and empowering the mum to realise her potential. Not looking back at her past but concentrating on how she had become a survivor not a victim anymore. I encouraged her to discuss her achievements and pointed out what I had perceived during my time with mum. Mum became independent, not dependent on me. This made me feel so proud of her. Our communication with each other had built a good genuine relationship. And together this allowed us both to brainstorm what she wanted and needed.

Tell us a little bit about your role. Tell us about an aspect of your volunteering that you have really enjoyed.

I enjoyed my role as being part of the team. I was very welcomed right from the start and

felt very valued. My role was a dual role as a student social worker and a volunteer for the service. I enjoyed being involved with the family groups and the families. I looked forward to seeing the mums and the children every week. Part of my role was to provide emotional and practical support. This could be just by listening to them in their home or supporting them to a family group. I felt privileged that I was part of their journey. I really enjoyed the Christmas event where I saw most of the families I worked with or had seen at the family groups.

What have you taken from your experience of volunteering?

What I have taken from my time as a volunteer was that my knowledge has developed. Particularly about trauma in the womb, generational trauma, perinatal depression, and most importantly the impact of poverty. I believe these are relevant structural barriers for the families that can have a huge impact on families lives.

Why should others choose to volunteer with Home-Start?

I would definitely encourage anyone to become a volunteer as it so rewarding and a privilege to be part of the families' journeys. Having someone to visit their home or see at the family groups with a friendly face is a lifeline for the families. I could not fault Home-Start in any way and will continue to volunteer as long as I can. They are a dedicated team who put the families first and foremost at everything they do.

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[Click here for our Volunteer Leaflet](#)

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



Fundraising





West Fest

We are happy to announce we are taking part in West Fest 2024. We will host a Summer Fayre on Friday 28th of June at Maryhill Community Centre to raise awareness and funds for our charity. The event is free to attend and will include inflatables, stalls, arts and crafts, food, games, and a visit from the local fire station. We hope to see you there!

HOME START
Glasgow North and North Lanarkshire

SUMMER FAYRE

Maryhill Community Centre 12pm-3pm
Friday 28th June

- ✓ Inflatables
- ✓ Arts and Crafts
- ✓ Stalls
- ✓ Food
- ✓ Face Painting
- ✓ Tombola

Free Entry

info@homestartgnnl.org.uk

Home-Start Glasgow North and North Lanarkshire is a company limited by guarantee, registered in Scotland SC280855 / Charitable organisation, registered with OSCR SC032736

WESTFEST

HOME START
Glasgow North and North Lanarkshire

If you would like to get involved or donate a prize to our tombola stall please get in touch with Rachel@homestartgnnl.org.uk

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Well done Marilyn!!!

We would like to give a special mention to Marilyn, our family group volunteer who smashed her fundraising target and raised £1,062 walking the West Highland Way. Marilyn walked 96 miles (154 km) from Milngavie to Fort William, tackling 50-60 mph winds, all in support of the work that we do. What a brilliant, amazing, personal challenge she has achieved. Well done Marilyn!



On the 28th of April we had 44 individuals tackle the Glasgow Kiltwalk to raise funds for Home-Start GNNL. We had participants in all three walks covering 3, 14 and 23 miles. We would like to give a shout-out to the two courageous individuals from Skipton Building Society who took on the full Mighty Stride, as well as Mummy Fitness Cumbernauld for bringing together a large team to conquer the Big Stroll. The sun shone and everyone taking part had a wonderful day embarking on this challenge. Overall, our participants raised an outstanding £4,142.50 to help support local families.

Did you know you can raise funds for Home-Start GNNL when you do your online shopping?

You can do this by signing up to easyfundraising - it takes just 2 mins to sign up and there are only 4 questions to answer! You can sign up here:

<https://www.easyfundraising.org.uk/>

We would be very grateful if you chose us as your charity as these donations will contribute greatly to the work we do to support local families!



Training

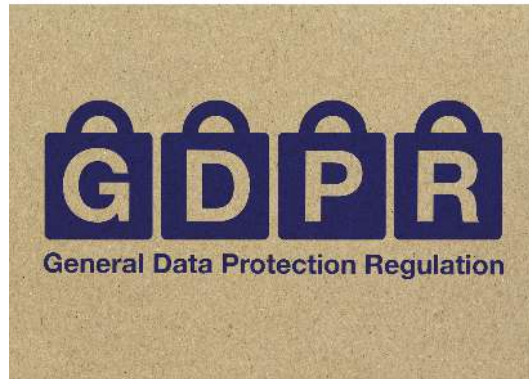
LGBT Awareness Training

During March, all of our staff took part in online LGBT Awareness Training from LGBT Youth Scotland as part of our commitment to further increase our knowledge and support around equality, diversity and inclusion. Staff found the real-life stories in the training particularly helpful in understanding the challenges and prejudice many in the LGBT community face in our society, and this will help us continue to provide the most welcoming and inclusive support to all families that we can. This training was also available to all our dedicated volunteers who provide this inclusive support day in and day out.

GDPR Training.

In March, some of the team attended an online training session to learn more about GDPR. The training was provided by Glasgow Council for the Voluntary Sector. It was really interesting to learn more about our legal obligations, principles of data storage, protecting data at home, and much more. It will be great to implement this training into our working days whether at the office or working from home.

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Human Rights and Equalities: The Basics Training

Some of the team attended online training in April on Human Rights and Equalities with THRE (Third Sector Human Rights & Equalities). The training was very interesting and everyone was given the opportunity to have discussions throughout. The aims were to learn about human rights and equalities and what they are and why they matter, and understanding THRE's human rights and equalities approach.



Do you work with families with babies and/or pre-school children? If you would like to find out more about what support and services we can offer, we are hosting drop-in sessions where you can come and meet with us. We would be delighted to see you and any interested colleagues for cake, cuppa and chat. We also have a car park if required.



They will be held at:
Maryhill Community Centre
35 Avenuepark Street

Date of Next Session:
Friday 17th May 2024
12.30 - 1.30 pm

Maryhill
Glasgow G20 8TS

Let us know you are coming along by contacting: info@homestartgnnl.org.uk

Perinatal Support

Perinatal Mental Health Modules

Recently, Family Support Coordinators Julie and Lynne delivered Module 1 of the Perinatal Mental Health modules to some of the staff team.

There are 4 modules in total and they were developed by Home-Start UK with input from other Home-Starts, including HSGNNL. Each module builds on the learning from the previous one and should be done in numerical order. Together, the 4 modules cover perinatal mental health, parent-infant relationships and infant mental health. The modules can be delivered face to face or on an eLearning platform which gives people the option and flexibility to do what suits their needs best.

All staff reported they enjoyed the modules and took a lot from the training session; they feel volunteers will benefit greatly from doing the modules supporting their volunteer roles with families.

Discussions are in place on setting dates to roll the modules out to volunteers, so watch this space!

Spring Break Trip



On the 4th of April, as part of our Easter Holiday Programme, we went on an exciting trip to Calderglen Country Park and Zoo in East Kilbride. Families, volunteers and staff were able to get up close to lots of tropical creatures and plants in the conservatory,

see some amazing animals in the zoo, have fun in the play area, and enjoyed parachute songs and games in the park's beautiful gardens. We were extremely lucky with the weather, as although a little chilly, the rain had stopped and the sun was shining! For some of our families, it was their first Home-Start trip to the zoo, which meant lots of new experiences, friendships and memories were made. The nice weather, enjoyment and success of the trip has sparked an excitement for our upcoming Summer Holiday Programme, keep your eyes open for what's to come!

Home-Start UK Video Award



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Home-Start UK's film 'The Reunion' recently won a People's Choice Award in its category at the [Smiley Charity Film Awards](#).

The Reunion tells the story of Sam, her daughter Molly and their volunteer Marie. Marie supported Sam 20 years ago when Sam was experiencing postpartum psychosis. The film brings Sam and Marie together for the first time since that support ended two decades ago, and Sam has a surprise for Marie – she has brought along Molly.

You can read more about the award [here](#).

The Weakest Link

On Saturday 9th March 2024 our fabulous Ambassador, Kaye Adams, appeared on The Weakest Link and won £7,100 for HSGNNL! These funds will help make a big difference to the families we support.



Group Support



Family Group

Over this last term at Glasgow North Family Group we have enjoyed a variety of play activities and experiences for families with children under five.

We have done potato printing and used celery and broccoli to paint various shapes. We tasted the celery and broccoli to investigate if we liked the taste and discussed if we preferred it raw and crunchy or cooked in soups and stews.

We focused on being loving and kind to ourselves and others by giving and receiving hand massages, celebrated Burns Night by making tartan paint tracks with toy cars, and enjoyed lots of messy play with gloop which evolved into water play and practicing pouring skills

and splashing.

We made affirmation cards - finding our own 'secret messages' by cutting out images and words from magazines, and children practiced cutting skills. This led to discussions about a range of topics around the table, sharing helpful tips with each other about sleeping, baby led weaning, staying calm and patient, what we'd like to do in upcoming group sessions and where we would like to go on holiday.

Our partnership project continues with Glasgow Sculpture Studio and the Open Museum to deliver the Hands that Hold project. We painted and printed our own individual tea towels, and enjoyed a visit to Glasgow Museums Resource Centre where we looked at art resources such as paintings and sculptures on the theme of parenting, and saw lots of taxidermy with animals from a fox to a walrus, and enjoyed seeing behind the scenes at the museum.

Finally, we had an amazing sculpture session with clay – children were able to play and experiment with squishing the clay and adding water and making marks, while their parents produced incredible works of art on the theme of parenting.

Group feedback at the end of term included comments such as 'talking to other mums, time for myself, something new for my daughter, seeing my son happy and playing and interacting with others, I feel more confident now, I enjoy being here and feeling I am not alone'.

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Springburn Peep Group



Our new Springburn Peep Group for parents/carers and children under 2 years started on Friday 19th April.

Each week we'll be chatting about the little things you do that make a big difference to your child's development.

There will be singing, play and story-time and sharing ideas for learning opportunities to try at home.

We hope that many new friendships will be formed in our nurturing group. Please share with anyone you think may be interested.

Fridays 10 - 11 am (stay for a chat and cuppa afterwards)

Springburn Parish Church

180 Springburn Way, Glasgow G21 1TU

Cooking Classes

We have the wonderful opportunity to offer cooking classes to six of our families in partnership with North West Health Improvement Team and North Glasgow Healthy Living Community. Participants will learn how to cook healthy vegetarian meals, including batch cooking and weekly budgeting. Places are fully booked but we hope to run these again and provide shorter demos in the future.

Family Group Glasgow
Thursday, Maryhill Community Centre
for 0-5 years

Family Group Bellshill
Friday, Bellshill West Church
for 0-5 years

Café Stork Cumbernauld
Thursday, St Mungo's Church,
Cumbernauld
for 0-12 months

Easterhouse Baptist Church
Tuesday, Easterhouse Baptist Church
for 0-5 years

Heart of Scotstoun
Tuesday, Heart of Scotstoun
Comm. Centre
for 0-3 years

Springhill Community Centre
Monday, Springhill Community Centre,
Shotts
for 0-5 years

Cafe Stork Barrowfield
Thursday, Barrowfield Community Centre
for 0-12 months

All groups run from 10.00 – 11:30 am and
are term-time.

If you would like more information on any of our groups, you can email us at:

info@homestartgnnl.org.uk

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.

Donate



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Info@homestartgnnl.org.uk

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