

---

Please share our newsletter with anyone who would be interested to hear our news or find out more about us, they can subscribe through our website by using this [link](#).



**Glasgow North and  
North Lanarkshire**



**Welcome to our  
Newsletter!**



**Director's Intro**



Hello everyone,

Hopefully we have all managed to get a glimpse of sunshine at some point. It certainly hasn't felt like a real summer yet, but we can keep hoping.

Over the last few months there has been lots going on, with the biggest change being the move to our new offices. The Glasgow North team has moved to the newly refurbished Netherton Community Centre, just passed Anniesland Cross. The space gives us a bit of room to breathe and continue developing what we do best. We have taken over an area called the Gatehouse, which sounds very grand! It is located on the ground floor, is accessible, spacious and has great car parking.



The centre is a well utilised community space with many groups of all ages and stages meeting here. We are excited about the community café opening which we will hopefully benefit from and will be a great space for families and volunteers to catch up. Being new to the area we are keen to link with local families and hope to start a new family group in the centre in the next few months. To support more families, we are always on the look out for new volunteers so please don't be shy in sharing your experiences with your friends and family who we would welcome with open arms to our volunteer team.

Our fundraisers have been busy with the most recent challenge embraced by a few brave people. Bungee jumping is not for everyone, but those that did it seemed to enjoy it and raised some fantastic funds to support our work. We were delighted to have our own fun day as part of the WestFest celebrations with families, volunteers, staff, and stall holders all coming together for an enjoyable day in the sunshine. From face painting to an amazing tombola stall, there was lots of fun and again funds raised.



We are delighted to have once again been successful in securing funds to support our perinatal and infant mental health work. This means we join a small portfolio of funded groups across Scotland that are recognised by the Scottish Government for supporting at-risk babies, parents and carers.

Our summer programme was in full swing throughout July with many families enjoying fun times around Glasgow and North Lanarkshire.

Trips to Kelvingrove Art Gallery & Park and a visit by Play Talk Read have meant lots of happy children and parents. And on Saturday 20 July we participated in the PRIDE march in Glasgow – and the sun shone for most of the day!

Thanks always for your continued support of our work. We are proud of what we do and proud to have you alongside us.



Yvonne Farrelly, our new HSGNNL Early Years Family Hub Manager, started with us at the end of July. Yvonne has a wealth of early years and management experience working for the last 14 years as Head of an Early Years Nursery in Glasgow. We are excited to work with other early years colleagues both in statutory and third sector to develop our new small Early Years Family Hub from an idea into reality. Funded for two years through the NHS Endowment Fund, the new Hub, based in our old offices in Maryhill, will be a space 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.

Our first Advisory Group meeting, whose invited members include representation from Midwifery, Health Visting, Wee Minds Matter, Social Work, Amma Birth Companions, Dads Rock and community representation, has already taken place and we look forward to utilising an array of skills and experiences to help us “build” on this bespoke space that will help families flourish and grow.





Our services and groups will not change, but all the Glasgow North staff are now located in our new fab offices at:

**Netherton Community Centre**  
**358 Netherton Road**  
**Glasgow**  
**G13 1AX**  
**( just near Anniesland cross)**

Our new Early Years Family Hub will be based at our old office in Maryhill and we look forward to sharing more information about this new development with you soon.

## **Staff News**

We welcome Yvonne to the team as Project Manager at the Hub. Yvonne has a wealth of experience in supporting families, managing, and developing staff and leading new areas of work. We are grateful to have her join us!



Tissues at the ready! Our Group Worker Mary is leaving us to take on some other exciting opportunities. We are so sad to say goodbye to Mary, but have been super lucky to have her with the team for the last 9 years! She will be missed by all - the staff team, families, volunteers, any many more! She has made such a difference and leaves her mark on Family Group. We will miss her sense of fun, laughs and hugs!



We also say goodbye to our fantastic Group Worker Laura who put a lot of work into Heart of Scotstoun, Cafe Stork Barrowfield and PEEP group at Springburn. Laura has been such a valuable member of the team and we will miss her and her creative ideas!



## Volunteer News



[Volunteer Week](#)



We took some time to celebrate and thank our wonderful volunteers during Volunteers' Week, 1<sup>st</sup>-7<sup>th</sup> June. This year, Volunteers' Week celebrated 40 years. We held two well-being teas to enable our volunteers to come together, connect, reflect and unwind. At our afternoon tea in Bellshill, Kirsteen led us in a guided meditation and at our afternoon tea in Maryhill, Mary introduced us to different relaxation techniques. Unfortunately our volunteer picnic in the Botanic Gardens was cancelled due to poor weather.

.....

### Volunteer Training Course

Our next volunteer training and assessment (T&A) courses are set to begin after the summer break. The course covers all aspects that volunteers need to become home-visiting or group support volunteers and gives them a "tool box" of knowledge that they can utilise within their volunteer role. Training runs from 10 am - 12.30 pm for 5 weeks.

#### **North Lanarkshire T&A**

Tuesdays at Orbiston Neighbourhood Centre, Bellshill

27<sup>th</sup> August, 3<sup>rd</sup> September, 10<sup>th</sup> September, 17<sup>th</sup> September, 24<sup>th</sup> September.

#### **Glasgow North T&A**

Thursdays at Netherton Community Centre

29<sup>th</sup> August, 5<sup>th</sup> September, 12<sup>th</sup> September, 19<sup>th</sup> September, 26<sup>th</sup> September

You can read more about volunteering here: <https://homestartgnnl.org.uk/volunteer/>

Or email us for more information at: [volenquiries@homestartgnnl.org.uk](mailto:volenquiries@homestartgnnl.org.uk)

.....

### Volunteer Spotlight



For our volunteer spotlight for this newsletter, we asked our wonderful volunteer Pauline to tell us about her volunteering journey with us so far. Pauline started volunteering in Glasgow North in 2017. She has been amazing at offering home-visiting support and has also volunteered at groups too. Recently Pauline showed off her artistic skills by decorating our beautiful garden as part of a make-over with a diversity and inclusion theme!

What does volunteering mean to you? / Why is volunteering important to you?

Volunteering gives me a sense of purpose now that I'm retired and have an "empty nest". Volunteering offers some structure and certainty to my week around which I build my more

**fluid recreational activities.**

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

**When I retired I missed working within a team. I was also keen to help children have the best start in life. Home-Start has helped fulfil both of these needs.**

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

**Whenever I help with Family Groups I'm always delighted to see the children making progress and becoming more confident week by week.**

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

**Whenever I'm introduced to a family we start by getting to know each other a bit. Together we'll work out things that the family would like to do. I might accompany them to local groups, community facilities, such as the library, or discover useful bus routes together. I enjoy the diversity of the people I meet and find that we all learn from each other.**

What have you taken from your experience of volunteering?

**I've stepped out of my comfort zone and have met interesting people along the way.**

Why should others choose to volunteer with Home-Start?

**The Home-Start team is very professional, supportive and inclusive, generously sharing training with the volunteers. You'll always meet friendly people amongst the families, staff and volunteers. Most of all, a little time from you makes lots of small differences to the families you meet.**

.....

[Click here for our Volunteer Leaflet](#)

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

.....

## Bungee Jumping

In May, three brave fundraisers - Robert Dunan, Kirsteen Donaldson and Jodie Munro - jumped from a 160ft crane to raise vital funds for Home-Start Glasgow North and North Lanarkshire.



Kirsteen is one of our very own Family Support Coordinators. Working in this role, Kirsteen sees first-hand the difference our support can make to a family's life. Here is a quote from Kirsteen about the jump:

"Doing a bungee jump has always been on my bucket list, so I just couldn't resist to "jump" at the opportunity when it came up (pun intended), and I am so glad I did. I knew I would be a screamer from the word go, and I'm sure everyone in Erskine Village and the surrounding area that day would

agree that this was the biggest understatement ever as a noise escaped me that I never knew I was capable of! Was jumping (okay - I was very gently pushed) off a 160ft crane terrifying? Absolutely, but it was also very exciting and I'm super proud of myself, Jodie and Robert for doing it in the name of Home-Start GNNL. Although, I'm definitely now all adrenalinised-out for the foreseeable future...".

Although all participants said the initial jump was pretty scary... everyone had a huge smile on their face afterwards. What an amazing experience to tick off the bucket list!

Together they raised a total of £776. We can't thank you all enough!



---

## West Fest



On the 28<sup>th</sup> of June we hosted our very own Summer Fayre as part of WestFest 2024. Our event involved inflatables, hot dogs, stalls, face-painting and a tombola, among many other exciting activities.



Unfortunately, the Scottish weather was not on our side and we had to move most activities indoors, however this did not stop us having a fabulous day! Families and the wider community were welcomed to a fun-filled day out to kick-start the summer holidays. We would like to thank the stall holders, HSGNNL volunteers and the wider community who were involved in organising the event, and the many donations we received for the tombola and bric-a-brac stalls. We were taken aback at the generosity of all those involved. Overall, this event raised £602 for local family support.

.....

## Tesco Stronger Starts

Home-Start Glasgow North and North Lanarkshire calls out for votes to get a share of Tesco's Stronger Starts fund.

Stronger Starts provides grant awards of up to £1,500 to local community projects, with a particular focus on children and young people.

Three groups in every community have been shortlisted to receive grant awards and Tesco customers can vote for the group they think should take away the top award in their local Tesco store.

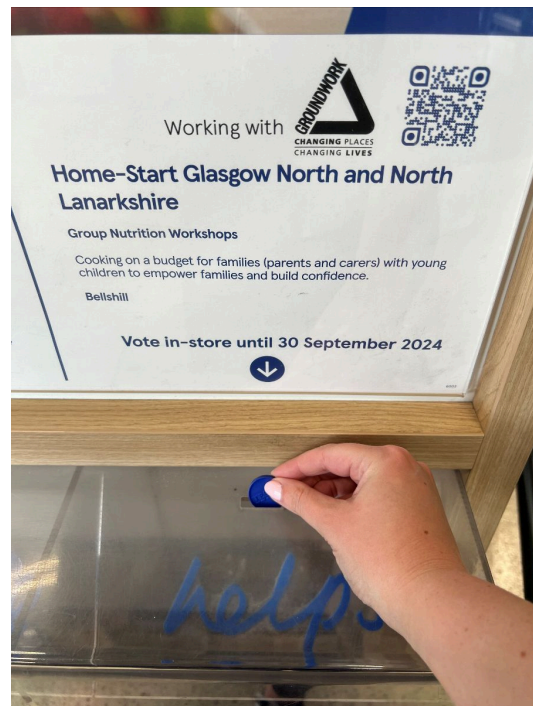
Voting is open in all Tesco stores from July to August. Customers cast their vote using a blue token given to them at the check-out each time they shop. You can vote in the following stores:

**Motherwell ML1 2UA**

**Carfin Express ML1 4GN**

**Bellshill Extra ML4 1EN**

**Voting for us can make a huge difference to a local family!**



## Waitrose

We are really thankful to Waitrose Byres Rd who very kindly donated £1,625 To Home-Start Glasgow North and North Lanarkshire in aid of families who need support. We would like to thank Julia Skelton for working with us over many years and wish her all the best in her retirement. Julia has always made sure that Home-Start receives donations and support from Waitrose during her time there.



---

## Easyfundraising

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!





On Saturday 20<sup>th</sup> July a team of volunteers, staff and supporters of Home-Start GNNL were delighted to take part in Glasgow's Pride march. This was a great way to show our support for the LGBT community and ensure that all families know they are welcome within our service. The weather was kind and there was a great atmosphere on the day, with shoppers clapping and cheering the marchers through the city centre as well as those at pubs and restaurants in the Merchant City. The march culminated with music and food at the Barrowlands. Many thanks to all those who took part.

## Training

In July, Nelly from The Salvesen Mindroom Centre came along to deliver training to the staff team on Neurodiversity. She gave us lots of information to help us identify the traits of common neurodevelopmental conditions, recognise the strengths and differences associated with common neurodevelopmental conditions and apply approaches which are known to support neurodivergent children and young people. The staff found it very informative and interesting.

You can find out more about Mindroom [here](#).

We also had Suzanne from Trauma Informed Parenting back with us delivering training to staff and volunteers.

This training helps us understand about adults who have gone through trauma as a child and also about children who are going through trauma.



Looking at more calm and thoughtful approaches with your child and staying regulated yourself if your child is having a tough time.

You can read more about Trauma Informed Parenting and the work they do [here](#).



## Summer Programme



As part of our Summer Programme of activities, throughout July Home-Start families enjoyed engaging Play Talk Read sessions, an exciting trip to Kelvingrove Art Gallery & Museum, captivating story-telling with talented Allison Galbraith at the David Livingstone Birthplace Centre and The Children's Wood, and a trip to Five Sisters Zoo where families got the chance to get up close with lots of wild animals, including wolves, penguins and monkeys! Huge thanks to PJ Foods for the yummy lunches they provided and to all our families and volunteers who attended making it a summer to remember, no matter the weather!



## Group Support



### Family Group Airdrie

Exciting news! In partnership with Diamonds in the Community, a new family group will launch in Airdrie on Thursday 22<sup>nd</sup> August. Airdrie Family Group will be a relaxed, welcoming space for families to come along, make new friends and take part in child-led opportunities of free-play, singing, storytelling, and arts and crafts. We are excited to bring our group work to Airdrie and to be working with the wonderful Diamonds team.

*Age 0-5. Thursdays (term-time) 10 am - 11.30 am at The Salvation Army, 30 Hallcraig Street, Airdrie ML6 6AH.*

---

### Family Group Bellshill

It has been great to see numbers at Family Group Bellshill increase over the last term but there's still plenty of space for new families to join after the summer holidays! We have enjoyed lots of child-led play, origami making, food preparation and more! Family Group Bellshill will start back on Friday 23<sup>rd</sup> August.

*Age 0-5. Fridays (term-time) 10 am - 11.30 am at Bellshill West Parish Church, Main Street, Bellshill ML3 3DS.*

---

### Maryhill Family Group

We have had the pleasure of welcoming lots of new families to Family Group this term, including many new babies that have been a lovely addition. Families have enjoyed spending time in nature with outings to The Children's Wood and Hamiltonhill Claypits.



We also had a visit from Health Defence who came long to offer free blood pressure checks and heart health talks. Our partnership with Glasgow Sculpture Studio and the Open Museum with the 'Hands that Hold' project is still ongoing, and we look forward to displaying photographs of our work locally in Kilsyth Health Centre. The recommencing date for Maryhill Family Group has still to be confirmed.

*Age 0-5. Thursdays (term-time) 10 am - 11.30 am at Maryhill Community Centre, 35 Avenuepark Street, Glasgow G20 8TS.*

---



### Café Stork Barrowfield

It has been a quiet start to our Café Stork Barrowfield group, but that doesn't mean we haven't had fun! From calming glitter sensory jars to edible 'sand' made from crushed cereals, the babies have been busy! It has been great to get to know the parents/carers and talk over the joys and challenges of parenthood. Unfortunately, Café Stork Barrowfield will not reopen after the summer holidays, but we thank all families who attended and our wonderful volunteer Angela for her dedication to the group.



### Heart of Scotstoun

Our toddler group at Heart of Scotstoun Community Centre has been continually well attended. Over the last couple of months we've had fun celebrating our own little superheroes, been busy (and a little messy) seed planting and showed off our artistic



skills with some outdoor painting. We also had some special visitors come and talk to us about oral health and got to practice our brushing techniques on some giant teeth! We look forward to the group restarting at Heart of Scotstoun, with the date still to be confirmed.

*Age 0-3. Tuesdays (term-time) 10 am - 11.30 am at Heart of Scotstoun Community Centre, 64 Balmoral Street, Glasgow G14 0BL.*



### Peep at Springburn Parish Church

Our first Peep group launched in April and has confidently grown into a lovely, nurturing space where parents/carers have expressed their feelings of being heard and the benefits of the group to their mental health.



Babies have enjoyed easy to replicate at home sensory activities, songs, and stories. We also had a visit from the lovely Mairi who came to chat and answer all questions related to weaning! In the new term, we plan to offer more information sessions, listening to what our families would like to know more about. The reopening date for our Peep group has still to be confirmed.

*Age 0-12 months. Fridays (term-time) 10 am - 11.30 am at Springburn Parish Church, 180 Springburn Way, Glasgow G21 1TU.*

---

### Home-Start at Easterhouse Baptist Church

Our Easterhouse group is buuuusy! We have had the joy of welcoming lots of fantastic families at Easterhouse who are loads of fun and really know how to play! Relaxation is important too, and thanks to our super volunteer Emma we were able to deliver a calming yoga session that was enjoyed by both parents/carers and children alike. We can't wait to get back to the buzz of Easterhouse when group restarts on Tuesday 20<sup>th</sup> August.

*Age 0-5. Tuesdays (term-time) 10 am - 11.30 am at Easterhouse Baptist Church, 18 Westerhouse Road, Glasgow G34 9PD.*

---

### Café Stork Cumbernauld

Our Café Stork Cumbernauld group has had a wonderful term with lots of fun, friendships and memories made. Babies have enjoyed water play and making music on our popular gathering drum, whilst parents/carers shared perinatal experiences and connected over breakfast and a warm cuppa. With a number of our Café Stork babies turning 1 and 'graduating' from our group, we are ready and excited to welcome new families with babies under 12 months after the summer break. It has been a pleasure to be a part of the precious first year of our Café Stork babies' lives and we wish those moving on all the best. Café Stork will start back on Thursday 22<sup>nd</sup> August.

*Age 0-12 months, Thursdays (term-time) 10 am - 11.30 am at St Mungo's Parish Church, 4 St Mungo's Road, Cumbernauld G67 1QP.*

---

### Monday Club at Springhill, Shotts

Our Monday club definitely sets the pace for the week ahead! Lots of lively toddlers have enjoyed exploring different play opportunities, filling up on healthy snacks and taking part in art and craft activities whilst parents/carers get to enjoy a cuppa and a catch up. The group will be returning after the summer holidays, with the date and venue still to be confirmed.

*Age 0-5. Mondays (term-time) 10 am - 11.30 am, venue TBC.*

---

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

[info@homestartgnnl.org.uk](mailto:info@homestartgnnl.org.uk)



## Festive Drawing Competition



Calling all budding artists!!!

I know it seems too early to be talking about the Festive period, but BT has once again offered Home-Start supported families the most wonderful opportunity for their children to have their festive artwork displayed on the iconic BT Tower in London.

Over the Christmas period, the children's art will be used to create BT's Advent Calendar. BT's Advent Calendar will appear on the BT Tower. Of course, seeing their child's festive artwork in lights is a big moment for any family, so BT will capture a video and photos to keep as a special memento.

The artwork must be in landscape format, minimum A4 sized and scanned or photographed.

### How to enter

All artwork must be emailed to [info@homestartgnnl.org.uk](mailto:info@homestartgnnl.org.uk) by Monday 9th September. All entries will be sent to BT, who will select 24 designs for the Advent Calendar. Please ensure the child's name and age is included with the artwork.

---

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](mailto: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



---

*Copyright © 2021 Home-Start Glasgow North and North Lanarkshire, All rights reserved.*

**Our mailing address is:**

[Info@homestartgnnl.org.uk](mailto:Info@homestartgnnl.org.uk)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

\*IIF:REWARDSI\* \*IHTML:REWARDSI\* \*IEND:IFI\*