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Welcome to our Early Years Home-Start Hub *Bump, baby and beyond* Newsletter

**HOME
START**
Glasgow North and
North Lanarkshire

4th Edition

Welcome to our **Home-Start Early Years Family Hub** newsletter.

As we embark on a new year, we would like to express our gratitude and thanks to all partners and staff involved in the development of our new **Early Years Family Hub** in the heart of Maryhill, Glasgow.



A **special thanks** to our clinical team:

- **Rhona Galanti** - Specialist Midwife
- **Dr Ashleigh Macaulay** - Perinatal Consultant Psychiatrist
- **Lauren Ferguson** - Community Charge Nurse
- **Janice Moodie** - Infant Feeding Advisor

2025 was a fantastic year and we are excited to see how things continue to grow and develop at the Hub.

You will find our contact information at the end of this newsletter.

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Pregnancy Workshops

Pregnancy Workshops

Come along to our pregnancy workshops for some sessions on many different topics around pregnancy.

Workshops:

Time for all workshops: 1.30 pm - 3 pm

21st October 2025
Connecting with your baby - Wee Minds Matter

28th October 2025
Health & Well Being during pregnancy and beyond - NHS Health Improvement

4th November 2025
Chatting together- Early communication from bump to baby - Speech & Language Therapy

11th November 2025
Ready, steady baby- practical session - NHS Family Nurses

18th November 2025
Getting feeding off to a good start - NHS Infant Feeding Advisor

NHS Quit Your Way Maternity Service

25th November 2025
Confidence Building - The Wise Women

2nd December 2025
Personal Safety - The Wise Women

9th December 2025
Ready, steady baby- practical session - NHS Health Visitor

Home-Start Early Years Hub
35 Avenuepark Street
Maryhill, G20 8TS

Sign up using QR code

There will be a NHS Midwife on-site.

If you would like more information about Home-Start you can email: info@homestartgnnl.org.uk

HOME START
Glasgow North and North Lanarkshire

As part of developing services within our **Early Years Family Hub**, initial scoping with families and health professionals highlighted a gap in **free ante-natal support** in the community. In response, we launched a programme of **pregnancy workshops** in partnership with **NHS Greater Glasgow and Clyde** and a range of **Third Sector partners**.

Our aim was to provide practical advice, emotional support, and guidance during pregnancy and into early parenthood, promoting well-being and nurturing early parent-infant relationships.

How we made it work:

Workshops were scheduled to coincide with **midwifery clinics**, ensuring participants had access to specialist knowledge and expertise. These ran for **2 hours over an 8-week period**, creating a relaxed, supportive environment for families.

Expected outcomes:

- A welcoming space for pregnant women to meet and socialise.
- Increased awareness of physical and mental health during pregnancy.
- Support for attachment and bonding between parent and infant.
- Improved parenting skills and inclusion of dads.
- Better signposting to tailored services and peer support opportunities.
- Greater understanding of how to support baby's development.

Who was involved:

This programme was a true partnership effort, bringing together expertise from Home-Start GNNL, NHS teams (Midwifery, Health Improvement, Infant Feeding, Speech & Language Therapy, Family Nurse Partnership, Health Visiting), and Third Sector organisations including The Wise Women, The Wise Group, Citizens Advice Bureau, and Parent Network Scotland.

What participants said:

- *"It was a good idea to join this training because it has really given me more insight into how parenting is and how to help our children to meet their needs".*
- *"I enjoyed being part of a group discussion with other pregnant women - it felt supportive and reassuring".*

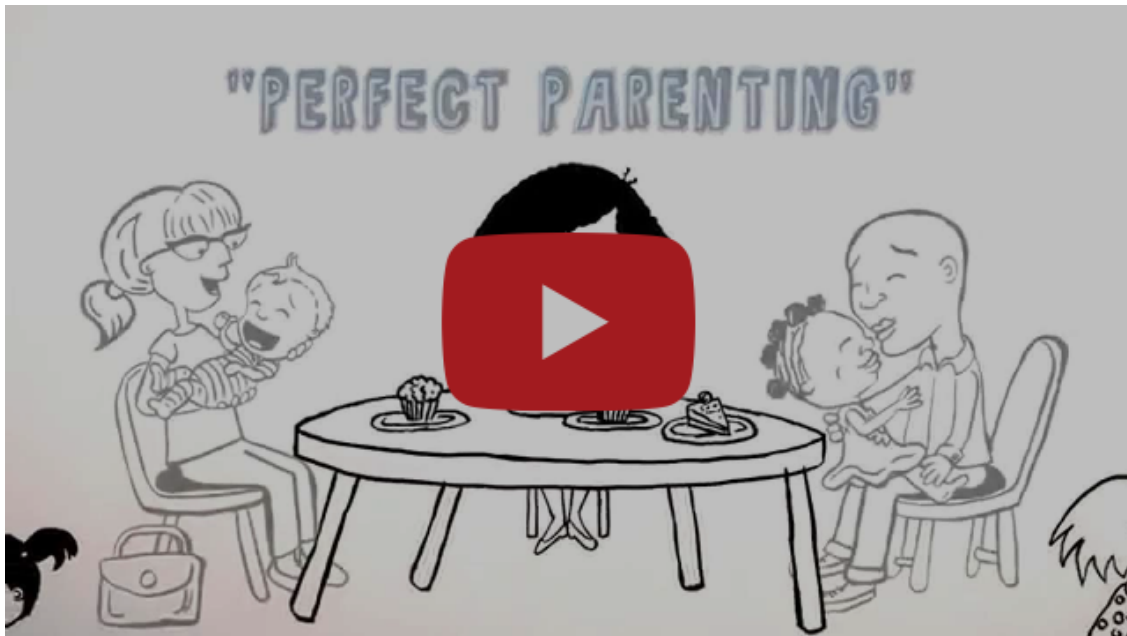
- *"It helped me slow down, notice my baby more, and feel that small moments - like touch and imagination - can build a strong bond".*
- *"Including my toddler helps prepare him emotionally for the new baby".*
- *"I was surprised to learn how important the first hour after birth - the "golden hour" - is for bonding between mother and baby. I also didn't know that the first milk, called "liquid gold," is so rich in nutrients and plays a big role in the baby's health. It was eye-opening to see how breastfeeding changes over time and how we should feed the baby based on their stomach size and needs".*

Partner feedback:

- *"Good group size which allowed discussion amongst the group. Felt very chilled and just like a conversation which was lovely".*
- *"It was very helpful to work closely with Home-Start who were able to support the development of the session, help to identify and support the family to attend and think together about who best to support families going forward".*
- *"I think it all worked well in terms of partnership. As a team, we were pleased to be asked to take part and are always keen to share universal messages about supporting talking skills in babies and children".*
- *"Partnership working is essential for infant feeding. To make a lasting difference, we need to stimulate a cultural shift in attitudes around breastfeeding and safe formula feeding. Involving staff who connect with different groups is fundamental to this cultural shift. Keep up the good work".*
- *"I feel engagement levels are better in community facilities as it is more accessible for people and they are familiar with the Home-Start team. It also offered participants the opportunity to chat and build positive relationships. Great interaction from participants and staff were very supportive".*

This collaborative approach has been key to success, and we're now collating a full evaluation report to inform next steps. Across the 8 weeks we had seven mums to be and one father attend the sessions. Moving forward we are keen to try and engage more people to attend. Our evaluation will support us to identify how we can increase engagement.

Circle Of Security Parenting



We have recently concluded an 8 week programme of Circle of Security Parenting workshops with families.

What is Circle of Security - Being a parent can be challenging, and we all wonder at times if we are getting it “right” and feel unsure of how we could do things differently to better support our children. Circle of Security Parenting Groups are designed to give parents ‘a toolkit’ for helping them to understand and respond to their child’s emotional needs. They help us to focus on the most important thing of all – the relationship we have with our children.



Learning Objectives of the Programme:

- Understand your child’s emotional world by learning to read their emotional needs
- Support your child’s ability to successfully manage emotions
- Enhance the development of your child’s self-esteem
- Honour your knowledge of your child, and wish for them to be secure



We are proud to share that across our team, we now have three staff trained as Circle of Security facilitators, enabling us to deliver more evidence-based programmes as part of the **Early Relationship Fund**. This builds on our commitment to supporting early parent-child relationships and enhancing previous programmes.

What parents are saying after attending these sessions:

- *“It’s an amazing experience to discuss child behaviour and emotions. We learned how to respond and react. I will practice these steps with my children as well.”*

- *"It was a good idea to join this training because it has really given me more insight into how parenting is and how to help our children to meet their needs."*
- *"This has really helped me so far since my child was having delay in her milestones. Now she has been meeting her peers which has encouraged her to learn a lot."*

This programme is already making a positive impact, helping parents feel more confident and connected with their children. We plan to offer further sessions this year.

Wee Minds Matter - Connecting With Your Baby



We are continuing to work in partnership with **Wee Minds Matter**, **Infant Mental Health Service NHS GGC** who have recently concluded the delivery of workshops called 'Connecting with your baby,' around the themes:

- *Sleeping and routines*
- *Crying*
- *Playing and interacting*
- *Understanding communication and development*

These sessions have been delivered at the Hub and were open to all Home-Start families and are also open to the public to attend.

Citizens Advice at The Hub

We're excited to share that the Home-Start Early Years Hub has partnered with the **Citizens Advice Bureau (CAB)** to provide dedicated support for families with children under 5.

What's happening? CAB appointments every Thursday morning - these sessions are by appointment only and tailored to families with young children.

Drop-in support available - Advisor Heather from CAB also sets aside time for families who need immediate assistance.

Impact so far: Uptake has been positive, with at least one Home-Start family booking an appointment each week. Feedback about Heather's support has been excellent, highlighting her knowledge and approachable style. Heather recently joined one of our pregnancy workshops to share valuable information about benefits available to



glasgow north west

We are available
Contact us to arrange an appointment



We are at Home Start on Thursdays, by appointment only

Call or email us:
 **0141 948 0204**
 Our lines are open from 10am to 3pm
 **advice@gnwcab.org.uk**

Or drop in and see us
 **Possilpark Parish Church Hall**
124 Saracen Street, G22 5AP
 **9.30am - 12.30pm**
every Thursday

We have limited capacity and operate on a first come, first served basis
We look forward to welcoming you

families. This partnership is already making a real difference, helping families access advice and support when they need it most.

Wellbeing Toolkit Sessions - Parent Network Scotland



We have recently started a partnership with **Parent Network Scotland**.

This has led to them offering to host free **Well-being** sessions for families which will take place at the Hub commencing the **13th of January 2026**. These sessions are open to all.

Please **scan the QR code to register**.

[Click for more information on the Parent Network Scotland website](#)

Lifelink Wellbeing Classes



We are working in collaboration with **Lifelink** who for over three decades have supported adults and young people to make positive changes in their lives, realise their own abilities to cope with stress and develop ways of overcoming mental illnesses such as anxiety and depression.

Mental health and well-being are often key challenges faced by the parents we support and one of the main areas highlighted by referrers as support needed by families.

On the **19th of January** we will start **weekly sessions** at the Hub every Monday from **10.30-11.30am**.

[Click to view the Linklink Website](#)

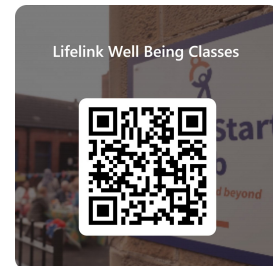
Topics covered over the weeks will include:

- **Session 1 - 19th January 2026 - Boundaries and Self-Care** - This session focuses on how setting healthy boundaries at home and with others can protect your energy and well-

being. We'll explore how to prioritise your own self-care - without guilt - and why that's essential for both you and your family.

- **Session 2 - 26th January 2026 - Building Confidence** - Parenting often requires making tough decisions and supporting others while managing your own doubts. This session helps you understand what confidence is, assess your own confidence levels, and develop tools to feel more secure and assertive in daily life.
- **Session 3 - 2nd February 2026 - Boosting Self-Esteem** - Being a parent can challenge how you see yourself. This session explores the meaning of self-esteem, how it can be affected by parenting pressures, and teaches techniques to break negative thought cycles and build a stronger sense of self-worth.
- **Session 4 - 9th February 2026 - Re-assess Your Stress** - Parenting can be one of the biggest sources of stress. This session helps you identify how stress shows up in your life, what triggers it, and how to break the stress cycle with practical tools you can use every day.

To sign up please click on the link or scan the QR code



[Click for Wellbeing Classes sign up form](#)

Pre-Loved Events



We're delighted to share an inspiring partnership that started with a local resident, **Otilia (pictured)**, who approached us to ask if we could support her work helping families in need. This collaboration has grown into **regular preloved events** hosted at **Maryhill Community Centre**.



How it works:

- Otilia collects donated items from the community.
- All items are **free for families to take**, helping reduce financial pressure and promote sustainability.
- Attendance at these sessions continues to grow, showing the real need and value of this initiative.

Looking ahead:

This year, we plan to introduce **themed preloved events**. This partnership is a great example of community-led action making a difference

Starting Solids Sessions

We continue to work in partnership with **Ruchill Parish Church** to support the delivery of **Starting Solids Sessions** facilitated by the **NHS Health Improvement Team**.

The next session will be held on Tuesday 24th of February 2026 at Ruchill Parish Church.

Also in attendance to provide information and support to families will be Childhood Immunisation Team, Child Smile - Oral Health Team, Health Improvement and an NHS Dietician. Home-Start GNNL provided **FREE dietician** recommended foods for families.

Click on the link below for more information - further videos and information can be found **here**:

[Click for further information on Starting Solids - NHS GC](#)



Family Groups At The Hub

Family Group offers a varied, structured programme facilitated by our Family Engagement Coordinator. At Family Group, we aim to help parents/caregivers overcome isolation and grow in confidence. Activities are based around healthy eating, arts and crafts, music, singing and storytelling, and are focused on parent- child attachment and relationship-building. Our Peep group, for families with children aged 0-24months, helps to support early learning through play, songs, stories and simple everyday activities. Sessions are relaxed and engaging, with plenty of opportunities to chat and share experiences.

This year we have plans to develop further regular groups and activities at the Hub including:

- ***Child safety workshops***
- ***Mellow parenting sessions***
- ***Steps Confidence Building programme***

- **Baby massage sessions**
- **Baby and child first aid workshops**
- **Save the children - Glasgow Innovation Project**
- **Pregnancy workshops**

Family Group Maryhill

Home-Start Hub
Maryhill Community Centre
35 Avenuepark Street
Maryhill G20 8TS
Every Thursday
10 - 11.30am

Parents/Carers welcome
along with children 0-5 years




Sensory Play
Make New Friends
Arts and Crafts
Healthy Snacks
And much more...

HOME START
Glasgow North and North Lanarkshire

If you would like more information or to register please contact us:
07743 238148
info@homestartgnnl.org.uk
Spaces are limited, so please book in advance
To find out more about Home-Start Glasgow North and North Lanarkshire head to our website:
www.homestartgnnl.org.uk





Growing Together with peep

supporting parents and children to learn together

HOME START
Glasgow North and North Lanarkshire



Make New Friends
Sensory Play
Share Experiences
Fun First Foods
Bookbug
Oral Health

Home-Start Hub,
Maryhill Community Centre
35 Avenuepark Street
Maryhill G20 8TS
Every Thursday
1 - 2.30 pm

Parents/Carers are welcome
along with children 0-2 years



If you would like more information or to register, please contact us on 07743 238148 or at info@homestartgnnl.org.uk.



Well Done Rhona

A huge congratulations to **Rhona Galanti Specialist Midwife from the Blossom Team** who has been nominated for the prestigious *Sunday Post People's Choice title in the Royal College of Nursing Scotland annual awards*. Rhona, whose passion is in caring for mums in crisis, has helped **design and shape** the new clinical space at the Hub and runs her community clinic from here weekly.

"I have worked for decades with some of our most vulner able mothers whose lives have often been extremely challenging, frequently from birth," says Rhona.

The nomination comes in the wake of the Hub opening its doors to mothers and families.

The Blossom Unit midwives work with Home-start Glasgow North and North Lanarkshire supporting families.

Click on the link below to read the full article:

[Click to read article](#)



Celebrating Our Volunteers

On behalf of the team, we are delighted to extend our sincere congratulations to our fantastic volunteers who have been named grand final winner of **Health & Wellbeing Champion of the Year** - at the Glasgow Times Community Champion Awards 2025 in association with Vertu. This remarkable achievement is a testament to their dedication, hard work, and excellence within the local community of Glasgow. We are truly honoured to have participated in this prestigious event.

This is an outstanding achievement celebrating inspiring commitment to the local community.



Dads Rock

We are delighted to be working collaboratively to provide a space for **Dads Rock Antenatal Workshops**. These workshops are there to support Dads to be. They cover a wide range of practical skills as well as having room for discussion and questions about being a Dad. Andy (pictured) is the family worker who will be leading these sessions. These sessions take place **once a month** in the annex at the Hub from **7-9pm**

If you are working with any dads who may be interested let us know or click on the link below for more information about Dads Rock

[Click for information about Dad's Rock](#)



ARC Project (Antenatal Results and Choices)



Home-Start GNNL is currently working alongside **ARC (Antenatal Results and Choices)** on a new project educating and supporting parents through antenatal screening and its consequences. ARC is looking to extend its reach and recognises that this will only be possible through collaboration with partners working with and trusted by communities. The project aims to improve pregnancy aspirations and preparation for pregnancy and will include conversations with parents around antenatal screening. It will also support early entry into antenatal care and better understanding of purpose of antenatal care/screening etc, particularly among groups less likely to engage antenatally.

Kirsteen Buckney, ARC Outreach Project Coordinator, was recently employed to deliver this project which will also include educating and signposting health professionals and other third sector partners to appropriate support services when necessary.

[Click to view ARC Video](#)

[Click to view ARC website](#)

For more information please contact kirsteen@homestartgnnl.org.uk

Evaluating Our Services



We are currently collaborating with **Professor Helen Cheyne** from Stirling University, who is leading the evaluation of our project. Our aim is to develop a rigorous, evidence-based framework for assessing our programmes, with a particular emphasis on early relationships. Co-developing the logic model with Professor Cheyne is central to establishing a clear structure for tracking outcomes and evaluating impact.

Our partnership with the **University of Edinburgh** and **Elevate Great** (formerly Cattanach) has been invaluable in strengthening our evidence base and enhancing how we communicate our findings. We're taking a holistic approach - not only evaluating the services themselves but also focusing on how best to use the evidence to demonstrate their impact.

At present, we have designed a validated evaluation tool that will enable us to measure the effect of services delivered at the Hub on people's well-being.

Families Shaping Services Hub Survey

We are currently engaging families to involve them further in shaping the services we provide at the Hub. So far over half of the people surveyed have shared that they find it difficult to find support for them and their family within their local community. 75% of people have told us they would like more support with their mental health and well-being - this led us to our collaboration with **Lifelink**.

By engaging families we aim to focus on providing the right support at the times which work best to support families to attend.



[Click to complete survey](#)

Volunteer For Us



If you are interested in volunteering at the Hub we would love to hear from you. Please contact us for more information.

Coming Soon At The Hub

1. **Parent Network Scotland - Well-being Toolkit Sessions** - starting 19th January 2026
2. **Lifelink Well-being Classes** - starting 13th of January 2026
3. **Pregnancy workshops - Final Evaluation Report** - coming soon
4. **Pregnancy workshops** - Following on from the success of these, work with partners to plan and deliver further programme of pregnancy workshops at the Hub
5. **Steps - Confidence Building Programme** - sessions at the Hub for families
6. **Circle of Security** - further sessions for families
7. **Groups and Services** - Review of the feedback from the survey to support priorities moving forward
8. **Save The Children - Glasgow Innovation Project** - we are currently working with Save the Children to develop a bid for their Glasgow Innovation Project focused on families with children aged 0–6 in Glasgow, and supporting early learning for children in low-income families.
9. **Baby and Child First Aid** - provide further sessions for families delivered by First Stop Safety
10. **Starting Solids Sessions** - working in collaboration with Health Improvement provide further sessions - next session is due to take place in February 2026
11. **Child Safety Workshops** - in development
12. **Mellow Parenting Sessions** - 2 staff trained to facilitate
13. **Baby Massage Sessions** - coming soon TBC

Hub Contact Details

Home-Start Hub

Address: 35 Avenuepark Street, Maryhill, Glasgow, G20 8TS

Telephone: 0141 611 1340

Follow us on Social Media:



[Click to view our website](#)

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We would love 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.

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