



Annual Report and Accounts 2022 - 2023



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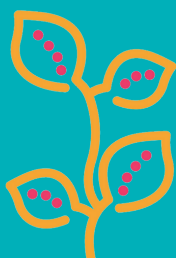
This has been a remarkable year for Home-Start in Edinburgh, encompassing both a merger and an office move. In December 2021 the boards of Home-Start Leith & North East Edinburgh, and Home-Start West & South West Edinburgh, unanimously voted to merge. Our stakeholder assessment told us that families, volunteers, staff, funders, and partners all saw a strong logic in one city wide charity and our financial analysis pointed to significant operational efficiencies. But above all, we were attracted by the opportunity to grow geographically and to help more young families. Implementing that union was the standout project of the year, culminating in a formal merger in October.

As mergers go, it was a very smooth process. Numerous people and organisations helped us, excited by the formation of our new charity. In particular, I must thank Brett and David from Brett Nichols Associates, Christine Carlin from Home-Start Scotland, Fin Wycherley from Supersize Media, Gavin McEwan from Turcan Connell and Ben Macpherson, MSP. We enjoyed a wonderful launch occasion at the Scottish Storytelling Centre, so successful it was standing room only. Our newly merged team needed more office space, so in December we moved to 4 Duncan Place. This building is managed by a charitable organisation and contains many likeminded charities, offering the opportunity for collaboration. Moreover, it provides a pleasant area for our staff and families to utilise.

Our staff, ably led by our CEO Eliza Waye, have been superb through the year, taking the merger and office move in their stride. At no stage were they detracted from our core mission of helping young families. Our Board feel incredibly fortunate to have Eliza and team, who embody professionalism and compassion, our core values. Alongside our staff, our home visiting volunteers engage in weekly one to one support for families across the city, and our group worker volunteers offer families a chance to come together and share experiences. As a volunteer based charity, we are totally dependent on their generosity with their time, energy and enthusiasm, thank you. I must also thank my fellow trustees, who analysed the proposed merger and helped to implement it, alongside all the usual governance requirements. Society is busier than ever, and fewer and fewer people are carving out time to volunteer. I applaud those who do so, and encourage anyone considering it, either as a visitor or trustee, to get in touch with us. It is hugely rewarding, and you can make a meaningful difference to the lives of others.

Thank you to all our funders, without you, we have no charity. Our gratitude runs deep. We hope that our enlarged, efficient structure impresses you and you continue to support us. Above all, I wish to thank the families we work with. You open your doors to us and trust us to make a difference. Our priority for the year ahead is to keep earning that trust.

Robin Black



The earliest years make the biggest impact, make sure those years count

Starting in the home, our approach is as individual as the people we help

We give compassionate, confidential help and expert support

Sharing local expertise can drive local, regional and national change



An Exciting Note on the Merger

In 2021-22 we scoped a merger between Home-Start Leith & North East Edinburgh, and Home-Start Edinburgh West & South West. The Boards agreed to merge and form Home-Start Edinburgh and in April 2022 project managers were recruited to support this. The assets of Home-Start Edinburgh West & South West were transferred to the newly named Home-Start Edinburgh in October 2022.

During this process the organisation reviewed and implemented a new structure. We worked alongside funders to ensure that we met existing agreements of funding; we undertook legal and financial due diligence to ensure the risk was robustly assessed and managed; and we communicated strongly with the team and stakeholders throughout the process. A launch event was held in October 2022 which was attended by over 100 people, including the MSP for Social Security and Local Communities. We are grateful to all those involved for supporting us through this process.

Case Study

Home-Start Home Visitors are volunteers who come with their own experience and then receive training to enable them to support families with young children.

Renee and her two sons Gavin (4 months) and Jack (18 months) were referred to Home-Start by her Health Visitor. After an initial assessment by the Co-ordinator, they were matched with Amy, a volunteer Home Visitor. They initially connected over the phone due to the Coronavirus pandemic, and when lockdown restrictions were easing they decided to meet at a local café. The first time, Renee came along with Gavin (now aged 11 months) whilst Jack was in nursery. Gavin was in a highchair eating eggs – you could tell he felt comfortable by his easy smile and relaxed body. “Gavin was a great icebreaker; we could talk about him and how he was doing”.

“Because you’re a Mum you noticed the little things”, Renee said – “like the way you noticed he was frustrated because he couldn’t reach the sauce, or that he was getting tired by rubbing his eyes”. Amy included Gavin by speaking to him, chatting to him about his breakfast. Gavin responded by smiling at Amy and chuckling, and Renee could use these moments to have her coffee. “Well, it had just been you and the kids through covid for so long” Amy said, in recognition of how isolating covid restrictions had been for parents with young children and babies.



When Gavin was 7 months, Amy supported Renee and Gavin to attend a local toddler group. It was tough for Gavin in the first few weeks at the toddler group. He hadn't at that time really been interacting with other children due to Covid and avoided them in the room, choosing to play by himself and seeking out Renee and Amy. After 3-4 weeks he was becoming more confident, playing alongside other children and seeking out his Mum less and less. Gavin made pals with the volunteer in the kitchen, seeking them when he arrived. The volunteer would talk to Gavin and smile at him, and Gavin smiled back at him and would clap with excitement. He also made friends with the Minister who sings songs with the children. Gavin seeks them out when he is there and sings along with the songs. He is now really confident when he goes there, exploring the environment with Renee nearby.

Amy and Renee started meeting for lunch after toddler group. They would talk about what was going on for Renee and the kids. Amy could share from her own experiences, and also when things were mentioned at Jack's nursery Renee could raise them with Amy who tried to explain what they meant and 'demystify' them. "You were really reassuring because I couldn't even go inside or look at his play area", Renee said. "You had boys that went through it, and I had the same questions that you did".

Sometimes after lunch, they would go to a local park and watch the boys play. The times where the boys were not getting on, Amy could reflect on her own experience of raising two boys and normalize sibling behaviour. She was relatable and reassuring. "It wasn't like a set up, it was just like meeting a friend."



Comments and Stories

“It has been a good time on your company where I enjoyed your support. I could not survive without it. I can't hardly think how I would be no able to manage my life in that time without your care and advice, that is why I am writing this email. I am so great full for all of your support, care, help, dear [volunteer] that you offered us in our hard times, your company was an amazing gift . You made a huge difference in our life and I could not imagine my life without it. Now that I have to say bye, I am a little bit sad as I am loosing such a big support that I still need it and I do not know where I will find it. In another side I am happy as I feel we were so lucky to have you and I understand there are others families who need help too but I wish I could be longer with you. Thanks too to Home-Start to create this link to help the numerous families with needs and the collaborates too that make this possible. I wish you the best and you will be always part of our history.”

-Family ML (May 2023)



“Thank you and Gemma for accommodating [Nursing Student] coming out to visit. I really wanted her to get a sense of all the supports present in the community and the valuable work done to support families. I think it's a really valuable opportunity.”

-Health Visitor (July 2023)



“It is so reassuring and helpful what you do at Home-Start with 1 to 1 for parents who fled from domestic violence, etc. [Mum] told me how you listen and talk to her and play with her son and she is so [much] stronger knowing that she does not have just [a social worker] but you too who help her to build confidence.”

-Social Worker (August 2023)

“Baby peep has been a positive experience for me and [my child] so far and I look forward to attending each week. I find [wellbeing group] extremely helpful and a great way to socialise with other parents in an honest and compassionate environment.”

-Family (September 2023)

“I love being Home-Start volunteer. I get a lot out of it myself. Giving to the families makes me feel good about myself and also to appreciate what I have.”

-Volunteer (March 2023)



“I just want to say a big thank you to the Homestart team for giving us volunteers a lovely dinner tonight. It was so nice to have time to get to know other volunteers and in such lovely surroundings. Once again you have made us feel valued and special and I really appreciate that. I’d also like to thank you for the voucher for coffee you sent . Hope to see everyone soon and apologies for rushing off but my bus was in 7 minutes with the next one 40 away, I caught though! Thank you!”

-Volunteer (May 2023)

“Forgot to message to say thanks again for playing with [my child] when I was so down so I could sort other things and watch you too. [My child] did not stop talking about your building blocks and money from the Lottery will help and we were making shopping list together and plan to do shopping together. You are amazing. The flat is cold, and blanket will warm us.”

-Family (August 2023)



Our Impact

Activity during
2022/23

122 families
received one to
one support with
a family or
volunteer

93% of families
felt more
confident as a
parent

270 families were
supported, with a
total of 370
children

39 home-visiting
volunteers at the
end of this year

We have supported our families through a wide range of different projects;

- 88 families attended Baby PEEP Courses
- 68 families attended Baby Massage sessions
- 23 families attended Pediatric First-Aid courses
- 12 families attended Parent and child groups.



Families attending groups saw huge improvements to how they felt as a parent;

- 93% of families felt more confident as a parent (of 43 families)
- 93% of families felt less isolated (of 43 families)
- 75% of families said they were better able to cope with the 'ups and downs' of life (of 43 families).

During the year we have facilitated a number of group outings and events including to Blair Brummond Safari Park, Edinburgh Zoo, East Links Park, and the Botanic Gardens.



We have offered financial assistance and support to many families, needs for which have risen dramatically due to the cost of living crisis;

- 20 families received a Save the Children grant (totaling £6,800)
- National Lottery granted us £19,900 to provide grants to families to support them through the cost of living crisis
- 50 families received a gift and food hamper at Christmas

Financial Overview

The importance of Home-Start Edinburgh remains crucial for families during 2022 and 2023 as the UK sees the full force of the cost of living crisis, as well as the long lasting impacts of the Covid-19 pandemic. The financial management of Home-Start Edinburgh is key to the support of our families across the city, and we are excited to see growth within both our income and expenditure.

2021/22

Income ... £315,269
Expenditure ... £313,005



2022/23

Income ... £354,175
Expenditure ... £350,934

Charitable Activities

City of Edinburgh Council
Edinburgh Integrated Joint Board
Health Improvement Fund

Donations and Legacies

Henry Smith Charity
COVID Grant (Henry Smith)
National Lottery Community Fund
Capital City Partnership
The Promise (Home Start UK)

Loneliness & Isolation Funding (Impact Home-Start UK)
Garfield Weston Foundation
Hugh Fraser Foundation
DWP – Kickstart Funding
University of Stirling
Leith Chooses
Leith Gives
Edinburgh & Lothians Trust
CORRA Foundation
STV Winter Fund
Bauer Radio
Business Support Fund (City of Edinburgh Council)
Christina Mary Hendrie Trust
EVOC
Anonymous Legacy
Donations from members of the public

Thank you so much to all our wonderful supporters!



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