



Annual Report



Home-Start Orkney Annual Report 2021/22

There for parents when they need us the most,
because childhood can't wait.



Report of Board of Trustees



For the year ending 31 March 2022

The Board of Trustees presents its report and audited financial statements for the year ending 31 March 2022.

Reference and Administrative Information

Registered charity name	Home-Start Orkney
Charity registration number	SCO 30307
Company registration number	280846
Registered office	7 Main Street Kirkwall KW15 1BU
Founder (Home-Start UK)	Margaret Harrison CBE

Board of Trustees

Chairperson	Barbara Graham	Resigned 21/12/2021
Vice Chair	Vacant	
Treasurer	Vacant	
Secretary	Molly Edmond	Resigned 21/12/2021
Board Member	Sue Atkinson	
	Stuart Martin	Resigned 06/12/2021
	Malcolm Graves	
	Susan Coulter	Resigned 17/01/2022
Volunteer Representative	Lorna Penny	

Staff

Senior Co-ordinator	Erika Copland	
Family Support Co-ordinator	Sarah De Rees	
	Sadie Stevenson	Appointed Jun 2021
Administrative Assistant	Mary-Louise Karius	Resigned Jan 2021
	Natasha Stacey	Left January 2022

Volunteers

Heather Bond	
Alice Cant	
Pat Foulis	
Isobel Horne	
Catherine Groundwater	
Margaret Jones	
Hilary Mason	Joined Dec 2021
Jacky Moyes	Retired January 2022
Claire Nicolson	
Lorna Penny	
Carol Rae	



HOME-START ORKNEY

ANNUAL GENERAL MEETING

Wednesday 7th December 2022 at 2PM

A G E N D A

1. Welcome and Apologies
2. Minutes from AGM held on 23rd June 2021
3. Matters Arising
4. Annual Reports
 - Chairperson,
 - Senior Co-ordinator, Erika Copland presented by Family Support Co-ordinator, Sarah De Rees
5. Treasurer's Report
6. Appointment of an Independent Examiner
7. Election of the Board
8. AOCB

Chair's Report



Home Start Orkney, Trustee Report 2021/22

As we pause to reflect on another year of support to families in Orkney, we must consider the ongoing effects of the Covid pandemic and the continued rising costs of living alongside the daily and other challenges that people face.

Throughout this, Home-Start Orkney has continued to provide support to families, having to adapt once again to lockdown measures implemented in late December 2021 and which continued until Spring 2022.

In providing this support, our staff team have worked tirelessly, often putting in many more hours than their contracts state, but this is because they are all so passionate about ensuring very young children have the best start in life, and that their parents are enabled to provide this to the best of their abilities and circumstances. On behalf of the Trustees, I'd like to thank them for their commitment and enthusiasm.

Our team of volunteers are as dedicated and enthusiastic. They tirelessly provide support to families, without fanfare or seeking recognition. The impact that supporting a family for 2-3 hours each week cannot be underestimated, and we have supported many families over the years who will attest to this. On behalf of the Trustees, I'd also like to thank them.

As Trustees, we have overarching responsibility for ensuring the service runs well – with Erika overseeing this on a daily basis. But we cannot discharge full responsibility, and while the covid pandemic provided a huge challenge, we were able to come together to ensure that our responsibilities were not neglected, and having come through this, we have been able to meet other challenges head on too. At times, it is a steep learning curve, but as a team ourselves we can look to and support each other, and I'd like to thank my fellow Trustees for their commitment and dedication to Home-Start Orkney.

This past year has seen several changes within our Trustee and staff teams, and while sad to say farewell to valued colleagues, those who have joined us bring with them a wealth of knowledge and experience from within their fields which will only serve to ensure the vitality of each individual team, and collectively to enhance the support given to families in Orkney.

It is our compassion and commitment for those families which drives us forward, and keeps us focussed when reviewing policies, strategies and other documents – all vital too – but support for local families is the essence and core of our service, as it has been since launched 21 years ago.

Malcolm Graves

Trustee

Senior Co-ordinator's Report



The Year 2021-22

The world we knew pre-pandemic has gone, and it seems a very turbulent place currently. As I write, our nation is in mourning for the late Queen Elizabeth the Second, someone who has been a constant in our lives for more than 70 years. Throughout the seven decades of her reign, seismic shifts took place within society and nations have seen many tragedies, as well as triumphs. Throughout, the Queen remained calm, assured and present – a point of continued reference, providing reassurance. She devoted her life to duty, service and was dedicated in doing so, supporting many charities, including Home-Start.

Change can be discombobulating, creating anxiety and uncertainty. It can also be an opportunity to look at and do things differently, to reflect on what has come before and how best to move on.

Our service has undergone such a period of change. Following the pandemic, during which many people took the opportunity to pause and reflect, we were saddened to say farewell to some of our Trustees, who stepped down from their role for various personal reasons. I would like to extend my own thanks to them for the support they provided both during and after the pandemic, and also to those who remained as Trustees, helping to steer the ship through a review of our services in early 2022.

This review was our own opportunity to reflect on the support we provide to families in Orkney, and to ensure that the ethos of Home-Start support was not overlooked: our focus is very much on early intervention and prevention, with our volunteers and staff team continuing to provide support both within the home and the local community throughout the challenges both our community, the UK and the world has experienced.

For families, these challenges have exacerbated those they already face: as the common issues faced by parents remain constant, and the current cost of living crisis will also be ongoing for some considerable time. The geography of our location, a remote, rural area, can exacerbate feelings of loneliness and isolation, and poor transport links and long, dark winters can have a negative impact on mental health. Our location also means that fuel and energy costs are higher than those faced

by families in more urban areas within the UK. These issues will always be prevalent within our community.

Parenting is often undervalued, and can be one of the most demanding, yet rewarding, roles within society. Online forums and websites provide an abundance of advice and opinion, yet these in themselves, along with local peer pressure and judgement can leave parents feeling overwhelmed and low in confidence and self-esteem. The statistics reflect this with 64% of families referred to us citing mental health issues and almost 60% citing loneliness as reasons for reaching out to us for support.

The first three years of a child's life are crucial in determining their health and outcomes for the future, with more neural pathways being formed then than at any other point within our lives. Positive attachments with main caregivers are the building block for positive neural connections, with children being shown to thrive when brought up within a nurturing family with secure relationships between child and caregiver/s. Home-Start supports parents to enable them to continue to provide these relationships while also facing some of the aforementioned challenges. In doing so, we are helping to strengthen the building blocks on which children's daily lives and futures are built.

Erika Copland

Senior Co-ordinator



Group Support Sessions



FAMILY GROUP SESSIONS

Our Group Support sessions have become an integral part of our service, providing parents and children with the opportunity to come together with their peers in a safe, welcoming environment, with all sessions facilitated by our staff team.

For many families supported by Home-Start Orkney, these sessions allow the opportunity to benefit from peer support, while gaining in confidence, and for the children, further developing social, physical and gross/fine motor skills.

While going back into lockdown in late 2021 did impact on our ability to run the sessions, with the staff team maintaining regular contact with supported families during this period, the enthusiasm of families to attend once restrictions lifted again saw the sessions re-established very quickly. This is surely an indicator of how valuable the sessions are to families, helping to decrease feelings of loneliness and isolation – feelings heightened by the pandemic.



Donations



Donations

KiltWalk (STV/Hunter Foundation)	£1027.50
Orkney Arena Eventing	£165.00
Orkney Renewable Energy	£2500.00
Blue Door Fundraising	£2012.93
BT FestiveReach	£310.00
Anonymous Donation	£65.42
N Stacey	£70.00
M Mason	£225.00
Charity Tub	£15.00
TOTAL	£6390.85

It is not just monetary donations which we receive during the year, but donations from the Orkney public of toys, books, clothes, baby items, pushchairs etc, and these are all distributed to families supported by Home-Start Orkney.

We also received donations of clothing via a charity partnership with our local Poundland store. Again, these are distributed amongst our supported families, providing children with clothing suited to the season.

At Christmas time the local BT Openreach team and their FestiveReach appeal was a huge boost to the donations of toys and books. These were distributed amongst our supported families, and have lessened the financial burden and anxieties for them considerably - thanks to the amazing Orkney public.



Core Funding and Grants



We would like to extend our thanks to all those who have provided core funds and additional grants & monies during 2021/2022.

Orkney Islands Council

Cattanach

Bank of Scotland

STV Appeal

Corra Foundation

Orkney Charitable Trust

Scottish Government (via Home-Start UK and Home-Start Scotland)

