

# HOME START

Edinburgh



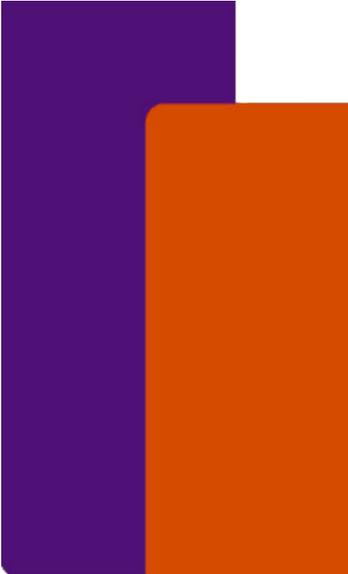
Annual Report  
2023-24



# Contents

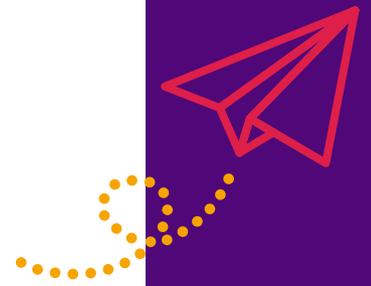


- Chair’s Welcome**  
Robin Black ..... 3
- CEO’s Reflections**  
Eliza Way ..... 4
- Home-Start Edinburgh**  
Who We Are ..... 5
- Impact**  
2023–24 ..... 6
- Highlights**  
A Year in Review ..... 7
- Sarah’s Story**  
A Home-Start Family ..... 8
- Home-Start Edinburgh**  
Get Involved ..... 9
- Financial Overview**  
2023–24 ..... 10
- Thank You**  
Supporters & Funders ..... 11
- Home-Start Edinburgh**  
Contact Us ..... 12



# Chair's Welcome

## Robin Black



Last year I reported that the two Home-Starts in Edinburgh had elected to merge and create Home-Start Edinburgh. This report covers the first full operational year of the combined entity, and we have made great strides towards expanding our geographic reach, enhancing our team and positively influencing more lives in Edinburgh. We recorded a 40% year-on-year increase in the number of families with whom we worked, which is a remarkable growth rate for a charity.

We continue to focus on how efficient and effective our work is. One aspect of enhancing our efficiency has been closer collaboration with other charitable organisations, for example through the ambitious and exciting Family Hub project.

It would be impossible to achieve what we do without the help of numerous individuals and institutions. I am constantly grateful to our staff team, ably led by our CEO, Eliza Waye; they work incredibly hard. As a volunteer-based organisation, we are reliant on those who give up their time to help others. Changes in society means that fewer people feel able to do this, so we are especially indebted to those who do; it is rewarding work.

Charities don't run on goodwill alone, and the challenge of funding is as acute as it has ever been. We are fortunate to have some incredibly generous supporters at an individual, company, trust and foundation level, and we treasure each contribution. Thank you to my fellow Trustees: governance and oversight is a bedrock of all good organisations.

**“Finally, I thank the families who we work with. You open your doors and your lives to us and trust us to make a difference.”**





# CEO's Reflections

## Eliza Waye

Writing messages such as these provides a key moment for reflection, and as I think about the last twelve months at Home-Start Edinburgh I'm filled with gratitude – for the families that welcome us into their home, and for our staff and volunteers who are alongside them through some of the most challenging moments.

It has been a turbulent year. As we have continued to grow and develop as Home-Start Edinburgh, we've also faced significant funding challenges, as have many of our third sector and statutory colleagues. The world is also increasingly fraught and with this brings increasing uncertainty for families. Working at the grassroots level, however, always provides the opportunity for us to focus on the change we can make locally, and the team have certainly done this. We've increased our reach across Edinburgh, supported more families, and grown our volunteer numbers.

We continue to look forward at how we can continue to be effective, and responsive to changing needs. We have launched our Equality, Equity, Diversity and Inclusion Action Plan and will continue to reflect on how we can be good allies. We have aspirations to grow our volunteer numbers even further and know this will require some creative thinking. We also are excited to launch our new collaborative project with our third sector and statutory colleagues, because we know that as a sector, we are stronger together.

**“To our supporters and funders, thank you for continuing to contribute to our work so that children can have a happy, healthy start in life.”**



# Home-Start Edinburgh

## Who We Are

Home-Start Edinburgh supports families in Edinburgh who have a child under 5 years old and who are going through a difficult time. Being a parent can feel overwhelming; when combined with other factors, whether that might be mental health issues or the cost-of-living crisis, housing insecurity or domestic violence, it can feel impossible.

We work in partnership with parents and carers, listening to what families tell us that they need, and responding with compassionate, trusted and friendly support so that families can build confidence in their parenting ability and truly enjoy their child's early years rather than just survive them.

Our trained volunteers and staff befriend families and visit them at home once a week, providing both practical and emotional support. We also run regular parent and children's groups such as Baby Massage and Peep (supporting parents to make the most of everyday learning opportunities at home, including listening and talking, playing, singing and sharing stories and books). These groups provide a space in which parents can meet others, make connections and share experiences whilst spending quality time with their child.

Similarly, we hold regular social and holiday events which are open to all our families, and connect families to Edinburgh's cultural life. We can provide financial assistance for essential items. We also work with trusted third sector partners across the city, signposting to other services.

**“I’m so thankful for this charity and the work you do. [My co-ordinator] has held my hand these past few months and been an incredible support to my daughter and I. To have that support and guidance, to feel like someone gets it and listens, has just been everything to us. I am feeling much stronger and sure of myself. I’m so glad I finally asked for help.”**





# Impact 2023-24

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

Social worker



379 families supported



476 children supported



40% more families supported than in 2022-23



65% of referrals came from Health Visitors

“You are a truly wonderful organisation. All my [referred families] loved you and found you very kind and supportive. And for me, it’s so easy to communicate and work with you. Thank you for all your amazing work you do for the families!”

Family nurse



45 trained volunteers



1446 volunteer hours

“The help I have, and will receive, from Home-Start will help me financially and mentally. It has taken some strain off things for me. I am so grateful for the support.”

Supported family

# Highlights

## A Year in Review



Home-Start Edinburgh supported 40% more families this year than in 2022–23, making a real difference to the lives of children and families across the city

We began planning for the Family Hub, an exciting project to be delivered from 2024 to 2026 by ourselves, Home Link Family Support, Circle, Stepping Stones North Edinburgh, City of Edinburgh Council Early Years and NHS Lothian PAIRS



Families enjoyed our holiday social events, including the Botanics, the National Museum of Scotland and Edinburgh Zoo, as well as park picnics and beach days

We expanded our work across the south-east of Edinburgh, with a new Family Support Co-ordinator reaching previously unsupported families

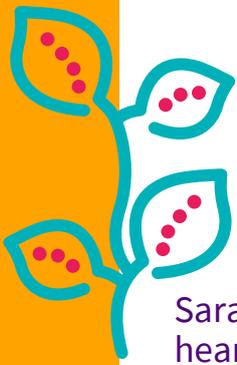


We set up new groups and implemented new approaches, including the Circle of Security programme, a Stay & Play group in Craigmillar, a wellbeing group pilot, and a Play Cafe in Newhaven

We brought festive sparkle to families at Christmas, delivering gifts and food hampers to more than 50 families, and celebrating the season at a joyful Christmas party



Our wonderful volunteer Joan W completed 20 years with Home-Start Edinburgh!



# Sarah's Story

## A Home-Start Family

Sarah's baby had been diagnosed with a cardiac condition and needed major heart surgery. Sarah\* felt extremely anxious, and struggled with the difficulty she felt in becoming too attached to a baby whose future was uncertain. Finding herself in an overwhelming world of hospitals and huge decisions, Sarah hoped that coming to a Home-Start Edinburgh group would help her rediscover some of the joy and playfulness that she had experienced with her older child.

The weekly Peep sessions took Sarah and her baby away from the house and all their worries. Sarah was grateful for the distraction, and loved participating in playful activities, songs and rhymes with her baby.

She felt supported by her peers and the Home-Start volunteers. When her baby had the operation, her newfound friends in the Peep group sent her a card with their love and best wishes, which boosted Sarah's spirits and which she treasured.

By the summer Sarah's baby was on the mend, and just weeks after surgery was well enough for them both to come to Home-Start Edinburgh's social events. At a picnic, another Home-Start family reached out to her as their daughter had also had heart surgery as a tiny baby; together, they shared their experiences. Sarah subsequently came to a beach event with her own mother, her baby and her older child, where they played happily and looked forward to the future.

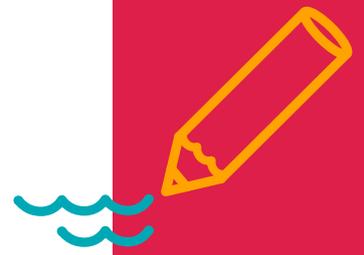
\*Names have been changed.

**“She smiles and takes part in each session, and at home is recognising the songs we sing... I cannot thank you enough. It has been a massive support and helped me create a strong bond with her through play and focus on more positive aspects of family life.”**



# Home-Start Edinburgh

## Get Involved



Home-Start Edinburgh are one of the largest early years charities in Edinburgh, providing practical and emotional support to families with a child under 5 years old.

In 2023–24, we received an average of 25 referrals each month, with a 12% increase year-on-year.

### Donate or fundraise



We welcome all donations, large or small, whether one-off or regular. Maybe you could consider leaving a legacy to us in your Will? Or we would love to support you in a sponsored challenge, from a gentle sponsored walk to a full marathon!

### Volunteer with us



Our volunteers are at the heart of what we do. Volunteers can visit families on a one-to-one basis, or facilitate our groupwork sessions. We also welcome help with admin and our family events.

### Get in touch



We'd love to hear from you.



### Follow us on social media

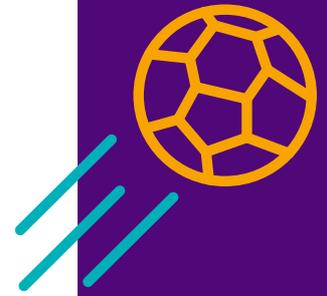


“I enjoyed having [my volunteer’s] visits. We always had a lovely chat and she shared things new to me that I could learn. I feel I can understand my boy’s needs much better now, and feel more confident as a parent.”

Supported family

# Financial Overview

## 2023-24



Support from Home-Start Edinburgh remained crucial to an ever-growing number of families during 2023-24, as the impact of the cost-of-living crisis and cuts in services continued to bite. The challenge of raising funds to meet this increasing demand is relentless.

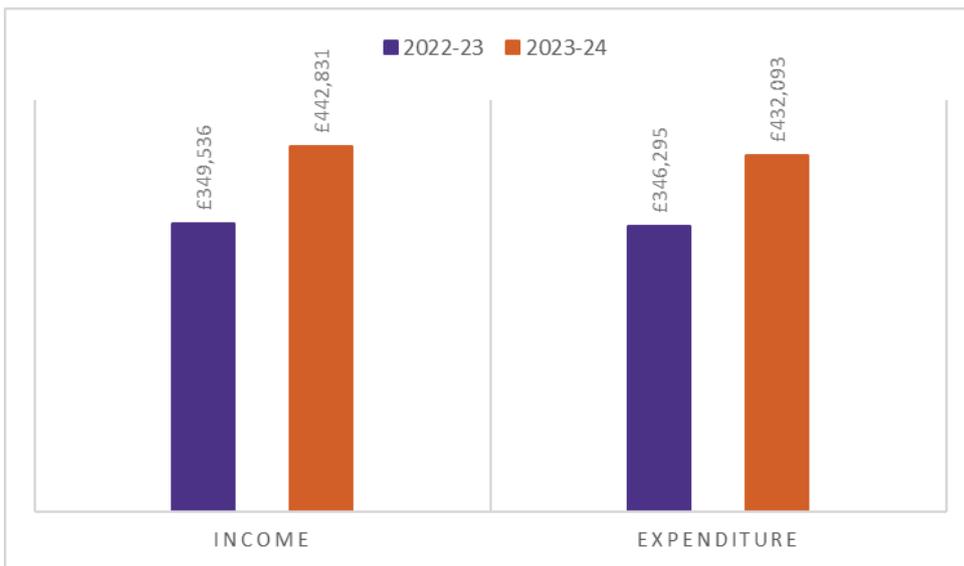
In 2023-24 we were able to increase income and expenditure, notably through funding to expand our work across south-east Edinburgh, enabling us to reach families across the whole of the city.

We need the support of the community in Edinburgh, Scotland and across the UK, from business to third sector organisations to individuals, to help us meet the needs of the families who turn to us in their most difficult moments.

**2022-23**  
Income £349,536  
Expenditure £346,295



**2023-24**  
Income £442,831  
Expenditure £432,093



# Thank You Supporters & Funders



We are grateful to the following funders and donors for supporting us in 2023-24:

Capital City Partnership  
City of Edinburgh Council  
Derek Stewart Charitable Trust  
EVOG Edinburgh Communities Mental Health and Wellbeing Fund  
Garfield Weston Foundation  
Henry Smith Charity Covid Recovery Fund  
Home Start UK Loneliness & Isolation Fund  
Home Start UK White Stuff Empowering Women Fund  
Hugh Fraser Foundation  
Edinburgh Integration Joint Board (EIJB) for Edinburgh Health and Social Care Partnership  
JS Innes Trust  
Kelly Family Charitable Trust  
Nancie Massey Trust  
NHS Lothian Health Improvement Fund  
Robertson Trust  
Save the Children  
Scottish Government Volunteering Support Fund  
Stafford Trust

Baynes the Bakers  
Cadence  
Home Bargains  
TK Maxx and Homesense  
Duke Street United Reformed Church

Members of the public

**Our full accounts for 2023–24 are available  
on the About Us page of our website:  
[www.homestartedinburgh.org.uk](http://www.homestartedinburgh.org.uk)**

# HOME START

## Edinburgh

**Duncan Place Community Hub**

**4 Duncan Place**

**Edinburgh**

**EH6 8HW**

[www.homestartedinburgh.org.uk](http://www.homestartedinburgh.org.uk)

0131 553 7819

[admin@homestartedinburgh.org.uk](mailto:admin@homestartedinburgh.org.uk)



**JustGiving™**



A Company Limited by Guarantee, Registration Number: 280853  
and a Charity registered in Scotland, Number: SC004387