



sure start  
annual report summary  
2009/10



# Annual report summary 2009/10

**The aims of Sure Start are to support families and carers with children aged 0-3, working with their strengths, and building on the resources of their community and partner agencies.**



**Sure Start dealt with nearly 1100 people, parents and children. We held up to 41 groups a week in the year 2009/2010, a new record.**

**Although the parent numbers on our data collection system have fallen slightly this may be due to:**

1. Increased targeting and focus on therapeutic parenting courses, which have more success but smaller numbers
2. Staff sickness absence; change of fathers' worker; loss of social worker leading parenting programmes
3. Improved consistency in the data collection system, which no longer counts all parents but children.

We continue to offer more group and individual support to communities across West Lothian each year.

*"The feedback is very positive from the fathers and all say they feel better prepared to cope with the needs of a new-born baby. The young men said that the course was helpful in feeling better prepared for [baby]"*

*"The break from my wee one in the middle of the week is worth the effort to get here and he is really tired out afterwards from the fun he has had"*

*"I look forward to coming to my group"*

*"Lets me know I am not alone"*

## The main achievements have been:

- Employment of one of our Peer Educator fathers for six months as a Fathers' Support Worker, aiming to give him experience of child care to get on a college course.
- Wide ranging set of good outcomes for parents including college, university, work, self-evaluated improved parenting, achievement of self-set goals.
- Peer Educators gained 200 hours Millennium Awards for Volunteering.
- Continued positive results in the annual outcome survey, customer service surveys, success stories and 21 compliments for staff.
- 'Positive Steps' is now a rolling programme of support due to high referral rates and good evaluation results for mothers with postnatal mental illness.
- A new temporary post funded by the Scottish Government, offering individual support to parents who did not wish to attend groups.
- Three Play Support Workers gained their National Progression Awards at West Lothian College, another step towards registration with Scottish Social Services Council [SSSC] by 2013.
- New partnership with Peri-Natal Mental Health Unit to replace Cross Reach [Church of Scotland] staffing of a postnatal support group for women.
- Our first midwifery student placement which went very well and supported some young parents in their homes as well as groups.
- Additional funding drawn into the team for work in one community, for the Fathers' Support Worker post, and childminding support.

## We continue to strive for quality in our work, which includes:

- A bronze COSLA award for our work with fathers.
- Care Commission inspection of our crèche increased our grades to 'Very Good' [Grade 5] for all aspects of the service.
- Incredible Years new Toddler programme being run here jointly with Clinical Psychology as a pilot for Scotland, and researched by University of Edinburgh.
- Incredible Babies training offered to two staff which will again be a pilot for Scotland
- HOME inventory training for assessing childcare with tested evaluation tools.
- Planned research into our Young Mums to Be [YM2B] programme in partnership with University of Edinburgh's Practitioner Research Programme.
- Presentation at NHS Lothian Infant Mental Health conference which was well received and our approach valued.
- National recognition of our work as innovative, including approaches by BBC television and radio about our work with fathers.
- Successful Annual Conference on theme of new research, including evaluation of Getting Through the Day, one of our parenting courses: 150 attended.

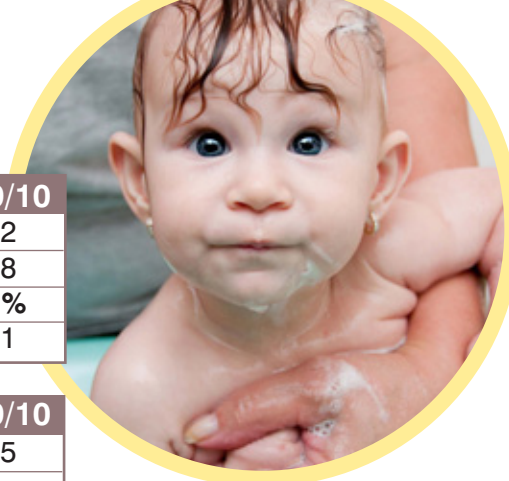
## Trend information

Referrals	07/08	08/09	09/10
individuals referred	465	735	582
not taken up	114	127	108
<b>% uptake</b>	<b>82%</b>	<b>83%</b>	<b>81%</b>
work completed	409	301	131

Age of parents offered a service	07/08	08/09	09/10
under 22:	207	229	125
over 22:	116	109	83
<b>% under 22</b>	<b>69%</b>	<b>64%</b>	<b>60%</b>

Antenatal work	07/08	08/09	09/10
<b>Total antenatal</b>	<b>289</b>	<b>352</b>	<b>275</b>
Dads2B attended	172	262	148
YD2B			30
YM2B referred	117	90	97
Attended	62	52	54
<b>% YM2B attendance</b>	<b>53%</b>	<b>58%</b>	<b>56%</b>
Regular attendance (over 3 sessions)			43%
<b>Scottish average for under 20s</b>			<b>22%</b>

Postnatal groups	07/08	08/09	09/10
<b>Young Mums + includes Bumps2Babies</b>			
Referred	92	87	105
Attended		70	84
<b>% uptake</b>		<b>80%</b>	<b>80%</b>
<b>MumsRuz/others</b>			
Referred	11	10	55
Attended		8	49
<b>% uptake</b>			<b>89%</b>
<b>Dads Clubs</b>			
Referred	26	63	29
Attended		48	18
<b>Parenting Courses</b>			
Referred		206	115
Attended/completed	90	90	63
<b>Postnatal totals</b>			
Referred	219	366	304
Attended		216	214
<b>All % attended</b>		<b>59%</b>	<b>70%</b>



*"It gives me ideas of what to do at home"  
"my child will now eat fruit"*

*"Women said they were spending more 1:1 time with their baby thus improving their relationship with their baby"*

*Women who completed the group all had a reduction in their depression and anxiety*



## Community activity /universal groups in selected communities

Totals (Children)	250	239	247
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### Engagement

Postnatal referred (parents)	219	216	214 attending
Dads2B course	172	262	148 attending
Other antenatal	62	52	84 attending
Activity groups (children)	250	239	247 attending
Baby massage			107 attending
<b>Total group uptake</b>	<b>703</b>	<b>769</b>	<b>800</b>
<b>Individual support</b>			
Family Support workers			
Referred families	38	43	37
Supported	32	32	31 Supported
Childminding families	25	39	52
Total individual support	57	71	83

Service Activity	07/08	08/09	09/10
Individuals referred (parents and children)	652	735	582
Non referred services	422	501	492
<b>Total services offered</b>	<b>1074</b>	<b>1236</b>	<b>1084</b>
Total uptake/supported	760	840	883
<b>% supported</b>	<b>71%</b>	<b>68%</b>	<b>81%</b>

*"It's the one time I get out during the week. A bit of time for me"*

*"This helps me get through the week"*

*"I feel I can talk about anything and people listen"*

*"It's great finding out that I am a good pal"*

*"This group has kept me going through my split"*

*"My child shares more"*

*"This group has given me a life. I now see people in the evening and at weekends"*

*"The person was so good with my son and couldn't have asked for a better person. He learned lots and came out more happier and learned manners too!"*

*"Gives my child a chance to play with other children"*

*"My kids love coming here, they ask to come everyday, all I hear is [crèche staff name]"*



## Numbers of groups (sample August/Sept 09)

### TOTAL 38

Activity groups	10
Young Dads	1
GTTD	2
YM2B	2
Dads Clubs/groups	3
Positive Steps	1
Dads2B	2
YM+	6
Parents Group	1
YD2B	1
TOPP/MumsRuz	3
Bumps 2 Babies	1
Baby massage	2
Open baby groups	1
Peer Education	1
Crèche training	1



*"Very impressed with the service... it enabled me to return to work"*

Trends	07/08	08/09	09/10
Maximum groups year	35	36	41 per week
Crèche supported (max)		23	21 per week

## Survey results - Getting It Right for Every Child outcomes

### Parents say Sure Start helps them feel

Feel Safe	96%
Feel Valued	92%
More Responsible	92%
Feel Cared for	92%
Achieve more	88%
Feel part of community	81%
Feel supported	85%
Feel Healthier	73%
More Active	81%

*"My child really enjoys the singing at the end"*

*"The children enjoyed the time out and enjoyed the local play park and the swimming"*

*"The Childminder was extremely good - she was a god send. I just wish that the childminding had been arranged sooner - it really helped my child and I to bond with each other and gave me time to heal mentally"*



**Our Peer Educators getting their  
volunteering awards in December 2009  
at the Voluntary Sector Gateway, Bathgate**



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