



Midlothian Sure Start



www.midlothiansurestart.org.uk



@MidSureStart



Midlothian Sure

Annual Report

1st April 2022 to the 31st March 2023

A word of welcome

It is with great pleasure we present our annual review for the period 1st April 2022 to the 31st March 2023.

The year started with staff working hard to re-engage families in the life of the family learning centres post covid, while at the same time struggling with ongoing staff shortages caused by ongoing COVID infection and other illnesses that staff had lost immunity to over the course of the pandemic. A variety of creative and fun ways were used to support this, particularly over the summer when all the centres had a range of fun activities from story telling to magician's. The organization also held a really successful "Mayfield Mini Festival" in partnership with Lawfield Primary School. This event was held to enable local children to benefit from the Edinburgh Festival, which though it is on the doorstep of local children. many do not have the opportunity to partake in its many varied activities.

During the year under review the level of need really escalated. This was in line with Public Health Scotland [data](#) which showed an increase in developmental delay in children starting early learning and childcare following lockdown. Parental stress and mental health problems also pose risks to children's later development, affecting their language and cognitive development and their emotional wellbeing.

The period under review was an increasingly challenging time for families as they battled the cost of living crisis and this has continued to place both a burden on individual families, on our staff and on the organization. For families, Midlothian Sure Start was delighted to be able to offer some support through our partnership working the Penicuik CABx and through our involvement in the trusted provider scheme, which has made a real difference to families not least because it focuses on taking a dignified approach.

Midlothian Sure Start continued on its ambitious training programme, training staff in a range of family learning and early years courses. The perinatal team introduced Parent Infant Interaction Observation scale training, and Midlothian Sure Start undertook the initial roll out of Facilitating Attuned Interaction (FAN) training, which is based on the concept of attunement; and the awareness that when people feel connected and understood it creates the space for them to engage and hear ideas to try things differently. The organization was delighted to be invited to the Orkney Science festival in the summer to present on this and to the EECERA conference to present our work on PICL.

Midlothian Sure Start was delighted to find out that we were a UK wide finalist in the National NMT Nursery Awards in the category Nursery Group (Under 10 settings) Award and the Perinatal Infant Mental Health Team were delighted to receive the AIMH together award (shared with Cardiff Parent Plus) **"In recognition of an infant mental health team working collaboratively and creatively to improve infant mental health outcomes for babies in their community."**

The financial year drew to a close with Midlothian Sure Start working with third sector partners to lobby against funding cuts. Unfortunately, despite our best efforts and huge support, the year ended with the announcement of a £200k (35%) cut in our family learning centre funding for the next financial year. This has led to a restructure and the loss of 90% of our counselling service and the lack of capacity to offer the free childcare places that we have offered to families engaging in our family learning programme and to families who have been referred as the family needed additional support. We are however delighted that the important work that our perinatal team offer to parents/carers, babies and young infants will continue thanks to a further funding from Inspiring Scotland/Scottish Government Perinatal Mental Health funding and the trustees of the Charles Gordon Foundation. We have also received funding to offer therapeutic interventions in primary schools and are working toward a longer term sustainable future for the organization.

Jana Chandler (Chair) and Cheryl Brown (CEO)



Highlights of the year

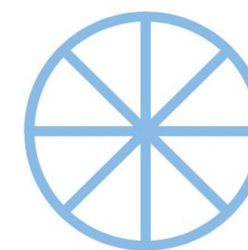
2022/2023 Our highlights

Midlothian Sure Start supported
570 families



We worked with
447 children

209 families stayed in the most deprived areas of Midlothian (SIMD 1, 2 and 3)



109 children with wellbeing concerns

42 children with Additional Support Needs



- Supporting 570 families over the course of the year.
- Reaching the finals of the National Nursery Management awards.
- Jointly winning the AIMH Together Award. Judges noted that MSS Perinatal Team were presented with the award

"In recognition of an infant mental health team working collaboratively and creatively to improve infant mental health outcomes for babies in their community."

- Emma Affleck and Adam Taylor representing Midlothian

Sure Start at the East and Midlothian Chamber of Commerce where we were nominated for the youth award.



- Hosting lots of interested guests including the Chief Nurse, Midlothian, Interim Executive Nurse Director, NHS Lothian and

Midlothian's Clinical Nurse Manager to our Paradykes Family Learning Centre and a delegations of Swedish practitioners to our Mayfield Family Learning Centre,

- Presenting at the local PICL event and at EECERA.
- Presenting on FAN at the ORKNEY Science Festival and being invited to present at the World Congress of the Association of Infant Mental Health.
- FUN summer programme for families across our centres and services and the Mayfield Mini Festival.
- Supporting the Wonderland event at Vogrie.
- CT volunteers supporting Paradykes Family Learning Centre and the Rotary Club of Esk Valley supporting a vegetable garden at Mayfield Family Learning Centre.
- Storytelling in local primary schools.



Our annual Duty of Candour statement was published and is available on request.

Vision

For all Midlothian's children to build the foundations for a happy childhood that serves them a lifetime.

Mission

To help each child achieve their full potential by having valued, confident and collaborative staff who will work with each other and other agencies to provide best quality services to children and their families within the communities of Midlothian.



Strategic plan



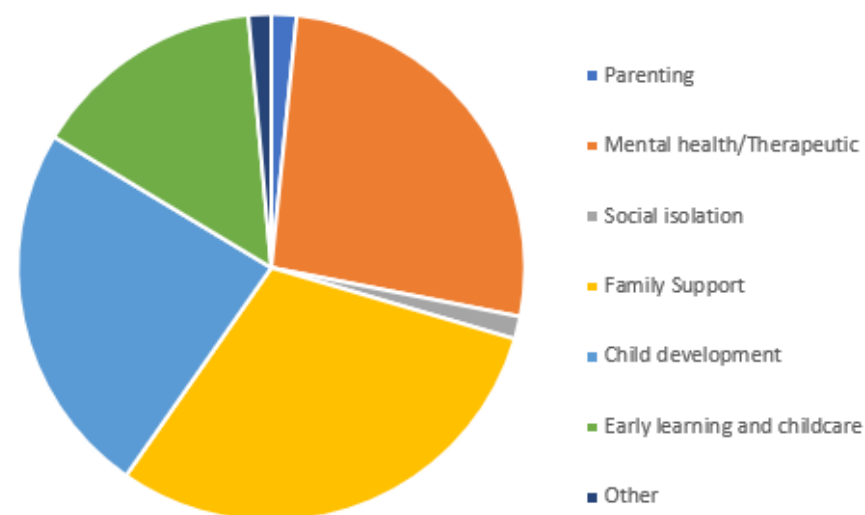
Impact on children and families

Change in attendance from last year		
Children	↑	44%
Female Carers	↑	21%
Male Carers	↑	82%
Referrals	↑	29%
Counselling	↑	29%
Perinatal Services	↑	126%
Parenting Support	↑	71%
Peep	↑	135%
Stay and Play/Baby group	↑	38%
Peer Support	↑	21%

The statistics presented here indicate a significant impact on children and families. During the course of the financial year Midlothian Sure Start offered services to 497 female carers, 73 male carers and 447 children— a total of 570 families. 37% of the overall number of families (46% of families eligible for the funded provision for 2 year olds) came from SIMD zones 1-3.

The 44% increase in children supported from the previous year shows that more families are receiving the support they need. A 29% increase in referrals, (623 referrals) indicated that more families are seeking help. The reasons given for referral don't always align with presenting need with a much higher percentage struggling with child development concerns and social isolation than would be evident when considering the stated reason for referral.

Referrals 2022/2023 (N=623)



The provision of counselling increased by 29%, which is crucial in assisting families to navigate difficult situations and emotions. The 126% increase in perinatal services is particularly noteworthy, as it highlights the importance of supporting families during the critical early stages of a child's life.

Lastly, the 38% increase in attendance at Open Kindergarten, Stay and Play and Baby groups and the increase in attendance in PEEP attendance is a testament to the value placed on creating safe and nurturing spaces for families to come together. Such groups provide opportunities for children and parents to socialize, learn and grow together, which can have a positive impact on their wellbeing.

Midlothian Sure Start continued to work with families who needed the support, supporting 109 children for whom we had wellbeing concerns (16 in relation to child protection) and ensuring that we were accessible to families (37% from SIMD 1,2 and 3) who most needed us.

Staff training

Midlothian Sure Start is committed to planned development of all staff to ensure the provision of quality services. The organisation has ensured that staff could attend 3 times the amount of required CPD, it has worked to grow the workforce and support the families we work with into positive destinations. We have developed a workforce pathway and have supported 12 kickstarts this year.

The organisation takes a strength-based family learning and trauma informed approach. In addition to early years qualification and CPD training we offer staff a range of training to support this. Two staff have been trained as "Train the Trainer in PICL "Parents Involved in their Children's Learning" and have supported the continued roll out of this training to staff. An EYP worked collaboratively with a speech and language therapist from NHS Lothian to deliver the ELKLAN approach and support the implementation of UP, UP and Away speech and language training in all our settings. Staff members undertook HENRY, ASD early years - skilled level, food allergy, intolerance training, observation planning and learning journals, play, children's rights refresher, first aid at work, conversations on play in early years, allergen awareness, equalities, child protection, trauma awareness, raising children with confidence and outdoor learning training. Jackie Matthews offered training in schematic play. All staff have access to Azilo online to support ongoing CPD. We continued to support multi agency training including trauma informed training, Solihull, A Good Start, PICL and HENRY.

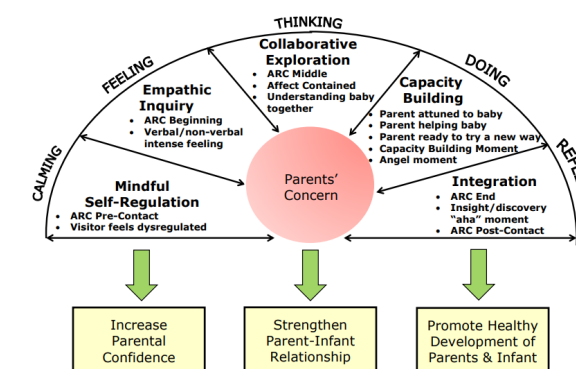


FAN

Midlothian Sure Start is delighted to bring the FAN (Facilitating Attuned Interactions) (Gilkerson & Gray, 2014; Gilkerson, Hofherr, et al 2012) to Scotland from the Erikson Institute in Chicago. FAN is a conceptual model and practical tool for attunement in relationships and reflective practice. The FAN promotes family engagement and practitioner/parent collaboration in a range of service settings (e.g., home visiting, primary care, early intervention, child welfare). At the center of the FAN (see Figure 1) are the parent's concerns. The FAN addresses the parents' concerns by preparing the practitioner to read parent's cues, match their interactions to what the parent is showing he/she is most able to use in the moment, and move flexibly between the processes on the FAN based on the parent's responses. The process of careful attunement to the parent facilitates a sense of connection and being understood which opens the space for change.

Core Processes The FAN processes are matched to the parent's cues. **Empathic Inquiry** is used to validate and explore parent's feelings. **Collaborative Exploration** is used when feelings are contained and parents want to understand an issue, and possibly develop a plan. **Capacity Building** is used when parents are ready to learn new information or new skills. **Integration** is used to highlight parents' discoveries and insights about their child or their parenting. The fifth core process, **Mindful Self-Regulation**, is used by practitioners to track and regulate their own responses so that they can stay present and think clearly during interactions that are dysregulating for the practitioner.

ARC of Engagement: To provide consistency and invite collaboration throughout the visit, the FAN provides a structure for parent contacts called the ARC of Engagement. The ARC includes reflective questions to guide the pre-contact, beginning, middle and end of the parent contact.



©Gilkerson, 2010, rev 2019
Erikson Institute Family Baby Network

If you would like more information or would like to train your staff do let us know.

Family Learning



We value parents as the greatest educators of their child.

148 families engaged in family learning activities. Families were offered a range of family learning activities through small group or 1-1 in the family learning centres and in the community. The organisation also continued to use digital means to engage parents in their children's learning using both Facebook and the Midlothian Sure Start Blossom APP.



ship local event and the EECERA conference. They successfully highlight the impact PICL has on the families we serve.

Hi Cheryl,

Just to say I very much enjoyed reading these attachments and seeing all the amazing and valuable work going on via Sure Start across Midlothian. What would these children and families do without you?

I look forward to reading more about the evaluation of PICL,

Many thanks,

Rachael Marples
Clinical Nurse Manager

	Penicuik	Gorebridge	Paradykes	Mount Esk	Magfield	Woodburn
MONDAY	10-11:30 PEEP Pathways (3 rd Oct-12 th Dec)	10-11:30 Baby Massage (3 rd Oct-12 th Dec) 12:45-2 ASN PICL	9-10 PEEP 2s (31 st Oct-12 th Dec) 10:15-11 PEEP babies (1:30-3 Core Group)	9-12 Sleep counselling with Mel (by appointment) 10:15-11 PEEP babies (1:30-3 Core Group)	10-11:30 Baby Massage (24 th Oct-12 th Dec)	2-2:30 Parent Forum (31 st Oct-29 th Nov, 14 th Dec)
TUESDAY	10-11 PEEP 1 (4 th Oct-6 th Dec) 1-2 PEEP Babies (4 th Oct-6 th Dec)	10-11 Mindfulness (4 th Oct-6 th Dec) 1-2 Forest Walk (4 th Oct-6 th Dec)	9:30-11:30 Incredible Years (1 st Nov-24 th Jan) 2:15 Big Bedtime Read (1 st Nov-6 th Dec)	9-12 PICL at Guide Hall (25 th Oct-13 th Dec) 1-2 PEEP Babies at Lasswade Library (25 th Oct-13 th Dec) 12:30-2 Peer Support at the centre (25 th Oct-13 th Dec)	10-11:30 Stay and Play (25 th Oct-13 th Dec) 1:15-2:15 PEEP (10-11 Perinatal Open Kindergarten Group)	10-11 Stay and Play (25 th Oct-13 th Dec)
WEDNESDAY	9:30-11:30 Mums Community Cooking (5 th Oct-14 th Dec) 9-11:30 Baby Massage (12 th Oct-30 th Nov) 1:15-2:30 Open Kindergarten (5 th Oct-7 th Dec)	9:30-10:30 Open Kindergarten (26 th Oct-7 th Dec) 1:45-2:30 RCWC (5 th Oct-7 th Dec)	9-10:30 Baby Massage (26 th Oct-14 th Dec) 1-2 Baby Massage at Bonnyrigg Health Centre (2 nd Nov-14 th Dec) 2:25-3 Big Bedtime Read (from 26 th Oct)	9-10 1-4-1 Art Therapy (from 26 th Oct) 1-2 Baby Massage at Bonnyrigg Health Centre (2 nd Nov-14 th Dec) 2:25-3 Big Bedtime Read (from 26 th Oct)	9-10 1-4-1 Art Therapy (from 26 th Oct) 11:30-12:30 Art Therapy Group	2-3 PICL Group (26 th Oct-14 th Dec)
THURSDAY	9:30-11:30 ASN PICL and Big Bedtime Read (6 th Oct-15 th Dec) 1:15-2:15 Art Therapy (6 th Oct-15 th Dec) 1:15-2:15 Forest Walk (6 th Oct-15 th Dec) 11-12:15 Lending Library (7 th Oct-16 th Dec)	10-10:30 Bookbug (27 th Oct-15 th Dec) 1-2 PEEP Babies (27 th Oct-15 th Dec)	9-11 PICL (27 th Oct-15 th Dec) 1:30-2:30 Core Group	9-11 Peer Support in Parent Room (27 th Oct-15 th Dec) 1:15-2:15 Open Kindergarten (28 th Oct-16 th Dec)	12:30-1:30 HENRY (13 th Oct-15 th Dec)	9-10 Woodburn Wiki (27 th Oct-15 th Dec) 12:30-1:30 PEEP at Woodburn Minders Club
FRIDAY	10-11:30 Dynamic Dads (13-30-2 A Good Start)	10-11 Breast Feeding Clinic (7 th Oct-16 th Dec) 1:30-2 Big Bedtime Read (28 th Oct-16 th Dec)	Open Kindergarten (28 th Oct-16 th Dec)	9-11 PEEP at Guide Hall with Brooke (28 th Oct-16 th Dec) 1:15-2:15 Open Kindergarten (28 th Oct-16 th Dec)	9-11 Open Kindergarten Group (28 th Oct-16 th Dec)	9-10 Woodburn Wiki (27 th Oct-15 th Dec) 12:30-1:30 PEEP at Woodburn Minders Club
SAT						

Parents Involved in their Children's Learning (PICL)

Staff continued to use PICL to encourage family learning. An ASN PICL group for families with children with ASN was very popular in Penicuik.

Our Blossom App continues to provide opportunities to share the PICL approach with all families.

During the period under review, Midlothian Sure Start staff presented on their work using PICL at a partner-

PEEP

Woodburn, Penicuik, Mount Esk and Paradykes offered PEEP sessions with a total of 40 families engaging over the course of the year.



Come along and enjoy a range of play activities from messy play to songs, stories and rhymes.

Midlothian families with children under 5, welcome

On: Every Thursday

from 22nd September - 27th October 2022
12:30 pm - 1:30 pm

For more information please contact

Abigail King

woodburnpic@midlothiansurestart.org.uk

0131 654 1565



and Child First Aid and a session was delivered referencing the British Red Cross Baby and Child First Aid APP to signpost to health advice for common concerns around choking, nose bleed, high temperatures, burns and breathing issues. Further ideas for play and learning together are encouraged, with recent request to use crafts for Father's Day; an area with resources was offered so that those who wished to could create whatever they wished.

'I like this group as it is not as structured as other groups. F doesn't want to be made to sit down. He likes to investigate all the different toys. This room is ideal to do that without me moaning at him to sit down. I liked that he chose himself to make a Valentines card instead of all the toys being put away whilst the activity was out. I feel we are both more relaxed'

~Open Kindergarten, Mount Esk, February 2023

'I feel this group is based around us. My daughter spent one session cleaning toys with a baby wipe, the next session Mhairi had made up a child safety cleaning kit with spray water, sponge and a cloth. My daughter loves it.'

'I am always saying to my husband I am going to ask the group about this and that. I never feel my questions are stupid and I always get an answer even if it is just looking for a baby friendly café in the area'

~Open Kindergarten, Penicuik, January - February 2023

Open Kindergarten

A friendly, safe and supportive environment for you and your child to play and learn together.



Every
Wednesday @ 9.30am

Simply pop in on the day or contact Gorebridge Family Learning Centre for more information.

Gorebridge Family Learning Centre
The Beacon, Gorebridge.

**BIG BEDTIME READ
AT WOODBURN
FAMILY LEARNING
CENTRE
AUGUST-OCTOBER 2022**

**6 families
took part**

**All families
said they
enjoyed the
books**

**All families said
they would be
collecting
another pack**

**5 out of 6 families
said they reread
books they
borrowed**

**'As soon as she gets home she looks at
her books'**

**'Children pretend to read the books
themselves'**

'Loved reading them'

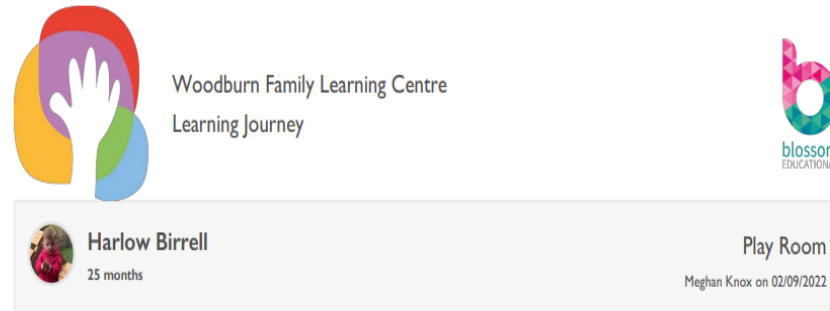
'I want the big shark book!'

'I see him trying to repeat the stories'

'seeing an improvement in his speech'

Henry/healthy families

In addition Gorebridge ran a Breastfeeding Clinic and Sleep clinics were available.



Observation

Claire Gannon: Harlow is really enjoying her books from the big read. Harlow gets alot of storys at home but i find her picking the same 2 or 3 books over and over. This is exciting for her the wee bag to go fetch, the pick of 4 books, its encouraging her to step out her comfort zone. Harlows favorite book this week is Big brother, little brother. She especially loves the part and voice i do for the page that says "no! You can't have it, it's mine!" She shouts mine and points to herself while laughing. The santa peppa pig book is proving a hit too she loves santa and all things christmas. Meghan Knox: Claire this is amazing so happy that you have shared this with us! Glad she is enjoying her big bed time read books!



39 Parents attended “big bedtime read” groups at Midlothian Sure Start centres. Woodburn ran a big bedtime programme from August and engaged with all

"I am seeing an improvement
in his speech"

"I see him trying to repeat the stories"

~Big Bedtime Read, February 2023

Thanks to funding from the Parent Employability support fund we were able to offer a “Steps to Excel” course to 18 parents in 3 cohorts at the Penicuik Family Learning Centre, The Scouts Hall in Bonnyrigg and online and a Steps to Excel in IT courses in Mayfield to 5 adults.

The “Steps to Excel” course was delivered across 15 weeks and was designed in coproduction with the parents that attended. Sessions included: Welcome and introduction Family Cooking and portion control Budgeting Skills Arts and Crafts Literacy IT and Problem-Solving Skills Coaching Skills – including 1:1 meeting(s) looking at Positive Destinations Assertiveness Confidence Building Wellbeing and relaxation Resilience/anger management CV Skills Interviews from CAB, Changeworks, Poverty Workshop.



Eleven participants increased their household income. Eight moved into volunteering or work experience. Three achieved an accredited qualification. 17/18 received a non-accredited level qualification while the one who did not, was signposted to further appropriate support.

The period under review has been an increasingly challenging time for families and we recognize that this is going to get much worse as the impact of increases in prices from inflation and the increasing costs of utilities have an impact.

Midlothian Sure Start provided a range of supports to help address the challenges facing families including engaging with CASH FOR KIDS, LACER FUNDS, STV support and MISSION CHRISTMAS.

We worked jointly with partners CABx Penicuik and Changeworks to provide advice on a referral basis and through providing information sessions.



Therapeutic services

127 referrals were received. 118 individuals received a therapeutic service with 45 completing counselling in the period under review and 28 on a waiting list at the end of the financial year. Approximately a third of all initial assessments undertaken presented in severe distress with two thirds presenting with significant risk.

44 individuals completed a CORE 10 evaluation. Initial scores indicated that 11% presented with low mood or mild distress, 23% presented with moderate distress and 43 presented with moderate to severe distress.

On completion of counselling 37 (85%) clients showed an improvement in their wellbeing with 24 (55%) recording a reliable level of improvement with 76% moving into a healthy level/ low/ mild level of stress. 1 person showed no change, 2 showed a slight deterioration and 2 showed a reliable deterioration. Our therapeutic services manager reviewed all levels of continuing distress and any reliable deterioration. A reliable decline would mirror the ever-increasing complexities of family separation, court, homelessness, reduced monies, and relational manoeuvres present for those attending counselling. Where required individuals were provided with other support and/or the opportunity to self refer back into the service.

Infant-Caregiver Dyadic Art Psychotherapy Groups

The first Parent/Caregiver and Infant Art Therapy group for parent/caregiver and infants aged approx. 7 months to 3 years, began at one of our Family Learning Centers in February 2022. After some interruptions for the continuing legacy of Covid it continued to run on a 6 monthly rolling basis. In addition a Mindfulness group started which focusses on families with children birth to 8 months. In addition 1-

1/2 dyadic art therapy is offered to infants and carers.

Using art psychotherapy to support the mental health and wellbeing of parents and caregivers with their infants is an emerging field, and those using the approach have consistently promoted and encouraged its use to support and develop infant-caregiver relationships (Armstrong and Ross, 2020). There is a growing interest in the use of these dyadic approaches to support and develop secure attachments (Taylor Buck, Dent-Brown & Parry, 2013).

The use of creative materials brings infants and caregivers together and offers the potential to address various difficulties faced by young families such as; birth trauma, attachment difficulties, social isolation, low mood and lack of parenting confidence and post-natal depression (Armstrong, Dalinkeviciute and Ross; 2019, Hosea, 2017; Hogan, Sheffield and Woodward, 2017; Arroyo & Fowler; 2013; and Hall, 2008).



Penicuik Family Learning Centre
Thursdays 1.15-2.15pm
Mayfield Family Learning Centre
Wednesdays 11.30am-12.30pm

Art Therapy Group

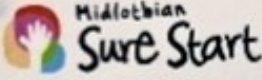
For Infants and Caregivers

Penicuik Family Learning Centre starts Thursday 4th August, 1.15pm-2.15pm
Mayfield Family Learning Centre starts Wednesday 27th July, 11.30am-12.30pm

Art Therapist and Mindfulness practitioner, Anna Shepherd, runs art therapy groups for parents and caregivers and their wee ones together

This Art Therapy group is for parents/carers and their child aged approximately 7 months to 3 years living in Midlothian. It is aimed at reducing the stress and anxieties around early parenthood, forming secure attachments, and thinking about how to interact with your child's play. It is also about relaxing, meeting new people and enjoying spending time together.

For more information, please contact Arab Chaudhry at:
arabchaudhry@midlothiansurestart.org.uk
or tel: 07835183668
Book via Eventbrite: <http://midlothiansurestart.eventbrite.com>



"Life has not been an introduction of newness sometimes and Midlothian Sure Start gave me the confidence to deal with everyday challenges. What job like a start is new smooth sailing."

Mindfulness

for Caregivers and their Wee Ones!

Starts: Tuesday 30th July 2022, 10-11am
The course will last for 8 weeks
Gorebridge Family Learning Centre, The Beacon

We will be offering Mindfulness sessions for parents/carers and their wee ones aged between 0-7 months (approximate), living in Midlothian.

We aim to provide a safe and relaxing space, connecting food, and changing and to help manage the anxiety that we often feel around post-natal and accompany early parenthood.

For more information, please contact Arab Chaudhry at:
arabchaudhry@midlothiansurestart.org.uk
or tel: 07835183668
Book via Eventbrite: <http://midlothiansurestart.eventbrite.com>

"The thought of this group really resonated. Especially group sessions. I thought it would be the perfect thing to do, to get some support. It resonated me to a point of it's I thought was just and all I had to do was listen and share my thoughts if I wanted but it's perfect. I'm really glad you have this and welcome to join in as you like, there is no pressure."



Parenting services

110 parents were provided 1-1 parenting support over the course of the year. This 1-1 parenting has included support around routines, positive praise, self-regulation, screen time, outdoor play, schemas, toothbrushing, boundaries, sharing information /knowledge from Raising Children With Confidence, Incredible Years and HENRY.

The parenting support lead supported the development of a new peer support group—the IMPACT group for a group of parents who wished to share the skills they learnt through their time at Midlothian Sure Start. They were linked to Midlothian Voluntary Action and supported to apply for a small grant to cover the costs of running a wellbeing programme. They were also linked with Community Learning and Development who took the group through a course in “leading a group”.



Our Mission
To help you build a strong family life by providing you with the skills and support you need to be a confident parent and to help you to build a strong relationship with your child.

FAMILY FRIENDS VOLUNTEER

DO YOU HAVE A FEW HOURS TO SPARE EVERY WEEK?

Why not become one of our FamilyFriends Volunteers with Midlothian Sure Start?

Offer support and friendship to a family within Midlothian.

We are looking for kind, caring and empathic volunteers who can make a regular commitment of at least 2 hours a week.

For further details contact
louisescott@midlothiansurestart.org.uk or call 07746689235



Midlothian Sure Start launched the “Family Fiends” project. This is an opportunity for families who have received support from Midlothian Sure Start to provide peer support as a “Family Friend”. This differs from befriending as it is a more peer-peer relationship and involves the whole family. “Family Friends” are provided training (SOLIHULL, Trauma Training etc.) and receive regular reflective practice with a qualified Therapist. They also receive matching support from a Development Officer.

Storytelling

We know that storytelling is strongly correlated to stimulating imagination, creativity, life-long learning innovation and promoting HOPE. MSS's initial test of change in relation to storytelling found that storytelling was correlated with promoting wellbeing in children in local schools. We received additional funding and have been further testing the impact of storytelling in Woodburn, Mayfield, Lawfield Primary schools and Newbattle High School. A report on the impact of this work will be available in early 2024.



Perinatal services

A new cohort was trained in A Good Start during the year. In total 16 volunteers and staff were trained including nursery nurses from HV teams and a nursery nurse in Hawthorn Children and Families centre.

Numbers supported through the perinatal service– April to September

- Expectant parents : 5
- Parents/Carers : 70
- Infants and Children up to three years : 73
- Staff/volunteers (if you are funded to provide training) : 9
- TOTAL : 157
- Expectant parents : 17
- Parents/Carers : 188
- Infants and Children up to three years : 177
- Staff/volunteers (if you are funded to provide training) : 7
- TOTAL : 389

Numbers supported through the perinatal service– October to December

- Expectant parents : 4
- Parents/Carers : 42
- Infants and Children up to three years : 45
- Staff/volunteers (if you are funded to provide training) : 8
- TOTAL : 99
- Expectant parents : 34
- Parents/Carers : 150
- Infants and Children up to three years : 99
- Staff/volunteers (if you are funded to provide training) : 3
- TOTAL : 286

Service delivery in East Lothian

26 AGS groups delivered by staff and partners and 1-1 family support in Prestonpans and Tranent

Service delivery in Midlothian

27 AGS Groups delivered by staff and partners.

- 1 Raising Children with confidence
- 2 AGS Groups delivered by partners.
- 7 Dads2B groups delivered
- 2 Enjoy you enjoy baby groups
- 1-1 Family Support



The majority of infants and parents attending are connected to the groups through self referral. The team supported the delivery of Open Kindergarten with weekly sessions in Penicuik Town Hall - 9 parents and 11 children registered and attending and at the Mayfield Family Learning centre with 14 parents and 18 children attending.

Around 20% of infants: parents are flagged for further interventions/referral.

80% of infants: parents are invited to attend a perinatal Open Kindergarten (OK) offered by the perinatal team or signposted/referred into a Family Learning Centre. The remaining 20% are supported more intensively by the team.

100% of infants: parents are signposted to Book Bug, PEEP in their local area provided by Midlothian Sure Start Family Learning Centre/local community provider.

100% of expectant Dads are invited to join a peer support WhatsApp group to share thoughts, news, worries and provide responses, information, updates and events. Follow on sessions every 6 weeks have started recently focussed on a topic emerging from the chat and groups, the first session was focussed on Baby First Aid. Dads Stay & Play on a Saturday offers baby and child led play to small group on a drop in basis.

Referrals for families with Social Work involvement continues to be high with the team attending meetings as follows: Child Protection Case Conference - 16 Child Protection Core Group Meeting– 35 Multi Agency Meeting - 29 LAC Review Meeting-3. 8 further meetings—reports provided as non staff working day.

AGS training - 17 students received training and/or 1:1 tutor support. Students completing in this period benefited from MSS achieving AiMH UK and IMHrr approved certification.

Impacts:

Number of people accessing other community-based or peer support: 355

100% of people reported that they feel less isolated.

96% of parents reported feeling better able to meet the needs of their infants and children.

92% of parents reported that they felt more able to maintain a warm and secure relationship with their infant

Evaluation:

We used wellbeing Webs, evaluation from CBT, anonymous feedback slips, case notes and anecdotal through service delivery from parents, partners and colleagues to gather feedback.

Feedback

"It was really helpful being able to ask questions with guys in the same boat."

I cannot thank or recommend midlothian surestart enough.

My husband attended the dad2be via zoom and got so much from the sessions. It helped him hit the ground running with confidence and that made my life a lot easier too.

My baby and I loved baby massage - it was a relaxed, friendly program and helped to introduce techniques to help strengthen our bond. The tips and info around weaning and play in the later weeks was perfectly timed and ideal as my baby was just approaching the time where she needed more entertainment and starting to explore food and this help make both less daunting. Thank you so much!!

On a personal note Rosie - thank you, thank you! You're a fab facilitator and went the extra mile to offer sessions more locally which is so appreciated. I'm missing the sessions already but we're keeping up our practicing at bath time and whenever she's a bit fussy



A Good Start Programme

Feedback Form

Date 4/8/22

What have you found helpful/useful from these 8 sessions?

- Information about weaning, play and development and one handouts were very useful

- Massage techniques helpful for bonding

Is there anything you would like to change from these sessions?

No I think they were great and well thought out.

Any other comments?

Thanks to Graham for his help and running the classes!

"I feel better informed and therefore more confident in becoming a first time Dad."

"Input from midwife was really valuable."

"Used the information on how to support partner and to look after yourself and learnt a lot about bonding with baby."

"Good to go through all stages of pregnancy, the pre and post."

Family Feedback Perinatal & Infant Mental Health Fund

"If I hadn't attended these sessions, I feel that I wouldn't have accessed as many other services that were available to me in the area. It basically opened the door to other support and made it easier to access. It was the offer of massage skills that attracted me to the sessions, but it has offered me and my baby much more than those skills. I think a wider variety of free courses provided by Midlothian Sure Start would be really useful to mums."

Midlothian Sure Start

Summer 2022

143 families attended family learning activities
83 school age children attended these sessions



Centres' open days



Edinburgh Zoo



Open Kindergarten



East Links Family Park



Wonderland at Vogrie



Picnic in Vogrie Park



Mayfield Mini Festival



Nature walks



East links



PIC-COLLAGE

Parents Quotes:

Brilliant day. Kids really enjoyed teddy bear picnic and park.

Thanks it was amazing fun and thanks for the picnic food but not sure about the bugs

Under the sea day- Staff were so much fun with all the familyBraw day. Children had changes of clothes shame for the staff.



Ok session

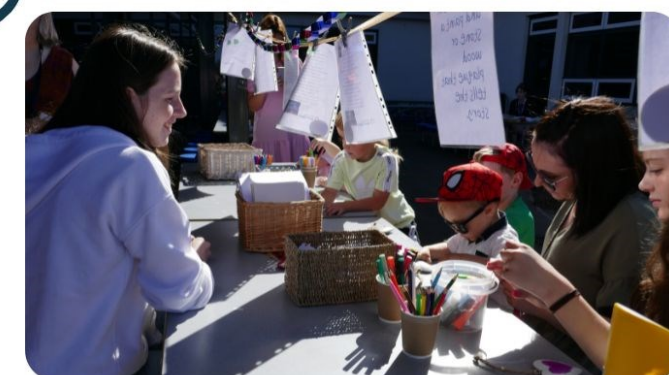


PIC-COLLAGE



Mayfield Mini Festival

10th August 2022
Lawfield Primary School



Hands on Music and Dance sessions

Storytellers and Musicians

Arts and Crafts fun



Income and Expenditure
for the Year Ending 31st March 2023

STATEMENT OF FINANCIAL ACTIVITIES
(incorporating Income & Expenditure Account)

Year ended 31 March 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Income from:							
Donations		1,291	401	1,692	2,802	120	2,922
Charitable activities	3	543,167	1,230,510	1,773,677	847,960	974,632	1,822,592
Other trading activities	4	-	31,949	31,949	1,827	-	1,827
Investments							
- bank interest	5	3,046	-	3,046	88	-	88
Other income		30,314	19,468	49,782	90,051	1,099	91,150
Total income		577,818	1,282,328	1,860,146	942,728	975,850	1,918,578
Expenditure on:							
Charitable activities	6	549,911	1,363,927	1,913,838	984,833	1,011,533	1,996,366
Fundraising		145	77	222	622	17	639
Total Expenditure		550,056	1,364,004	1,914,060	985,455	1,011,550	1,997,005
Net income / (expenditure)		27,762	(81,676)	(53,914)	(42,727)	(35,700)	(78,427)
Transfers:							
Gross transfers between funds	11	(84,037)	84,037	-	(1,295)	1,295	-
Net movement in funds		(56,275)	2,361	(53,914)	(44,022)	(34,405)	(78,427)
Reconciliation of Funds:							
Total funds brought forward	11	679,263	275,988	955,251	723,285	310,393	1,033,678
Total funds carried forward	11	622,988	278,349	901,337	679,263	275,988	955,251

The Statement of Financial Activities includes all gains and losses arising in the year.

All activities are classed as continuing.

A full set of the accounts are available on request.

Thanks to our supporters:
Midlothian Sure Start would like to express a grateful thank you to the following supporters and funders for their support in 2022/203 Your support has helped us build “best beginnings” for children in Midlothian.

Funders and sponsors

Midlothian Council
NHS Lothian
Perinatal and Infant Mental Health Third Sector Funding
Inspiring Scotland
Prism Trust/Charles Gordon Foundation
Robertson Foundation
Early Years Scotland
Amazon Smile
Midlothian Early Action Project/Big Lottery
Tyne Esk Rural Development
Community Mental Health Framework funding
STV children’s Appeal
Early Years Scotland
Supporters through Charities Trust/Just giving
Mid and East Lothian Chamber of Commerce
Parent Donations and Fundraising
Winston Churchill Foundation
Midlothian Voluntary Action
BT
Ground work UK
Parent fundraising and purchase of early learning and childcare

Your support is most appreciated!

The year ended with concerns in relation to funding of the Family Learning Centres with cuts to funding from Midlothian Council as a result of decreasing funding from the Scottish Government.

