



STEPPING STONES

NORTH EDINBURGH

SUPPORTING YOUNG PARENTS

**ANNUAL
REVIEW**
2018/2019

“THE ADVICE AND KNOWLEDGE I GAINED FROM ATTENDING STEPPING STONES SUPPORTED ME AT HOME TO BE A MORE CONFIDENT PARENT. ATTENDING THE GROUP GAVE ME SOME BREATHING SPACE AND AN OPPORTUNITY TO DEVELOP MYSELF.”

Stepping Stones North Edinburgh Client



“I USUALLY DON’T TRUST PROFESSIONALS BUT STEPPING STONES HAVE A DIFFERENT VIBE, A DIFFERENT ATMOSPHERE. YOU ARE NOT PUSHED INTO WHAT TO SAY OR WHAT YOU THINK THEY WANT TO HEAR. IT’S SOMEONE WHO IS CONSISTENT.”

Stepping Stones North Edinburgh Client

CONTENTS

TRUSTEES’ REPORT	2
MANAGER’S REPORT	3
EARLY YEARS	4
OUTREACH	5
GROUP WORK PROGRAMME	6
BUMP START	8
FAMILY SUPPORT	9
PARENTING OUTREACH SUPPORT SERVICE	10
FINANCIAL REVIEW	11
TRUSTEES AND STAFF	12

TRUSTEES' REPORT

This past year has brought many challenges to the staff and board of Stepping Stones North Edinburgh. Foremost among these has been the requirement to maintain a stable funding basis for the project. As Morag Wilson, our manager, notes in her own report, Stepping Stones is far from being alone in facing this challenge. The effect of austerity on public sector budgets is obvious across Scotland and, as is all too apparent in the north Edinburgh area, this has made life very difficult for third sector organisations. We are therefore particularly grateful for the continued support of all of our funders.

Around 50% of the funds upon which Stepping Stones depends comes from City of Edinburgh Council. These funds, as well as being vital in their own right, assist in attracting the additional funds that make up the remainder of our income. This year, the process of securing continued funding from the Council has been especially protracted. Budgetary pressures are undoubtedly part of the backdrop to this, but changes in policy have contributed too. Determining what services ought to be provided under reference to high-level policy risks overlooking the actual needs of people at local level. This is where Stepping Stones comes in: the very essence of the project is to help those who find themselves in the gaps between what the state provides and what people need. We have spent a lot of time this year discussing these issues with politicians and with officials. We are grateful for their time and for their support, and we are

encouraged by the response. The need for the services of Stepping Stones is clearly demonstrated, and we look forward to working with our local authority and health colleagues in continuing to deliver these.

At board level there have been a few changes this year. Ian Moir stood down as a chair. As he had served the project so well in that post, I was greatly relieved that, by deciding to continue to serve as a board member, the project would continue to have the benefit of his wise counsel and commitment to the area. The board has also been strengthened by the addition of Ailene Preston. Ailene has been a friend of the project for many years. Her background in health visiting brings vital experience at a time when working in partnership with health colleagues looks likely to be an increasingly important part of what we do. I am grateful to all of my colleagues on the board for their hard work and support.

Notwithstanding the challenging landscape in which Stepping Stones operates, the project continues to thrive. That is down to the hard work, expertise and commitment of Morag Wilson and her team. It is a great privilege, as board members, to witness and support the work of Morag and the team. For everything that they do for the parents and children of north Edinburgh, we are very grateful.

Alastair Duncan
Chairperson

MANAGER'S REPORT

It has been a great year for Stepping Stones and I've enjoyed getting settled back into my role as Project Manager and welcoming back other team members from maternity leave. As a team we have been developing our practice through a wide variety of training such as Keeping Baby in Mind, Mindfulness and Trauma Informed Practice. The team continue to excel in meeting the changing needs of families within the local community, developing new services where they are needed and working with a range of partners to ensure that families receive the holistic support they need.

The development of our Peep group has been one of the projects success stories this year. Mubarra our Early Years Practitioner has developed the new group to be a nurturing and welcoming environment for parents and children and we are seeing a diverse mix of parents attending the group that may not have otherwise come together. The group now has over 15 families and the children are able to access new learning and play opportunities each week while their parents can meet peers and build new social networks in the community.

2018/2019 also saw us expand our work in the local high schools due to funding through Communities and Families Choose Youth Work Grant. We set out to increase student's awareness of sexual health, healthy relationships and mental wellbeing and

delivered to S4, S5 and S6 pupils. Overall we delivered 52 sessions and had a great response from both students and teachers to the work delivered. We have been asked back into both high schools and hope that funding will be secured to enable the work to continue.

As it is for all third sector organisations fund raising continues to be a challenging landscape. We were delighted to secure continuation funding from Robertson Trust and repeat funding from St James Place and Edinburgh Children's Holiday Fund among others. We were also pleased to be chosen by pupils at St Georges as part of the Youth Philanthropy Initiative, the pupils excelled themselves by securing us a donation of £3,000 for the project.

As always the highlights of the year have come from watching the families break down barriers and engage in new experiences. We have seen primary aged children step outside their comfort zone to try new Nurture groups, a residential trip to Fordell Firs, parents making a presentation to professionals on the stereotypes of being a young mum, parents gaining SQA awards and moving into further education and families overcoming personal challenges each day to give their children the best start in life.

Morag Wilson
Manager

EARLY YEARS

The early years team has continued to welcome new children into the service and we have also said a fond farewell and good luck to the children who have transitioned on to Primary School. For the majority of children joining the early years service it is their first experience of a childcare setting and it is a rewarding experience for the team to see how children develop in confidence to interact with their peers and develop their skills and how this supports their positive transition to nurseries and schools.

Both of our early years rooms have been busy supporting children to engage with a range of new experiences. In Wardieburn the children have been excited to see and interact with the Granton Gardeners chickens in the neighbouring garden. The children have also been having local trips to the library where they have chosen books for our story of the month. In our Muirhouse room the children have been focused on the outdoors, planting flowers, collecting herbs and looking for bugs!

We have also been developing our 'Stepping In' sessions which are where parents join us and the children within the early years room to take a part in activities. Through 'Stepping In' we hope to support parents in playing with their children, role modelling simple fun activities which can be easily replicated at home and helping parents to develop their confidence in play. It's also a great opportunity for

us to get to know the parents more. We are looking forward developing these sessions more throughout the next year.

Early Years Practitioner Mubarra has been taking in the lead in setting up our new PEEP group which is running from West Pilton Neighbourhood Centre. The sessions are aimed to help parents to make the most of everyday learning opportunities in the home and in the community. Some of the topics covered are: messy play, physical movement, sharing books with your baby, and early sensory experiences. Parents have also learnt how to make Play-Doh, Gloop, and Treasure Baskets. The group has been really well attended and it has been great to see such a wide variety of parent's access the group and come together each week.

The team have also been continuing with their learning and development having taken part in Keeping baby in Mind, Pre-Birth to Three Observation and Planning and The Mindfulness Based Living Course. Clara is looking forward to adapting some of the techniques from her 8 week mindfulness course to suit younger children and also to support parents in learning about mindfulness.

Naghmana Sajjad
Early Years Manager

OUTREACH

The Outreach service is often the first point of contact for families and begins with home visiting to make plans for support which can include assisting with welfare benefits, housing issues, home safety and accessing social support. Alongside putting this support in place my aim is to support the families to build their confidence and enable them to engage with our Introductory Groups.

The groups have met with some very interesting tutors this year – Martin Suarez became a familiar face at both introductory groups, Martin talked the groups through the importance of relaxation and how this could be achieved through practicing mindfulness. Another popular tutor this year has been Patricia, who came to the groups to deliver paediatric emergency first aid. We also had Narinder come and share how to cook authentic Indian recipes. It can always be a challenge to find new learning opportunities for parents but this year the groups have come forward with some great ideas and it's been fun to explore new topics together.

We continue to deliver the groups across two bases, one in Wardieburn and one in Muirhouse. Alongside the learning opportunities accessed through the group there is also the invaluable peer support that parents can access. Isolation and loneliness is all too common for young parents and the groups provide an opportunity for families to build up their social

networks. It is my role to ensure the group is a relaxed and safe environment for families and to support them to attend when they need that extra encouragement.

The groups wouldn't be possible without our early years service and parents find the early years team both reassuring and nurturing which enables them to feel confident and safe leaving their children for the first time. The relationships that both the children and the parents make through the group often go on to last for many years, providing a source of support and friendship during their journey as a young family.

Another aspect of the outreach role is to maintain contact with existing and new referrers. One of the ways I do this is by holding information updates at regular intervals throughout the year where I invite professionals to come along and hear more about the work of the project. This year I've also enjoyed getting out into the community to meet with other local groups to promote the work of Stepping Stones.

Finally a big thanks to all of our referrers who help ensure families find the services they need and of course thanks to all the families who have engaged with the service and had the courage and confidence to come and try out the groups.

Joanne Findlay
Outreach Worker



GROUP WORK PROGRAMME

The group work programme continues to be an integral part of the work that we do here at Stepping Stones. We continue to support parents on their journey towards positive outcomes, with the aim of supporting parents to have increased confidence and skills and to feel less socially isolated. We have continued to work alongside and in partnership with a number of both local and national agencies to provide meaningful group work which meets the needs of our group members.

This year we worked in collaboration with a local artist, Lauren McLaughlin, to complete an art project. The parents worked together to create a piece of art around the topic of being a parent. The finished article, which was titled 'Just a Mum?' was displayed at North Edinburgh Arts in October 2018. The parents involved should be very proud of the work they produced.

Some of our parents took part in the Triple P programme, this aims to support parents to strengthen their relationship with their child and encourage positive behaviour. The parents enjoyed learning about why children behave in certain ways and explored techniques to encourage positive behaviour.

Alongside our group worker Jane and in collaboration with Pilton Community Health Project we supported parents with cookery classes. Parents enjoyed cooking

a broad range of dishes, planning child friendly meals and thinking about cooking on a budget.

Working alongside colleagues in the NHS, we provided a Mental Health First Aid programme for our parents. This was very useful in helping the parents explore their own mental health and of those around them. It gave them an insight in how to notice when others may need support, and advice on how to offer that support. It's also a great professional certificate to add to their CV.

After the success of the previous year we again visited Fordell Firs for our annual family residential. 9 Parents and 16 Children stayed for 2 nights in their lodge. Parents, children and staff enjoyed a day at Muddy Boots in Fife to start off the trip, with great fun had by all. Throughout the stay the families were able to take part in a number of separate and shared activities including the Jacobs Ladder climb, adventure walks and firm favourite the inflatable water slide. A BBQ and bouncy castle on the final evening finished off a thoroughly enjoyable trip for all.

Looking forward what the next year brings!

Kerry Riddell
Programme Development Worker

20 YOUNG PARENTS DEVELOPING PERSONAL PROFILES TO SUPPORT FUTURE EMPLOYMENT & EDUCATION



24 YOUNG PARENTS ATTENDING CORE GROUP WORK



GROUP WORK TOPICS

MENTAL HEALTH FIRST AID
TRIPLE P
LIVING LIFE TO THE FULL
HEALTH 4 U&URS
'JUST A MUM' ART PROJECT
PEER EDUCATION
LIFE SKILLS
SCRAPBOOKING
SEXUAL HEALTH AND RELATIONSHIPS
RELATIONSHIPS AND DOMESTIC ABUSE
COOKING AT PCHP
FITNESS
ARTS AND CRAFTS



191 CORE GROUP WORK SESSIONS DELIVERED

141 FAMILIES ATTENDING STEPPING STONES COMMUNITY FAMILY EVENTS



BUMP START



This year Bump Start has continued to work with families in both the North West and North East of the city. The Bump Start Parenting Coordinators support women and their families on a one to one basis in their homes, in the local community and at relevant health appointments. This year the Parenting Coordinators have accessed additional training and events to ensure they can continue to provide the best possible support and up to date information for families. This has included attending the annual Scottish Maternity and Midwifery Festival 2018 to gain an insight into upcoming changes in Maternity Care and to access relevant information on useful resources and services for parents. Parenting Coordinators have also completed NHS Weaning Training, Women's Aid Understanding Domestic Abuse Training and attended the Best Start Conference. The Best Start Conference gave useful insight into the impending changes to the Maternity Service, and increased awareness of how this may influence Bump Start's future work and relationships with midwives. In October the team completed 'Keeping Baby in Mind' training which has enabled workers to think more critically about the emotional wellbeing and communicative abilities of babies; ensuring Bump Start continues to meet the emotional needs of, not just the women we support, but their babies too.

This year the Parenting Co-ordinators have been supporting women and their families apply for the

new Best Start Pregnancy and Baby payments, which are available to families in receipt of certain benefits. This has had a positive impact on families in regards to them preparing practically for their new baby's arrival, and we will continue to support families to apply for relevant grants via the Best Start programme.

Bump Start families continue to require support to obtain essential baby equipment; the Parenting Coordinators work closely with Pregnancy Counselling and Care (Scotland) to source items which they need, and the families and ourselves are always grateful to them for providing much needed items. This year Bump Start has been relying more heavily on services such as Pregnancy and Counselling Care and Food Banks to provide practical support for families, as Universal Credit has been introduced and impacted families financially as they go through this change in welfare entitlement.

As always thank you to all the other local services and professionals who continue to support Bump Start ladies and their families, and thank you to the pregnant ladies who engage with us; we are very privileged to be involved during such an important time for them and their families.

Claire Chalmers & Louisa Leggett
Bump Start Parenting Co-ordinators

Nicola Milne
Antenatal Support Worker

FAMILY SUPPORT

Family support continues to provide a much needed service to young parents. Support encourages parents who are looking to make life changes by identifying goals and areas to work on. Common areas identified by families are; positive mental health, emotional well being, parenting support, budgeting, welfare advice and social inclusion. Depending on the complexity of the family's needs, support can be offered short or longer term. Families receiving support can expect regular contact, home visits and individual sessions. With each family comes different challenges and adaptability is crucial for building relationships. My role within family support is to provide a safe environment for families built on confidentiality, respect and trust. Good communication is important to us as an organisation and we regard our relationships with parents and the wider community as fundamental to the success of the project. Family support works closely with statutory and voluntary services allowing for a more collaborative approach. There have been some common challenges for families over the last year including homelessness, poor mental health and social isolation which require a holistic package of support from a variety of partner agencies in order to be addressed.

It has been rewarding to see some families overcome these barriers and engage in family activities which the project puts on throughout the year. It is part of my role to support families to engage with the wider community, enabling them to get to know other local families. Through this approach both parents and their children have become less isolated and have enjoyed trying new experiences together.

Looking forward, my colleague Kerry Riddell and I are looking to facilitate a 7 week parenting course Raising Children with Confidence. The course gives parents the opportunity to promote positive emotional health and well-being for themselves and their family. Furthermore, I continue to co facilitate our fortnightly sleep clinic where families can come along to access advice and support around their child's sleep patterns and routines.

Tiam Lithgow
Family Support Worker

PARENTING OUTREACH SUPPORT SERVICE

This service is funded through The National Lottery and continues to provide a much in demand flexible service for parents of all ages. Families continue to engage well with support and referrals continue to come in from a variety of sources including health, social work and education. There is a wide range of support available through parenting outreach including one to one support for parents, group work, individual work for primary aged children and sleep counselling.

We continue to deliver our fortnightly sleep clinic from our office base. All of the workers who support the sleep clinic are fully trained through Sleep Scotland to provide sleep counselling support to families. Each appointment offers a family a consultation to gather information on the challenges they face in relation to their child's sleep pattern. There is then flexible support on hand to guide families in making changes to their routines. The clinic is a popular service amongst families and referral rates continue to stay high.

Ali and Mubarra have built up a positive working partnership with one of our local primary schools to deliver a new Nurture group for pupils highlighted as requiring extra support. This was a very encouraging experience for both Stepping Stones as a service and for the children taking part. The group met

through the summer holidays and enjoyed some shared time together to help build and maintain their positive relationships. Moving forward this partnership will continue with a new group currently in the planning stages. We also hope through new funding streams to be able to offer this support to other local schools.

Since her return from maternity leave Anna has renewed her collaborative working with various outside agencies such as the working with fathers practice group as well as other local networks. She is currently involved with a subgroup with the NSPCC, Edinburgh City Council and other third sector organisations looking at a neglect awareness campaign.

Ali McIlhone
Early Years Practitioner

Anna Chrystal
Parenting Outreach Support Worker

FINANCIAL REVIEW

Stepping Stones has had a successful year financially, reporting a surplus of £10,388 (2018 – deficit of £12,928) because of an increase income of 7% from 2018, while maintaining our expenditure at existing levels (circa £351,000).

We are thankful for the support that many organisations continue to give us. Stepping Stones continues to receive the majority of its funding from the City of Edinburgh Council, The National Lottery Community Fund & NHS Lothian Health Improvement Fund totalling £303,077 (2018: £300,172) which represents 84% of total income (2018: 89%). During 2019, we received income from additional funders compared to 2018. The other major funding sources are Scottish Legal Aid Board, Robertson Trust, St James Place, Muirhouse Housing Association and City of Edinburgh Council Choose Youth Work fund.

For 2019/2020, we have budgeted to receive income of £352,918, projected to result in a small deficit which will be funded by reserves. The budget will be closely monitored against actual results by the board throughout the year with the main objective to continue to provide the services committed to within the available resources.

Roy Craig
Treasurer



TRUSTEES AND STAFF

TRUSTEES

Alastair Duncan
Chairperson

Pat Haikney
Secretary

Roy Craig
Treasurer

Ian Moir

Fiona Gray

Russell Bradley

Amanda Young

Sandra Cumming

Ailene Preston
(appointed March 2019)

STAFF

Morag Wilson
Manager

Jackie Souness
Business Administrator

Naghmana Sajjad
Early Years Manager

Mubarra Ashfaque
Early Years Practitioner

Clara Massie
Early Years Practitioner

Anna Chrystal
Parenting Outreach
Support Worker

Ali McIlhone
Early Years Parenting Practitioner

Joanne Findlay
Outreach Worker

Tiam Lithgow
Family Support Worker

Kerry Riddell
Programme Development
Worker

Claire Chalmers
Bump Start
Parenting Co-ordinator

Louisa Leggett
Bump Start
Parenting Co-ordinator

Nicola Milne
Antenatal Support Worker

Jane Welsh
Group Worker



“STEPPING STONES WAS MY SAFETY NET. IF I COULDN'T SPEAK TO ANYONE I KNEW I COULD SPEAK TO THEM. SOMETIMES I FELT THAT IF I DIDN'T HAVE STEPPING STONES, I WOULDN'T HAVE ANYBODY. THERE IS SO LITTLE SUPPORT OUT THERE THAT DEALS WITH WHAT THEY DO.”





Registered Office

9A Pilton Drive North, Edinburgh EH5 1NF

t 0131 551 1632

e info@steppingstonesnorthedinburgh.co.uk

w www.steppingstonesnorthedinburgh.co.uk

Registered in Scotland as a Private Company
Limited by Guarantee No. SC281866. Charity No. SC021775

