



www.hsri.org.uk

HOME
START

Renfrewshire
and Inverclyde

Annual Impact Report

2024|2025

Our Vision

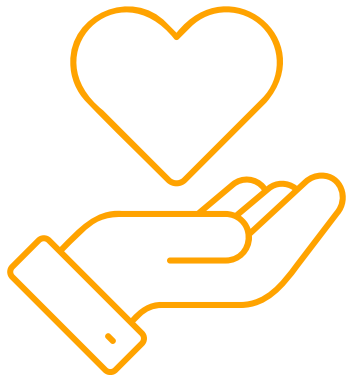
Supporting families to thrive and be confident to give their children the best start in life

Our Mission

Nurturing strong relationships centred around family wellbeing, offering compassionate family support. Helping families to overcome life's challenges, creating brighter futures in our communities

Our Values

Kindness



Treating every family with compassion and care

Trust



Building safe, reliable and respectful relationships

Inclusivity



Welcoming all families, respecting diversity and difference

Choice



Empowering families to make decisions that work best for them

Contents



Welcome from our Co-Chairs.....	3
Directors Review.....	4
A Families Story.....	5 – 6
2024/25 Highlights.....	7
St Mirren FC - Strategic Partnership.....	8
Volunteer Story.....	9
Volunteering Profile.....	10
Words - From our Families and Volunteers.....	11
Perinatal Focus.....	12
Income and Main Funding.....	13
Our Team.....	14

Welcome

from our Co-Chairs

This year has once again shown us the strength, dedication and kindness of everyone connected to Home-Start Renfrewshire and Inverclyde. Our staff team, trustees, volunteers, supporters and partners continue to give so much of themselves. As Co-Chairs, we see this every day and we know that without this collective effort, there simply wouldn't be a Home-Start Renfrewshire and Inverclyde. We are truly grateful.

One of the highlights this year was the launch of our first fundraising gala dinner, The Hoolie, at Greenock Town Hall. With over 200 people attending, it was a wonderful night raising vital funds and awareness. Hosted by our Inverclyde ambassador, Jean Johansson, it showcased the commitment of our staff, volunteers and supporters. We plan for the gala to become an annual event, alternating between Inverclyde and Renfrewshire, marking our 10th anniversary in Inverclyde in 2025, followed by 25 years of service in Renfrewshire in 2026.

Another major highlight was our continuing partnership as St Mirren FC's strategic charity partner. This partnership has been a real pleasure and we were delighted to welcome St Mirren COO, Keith Lasley, as our Renfrewshire Ambassador. Their support, from the Christmas gift drive to bucket collections and the Easter Egg appeal, has made a meaningful difference to local families. We look forward to continuing this work together in the year ahead.

We have achieved so much over the last twelve months, more than we could ever capture in one report, but we hope the pages ahead give you a sense of the work, the relationships and the community spirit that define HSRI. Thank you for taking the time to look back over the year with us.

Innes Turner and Jim McEleny
Co-Chairs





Directors Review

2024 | 2025

This year at HSRI has been shaped by deep listening, genuine connection and walking alongside families through whatever they are facing. As needs shift, we keep adapting, always guided by kindness, consistency and practical support that makes life a little easier and the future feel a little brighter.

Our staff and volunteers remain the heart of our work, bringing warmth into homes, creating safe spaces in our groups and building their skills to meet families where they are. Their relationship-based, trauma-responsive practice helps parents feel seen, heard and understood.

We have strengthened partnerships so families receive joined-up support rather than navigating systems alone and we have continued to champion family voice in early help conversations. Rising demand has seen us expand group work, widen perinatal and early years support and increase targeted help for families facing additional barriers.

Despite the challenges facing the third sector, the strength of HSRI lies in its people. I am incredibly proud of what our families, volunteers, staff, trustees, funders and supporters have achieved together this year, and deeply grateful to everyone who has walked alongside us.

Looking ahead, our commitment is clear: to keep listening and learning so every child has the best possible start in life, while building sustainability into everything we do, ensuring we can continue to stand alongside families for many years to come.

Lisa Carberry
Director

A Families Story

how Home-Start became my safe space

For Elizabeth and James, having a family has been shaped by moments of deep loss, new beginnings, and the everyday chaos of parenting young children. With Home-Start's support, they've found practical help, friendship, confidence and a safe place.

Elizabeth's story

"I first got in touch with **Home-Start Renfrewshire and Inverclyde** just before COVID. I was planning to volunteer. I wanted to help others, especially those dealing with epilepsy, because my partner Craig had it, and we were often stuck indoors. He'd have seizures anywhere on the stairs, in the street. It was scary, especially for our little one who was just two.

"And then everything changed. One day, he wasn't feeling well, so I let him rest. When I checked on him just 30 minutes later, he was gone. He died from a seizure. I still remember going in the bedroom and seeing him face down on the bed. I can't explain what that moment did to me. During the darkest times, Home-Start became my safe space

"I'd posted something online and Lisa from Home-Start saw it and reached out. She asked if I needed help, and I honestly don't know what I would've done without that call. From that day on, Home-Start became my safe place.

"At first, support came through phone calls from my volunteer Margaret as it was lockdown. But once groups started back-up, I joined the weekly parent group. It gave me something to hold on to. Home-Start was a constant companion through my immediate grief. Their support helped me and my daughter in so many ways.

"Three years later I met my partner James. And when we became pregnant with our son I knew I needed Home-Start back in my life. That pregnancy was terrifying. After everything that had happened, I was constantly on edge. I had PTSD and anxiety. I kept thinking something would go wrong again. I even had to be rushed into surgery and put under general anaesthetic. Just before going under, I remember begging them, "Please save my baby."

"They did. My boy made it. But I've never stopped being anxious. I worry when he eats just in case he chokes. But Home-Start understand. They never judge, they just listen. "We've got five kids between us. James's amazing, but he struggles with anxiety too, especially after watching me go through a traumatic birth. So I encouraged him to go to a Dad Matters group. I went with him the first time and he's been going ever since.

"Now we've both made great friends. Some of us mums have our own WhatsApp group now. Our kids have playdates. We're not just parents at a group anymore we're a little community.





A Families Story

how Home-Start became my safe space

James's story

"I first heard about **Home-Start** through Elizabeth my fiancée. She'd been going to the groups and one day said, "There's a new dads' group starting, you should give it a try." It gave me something to do with the kids on a Saturday and a bit of space for myself too.

"At first, I wasn't sure what to expect. But it became something really special. It was a safe place, no judgement. Just other dads, chatting about whatever was going on whether it was parenting stuff or just life. Some days you just needed to sit down and say, "This is what's on my mind." And there was always someone there who'd listen.

"Michelle, one of the group workers ran great activities with the kids too with her team. You didn't need to stress, there was time to talk and just be. And the best bit? You were just a dad in that space. No pressure to be anything else. It helped me come out of myself. I made genuine friendships with a few of the other dads, and we still keep in touch.

"It also helped my confidence. Sometimes when you're at baby groups with your partner, she's chatting away and you're just standing in the background, feeling awkward. But here, you could talk freely, with no embarrassment.

"I work full-time during the week, so having something just for me on a Saturday while still spending time with the kids was amazing. And it gave Elizabeth a break too.

"Looking back, I saw a real change in Elizabeth when she started going to Home-Start. They supported her when she was pregnant, especially after losing her partner. They were there when she was down, when she needed someone to talk to, and when she didn't know where to turn.

"If I met a dad who was struggling like I was, I'd say come along. You don't have to talk at first. You don't even need to say anything if you don't want to. But just being there around other people who get it can make a massive difference. It's a place where you can offload the stuff you can't always say to your family. And once it's off your chest, you feel lighter.

"There's laughter too. It's not all heavy. We have fun, we joke around. And that's what makes it work, you get support, but you also feel normal again.

"Together, we've faced a lot. Grief, anxiety, trauma, and just the everyday chaos of raising a family of five. But thanks to Home-Start, we haven't had to do it alone. They've made us feel stronger, not just as individuals, but as a family."

2024 | 2025

Highlights



Referrals

New Referrals Received

246

An increase 73% on the previous year

Referrer Profile

Health Visitor	50%
Social Work	8%
Whole Family Wellbeing	11%
Other Professional	10%
Self Referral	18%
Other Community & Third Sector	3%



St Mirren

Strategic Partnership

Home-Start Renfrewshire and Inverclyde were delighted to be selected by St Mirren as their strategic charity partner in October 2023. St Mirren has the overall mission to be the best community centred development football club in Scotland and a three-year strategic partnership with Home-Start will further widen the club's reach to local families and provide direct help to those in need. The partnership has been further strengthened with the appointment of St Mirren Chief Operating Officer, Keith Lasley as the Home-Start Ambassador for the Renfrewshire area:



"It is a privilege for me to take on the role of Home-Start Ambassador for Renfrewshire. There will be full involvement from myself and the entire club and we look forward to meeting families, working with the staff team, launching valuable initiatives and fundraising for such an important and worthwhile cause."

By establishing the existing relationship between St Mirren and Home-Start as an official strategic charity partnership, the two organisations can combine resources to provide immediate respite to real-life families.

To have St Mirren support Home-Start truly exemplifies community spirit. We look forward to growing our existing relationship with the club as we partner together over the shared interest of helping families. Both organisations have the same vision, to bring people together, and for families to know there is a community open to them. Home-Start is delighted to be able to receive the support and resources that a partnership with the local Scottish Premiership Football Club can offer. The goal is always to provide the best support possible to families across Renfrewshire and Inverclyde.

Volunteer Story

From Isolation to Empowerment

Carol*, a lone parent, was referred to us by her Health Visitor. She was suffering from post-natal depression and severe anxiety, exacerbated by Covid lockdowns, and was extremely isolated with very little family support. After several visits from our Family Support Coordinator, a level of trust was established, and Carol was persuaded to attend Parents Group with her son.

On the morning of Group, Carol pressed the door entry bell and was buzzed in but she didn't appear through the door, having been overcome with anxiety and she had turned to walk away. Our Coordinator acted on instinct, running out the door and chasing Carol up the street. Carol was shaking with anxiety but was successfully talked back in to just to have a coffee and to let her son play with toys.

The safe, supportive environment of Home-Start Groups was the turning point for Carol. Through the encouragement of others, she gradually became an active participant in the group, offering assistance to fellow parents and volunteering to meet other Mums in town before Group.

"Home-Start saved me from my isolation and depression, if they hadn't run after me that day I would still be in an anxiety cycle on my own. Having the routine of Parents Group helped me break the negative spiral and find my sparkle again."

Carol soon assumed a Parent Helper role which serves as a valuable transition for those who no longer require our service but still wish to remain involved and build their confidence. When Carol's son started school, she took the next step, attending our Volunteer Preparatory Course and is now a much-valued Volunteer Group Worker twice a week at our Parent and Family Groups.

"I love the fact that I can take a negative in my life and turn it into a positive by helping other parents. I know exactly what some of the Mums are going through and can really help build their confidence. I get so much from just being around the parents, kids and staff, they are such an important part of my week."

The transformative power of simple connections and the importance of support networks, showing the potential to grow from being in need of help to becoming a valuable contributor within the community.

*All names have been changed



Volunteering

Profile

115
Volunteers

An increase of 30 volunteers on last year, we ran our prep course 3 times in each area 2024/25.

17,874
volunteer
hours

The donation of their time equates to a donated value of £225,212*. We cannot thank them enough, and know the difference that they make to families is unmeasurable.

69%
Home
Visiting

45%
Group
Only

Our dedicated volunteers whether home-visiting or group or both are flexible in their approach to the support of our families.

10 years

Is the length of time our longest serving volunteer has been with us. Retention is very high, we are inspired by all the wonderful people who choose to volunteer their time with us. More than a quarter of our volunteers have been with us for 3 or more years.

10

started as a volunteer with us 🗣️

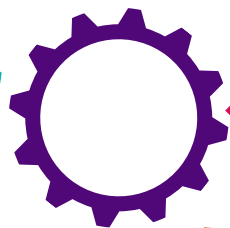
Interesting fact, out of our current 22 staff members



*based on the Scottish Real Living Wage of £12.60ph in 2024

Words

from families and volunteers



“ Ordinary people doing extraordinary things ”



“ I honestly don't think I would be where I am today without all the support ”



“ Feels like you're part of a large family where everyone is helping each other ”



“ You helped me to feel stronger and more empowered ”



“ Home-Start provided laughter when I felt unable to feel happiness ”

Perinatal Focus

Mellow Bumps

Research evidence identifies the crucial role of attachment beginning before birth, its role in the well-being of both mother and baby and its positive impact on development, health and overall happiness. Mellow Bumps is a 7 session group based antenatal programme , designed to support parents-to-be by decreasing stress levels in pregnancy, improving wellbeing and helping to build a relationship with baby before birth.

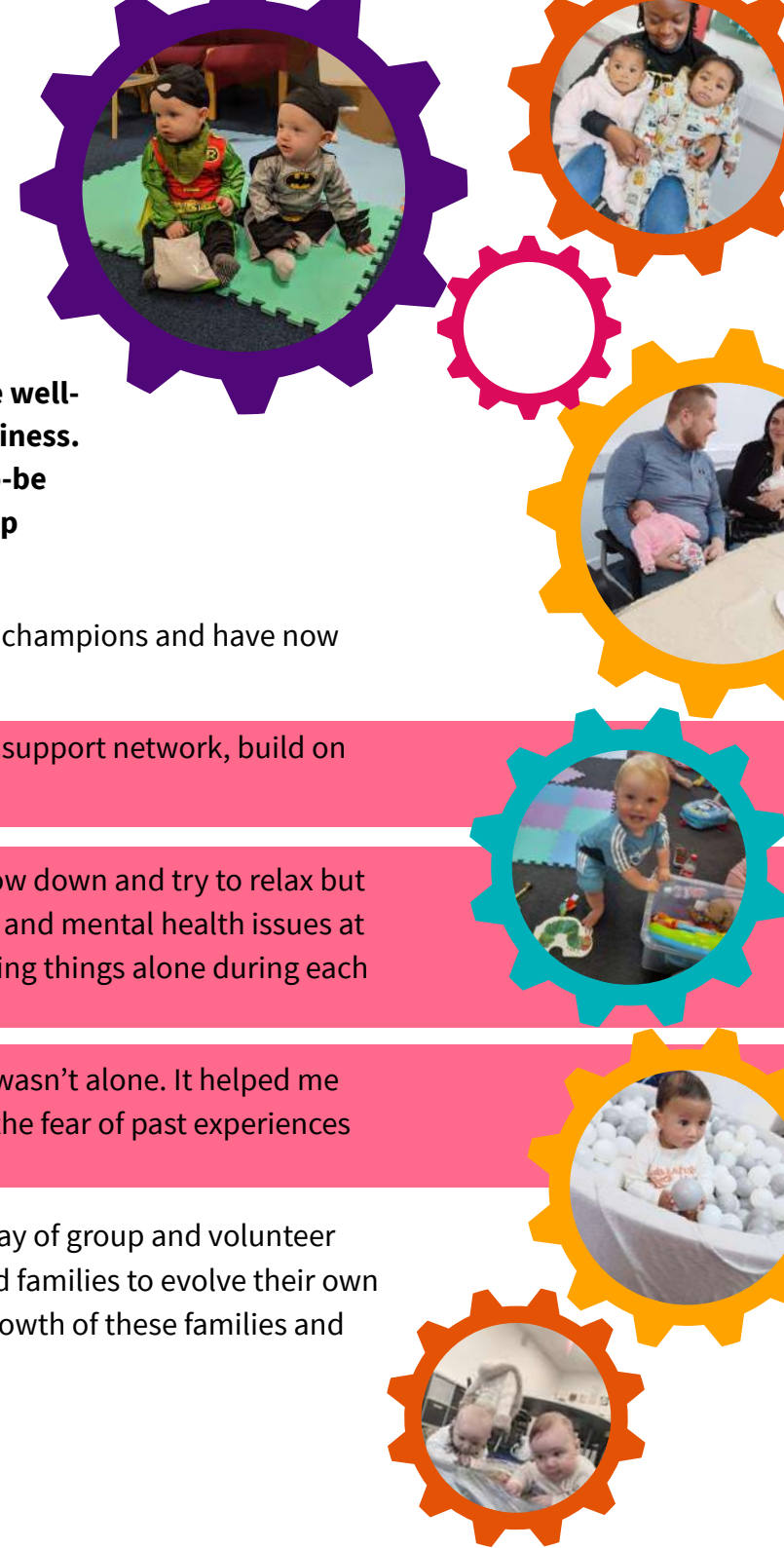
With funding from Inspiring Scotland, we supported 4 staff and 4 volunteers to train as Mellow Bumps champions and have now completed 2 cohorts in each area with positive feedback from all who attended.

“Mellow Bumps coursework/theme each week helped you to look at the life around you, identify your support network, build on your own personality traits, improve my mental health.

“Participating in Mellow Bumps definitely made my pregnancy easier, it not only encouraged me to slow down and try to relax but it gave me friends for life. I am so grateful for having Mellow Bumps and Home-Start in my life. Anxiety and mental health issues at any time can be very lonely, but especially in pregnancy, it is so daunting but I didn’t feel like I was facing things alone during each class.”

“Mellow Bumps provided a safe space to acknowledge my thoughts/feelings/insecurities and know I wasn’t alone. It helped me remain as positive as I possibly could, provided laughter when I felt unable to feel happiness without the fear of past experiences happening again”

HSRI’s Mellow Bumps programme provides a starting point for these families, leading on to the pathway of group and volunteer support, also extending involvement to the Dads with our weekly Dads Group. This framework allowed families to evolve their own peer support network, and HSRI are privileged to have played a part in this journey and witness the growth of these families and the flourishing of their friendship.



Main Grant Funding

BBC Children in Need

- Main Grant
- Food Insecurity Grant

CVS - Community Mental Health and Wellbeing Fund

Cattanach

Engage - Community Mental Health and Wellbeing Fund

Foundation Scotland

Garfield Weston

Impact Funding Partners

Inspiring Scotland

Inverclyde Council

Inverclyde HSCP

Henry Smith

Renfrewshire Council

- Pre-Five Voluntary Grant
- Whole Family Wellbeing

RS Macdonald

The National Lottery

- Awards for All
- Community Fund
- Improving Lives

The Newark Trust

The Robertson Trust



Small Grants and Corporate Donations

- Asisanomics Macro
- Co-Op Greenock
- CVS Warm Hand of Friendship
- CVS Community Fund
- G2 Ref
- Holy Trinity and St Barnabus Youth Group
- Home Start UK
- Mrs Jane Allen Trust
- Nisa Local - Paisley
- Oak Tree Housing Association
- PBS
- Renfrewshire Council - Winter Connections
- Save The Children
- Safer Group
- The Flightpath Fund

A extra special **thank you** to all those who have donated money, time, baby items and the even the odd bit of furniture.

Your kindness has **made a difference** to a local family in your community.

2024 -2025

Income and Main Funding

Donations and Legacies	21,913
Charitable Activities	601,517
Other Trading Activities	-
Investments	11,259
Total Income	634,689
Expenditure on:	
Charitable Activities	613,004
Total Expenditure	613,004
Net Income	21,685
Transfer Between Funds	-
	21,685
Reconciliation of Funds	
Total Funds Brought Forward	508,088
Total Funds Carried Forward	529,773

Individual Donations

- Anne Mannion
- Hopehall Toddlers Group
- Louise Newman
- Lorraine Cameron
- Leah Canning
- Sheena Clayton
- St Patricks/St Vincent de Paul - Inverclyde

Our Team




**HOME
START**
Renfrewshire
and Inverclyde



Renfrewshire Office

St James House
25 St James Street
Paisley
PA3 2HQ
Tel: 0141 889 5272
Email: renfrewshire@hsri.org.uk



To all Home-Start **volunteers**, the moments you share with your families will be memories for life. Your impact will always shine on the children's lives and will be a special part of the parent's journey of having children. I hope you all love being a part of Home-Start and families' hearts. **Home-Start Renfrewshire and Inverclyde has literally changed our lives.** 
Quote from an HSRI supported family

Inverclyde Office

Suite 1B
Clarence House
7 Hood Street
PA15 1YQ
Tel: 01475 603441
Email: inverclyde@hsri.org.uk



Would you like to make a **£3.50** donation? This would buy a hot roll for someone attending one of our peer support groups. Use the QR code above to go to a secure link with Sum Up.

Thank you.

General Enquiries: hello@hsri.org.uk



www.hsri.org.uk



we will
#KeepThePromise