

Patchwork EH32

Parents And Their Children's Health Work

Charity No: SC040790

**Annual Report
2009 / 2010**

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1 CHAIRPERSON'S REPORT

Welcome to our 3rd Annual report. What a year it has been for Patchwork EH32. This year has seen the biggest changes to Patchwork since it began in 2006

The dedicated committee together with our CDO and Health Visiting staff held a series of meetings at the start of the year to determine where Patchwork should go this year, and how we would action this.

The result?

- We achieved charitable status, a significant plus point when securing funding.
- We secured funding from various funding bodies to provide our parent members with courses and classes, which would enhance their well-being and aim to reduce health inequalities both in parent and child in the early years.
- We became a community champion within East Lothian Council's Support from the Start initiative, putting us in touch with other agencies across the county willing to lend their support to our project.
- We took on the local Mother and Toddler group, and merged it into Patchwork's umbrella. This was an innovative and bold move, typical of the committee's hard work and determination. Assisted by a grant from Support from the Start, we were able to re-format the toddlers' branch, giving better value for money, which encouraged more parents to attend. This enabled us to showcase health workshops, activities and courses to a whole new set of parents with children between 2 and 5. The uptake from this has been massive and is a complete success. We are now able to deliver our health information services to a much larger audience

The programme of events continues to be led from our parent members, meeting the needs of both parents who are in regular attendance, and those under the remit of the health visiting staff. Our funding has resulted in the following:

Weekly baby massage classes, quarterly baby and child first aid courses with crèche, weekly postnatal aerobics, with a capacity of 25, weekly aqua aerobics with a capacity of 10 per block. All these classes are provided with crèche for children or older siblings where appropriate. No mean feat for a part time charity run by volunteer mums!

The committee has worked relentlessly to ensure that Patchwork is a stand alone organisation, and has the various practices needed for Patchwork to function in place, so any new committee in years to come have got procedures and policies to work from. The focus this year has really been in terms of administration and legacy. This has required sizable commitment from our committee members. One of the main things we were able to realise from our funding award, was an upgrade to the website. Our website is now more user friendly, reaching out to more local parents through our twitter and facebook interfaces and is updated by the committee on a real time basis. This can now be passed on to future committees, with a small handover.

The committee continues to thrive, we have had some strong additions this year and we attract new parent members, wishing to volunteer, do their part, and have their say into

how Patchwork reaches out in to the community. This is essential to secure the future of Patchwork.

Anyone who attends Patchwork now will see how much of a community hub it has become, and to all who have worked so hard on it, this is simply a delight! Patchwork is such an effective vehicle, bringing together parents from all walks of life, and providing such crucial services in this area in an informative and unpressurised environment. The feedback from our parent members is extremely positive, and the peer support generated by our sessions is invaluable.

We have developed a regular fundraising programme with social events spread through the year, which are proving extremely popular with our members and reinforcing our community based approach.

As ever, I would like to thank our wonderful committee members for their hard work and support. They do not often get as good a chance as this to be thanked, so Elizabeth Gilbert, Tracey Haldane, Alex Brown, Sam Smith, Lisa Simpson, Natalie Lees, Rose Henderson, Sally Farmer, Heather Combe, Joanne Illingworth, Jo Fitzpatrick, Gemma Pearson, Lynsey MacDonald, Alison Amy, Kerry Scott and Lauren Auld , **Thank you all so much!**

We hope to continue in the same vein next year, to build on our strengths and help people who really benefit from Patchwork, by working in a closer capacity with East Lothian Council and NHS Lothian.

Katie Barron
Chairperson
June 2010

2 HEALTH VISITOR REPORT

As Patchwork EH32 moves into its 4th year of operation it is heartening to report that business is going very well! As a Community Development enterprise supported by local health visitors and community development officers, the dynamism and enthusiasm, which propels Patchwork forward, comes chiefly from the local community –the parents who give of their time, knowledge and expertise. Their input is becoming an increasingly heavy commitment as Patchwork expands and offers an invaluable service to a wider community of our pre-school children and their parents. In an area such as Prestonpans where there are a large number of new houses, young families often from out-with the area move here with no social connections and could become very isolated. Patchwork EH32 allows **all** local parents with pre-school children the opportunity to meet together, to share experiences, to support one another by developing friendships, to access learning opportunities (which they themselves have identified) and to offer their children space to play and socialise together. The original Patchwork session (10-12 Tuesday mornings) offers parents the opportunity to weigh their own babies and to discuss any health, development or nutritional issues with the Health Visitor. There is an annual programme which is compiled after consultation with parents and includes topics which they have identified including toilet training, behaviour management, weaning etc. The Health Visitors give every new parent a programme copy along with details of Patchwork EH32 and its web site, an invitation to the Breast Feeding support group, and a flyer offering baby massage sessions. Statistical and evaluation information relating to Patchwork is gathered and is presented in our annual report.

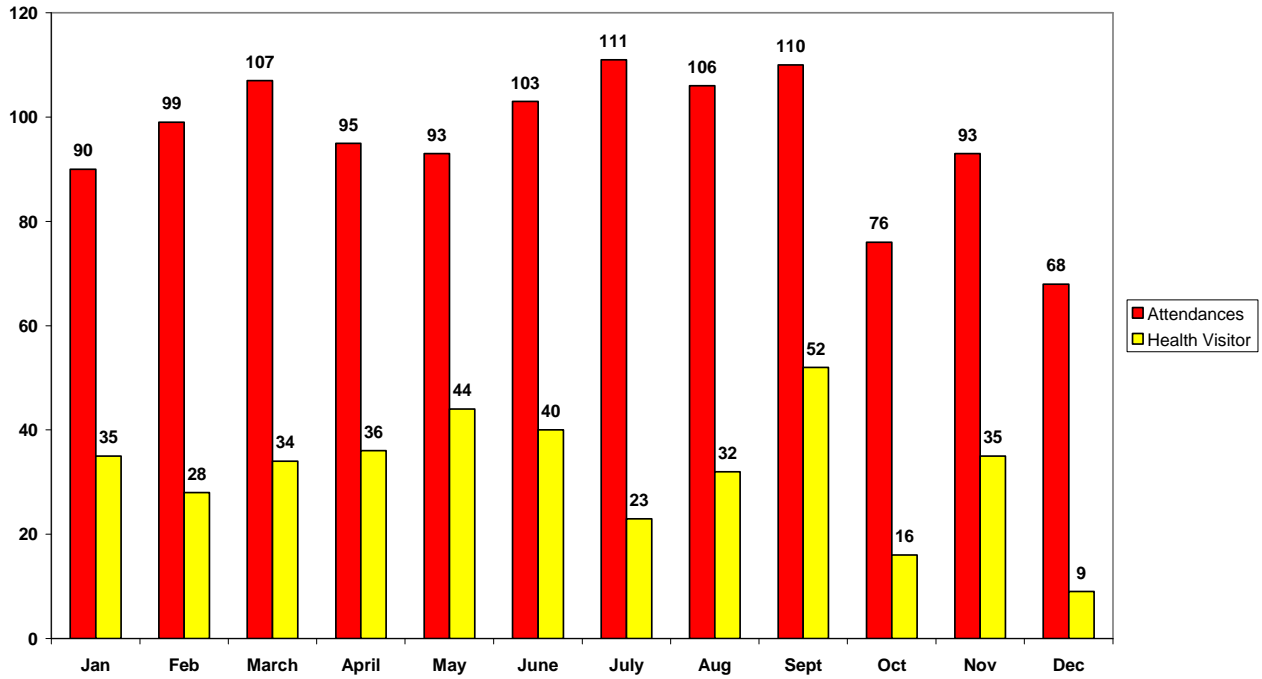
The addition of the Patchwork Toddlers sessions to the range of activities on offer has expanded greatly the number of parents using the service and all parents can access the website and book themselves into the various health enhancing programmes which are on offer.

The next major phase of development will be to consider with all our partners how best to manage the increasing workload by the provision of a solid support structure, which will ensure the continuing stability of Patchwork EH32. This will doubtless be a big task but one which must be tackled if this community development project is to continue to promote health and well being in Prestonpans.

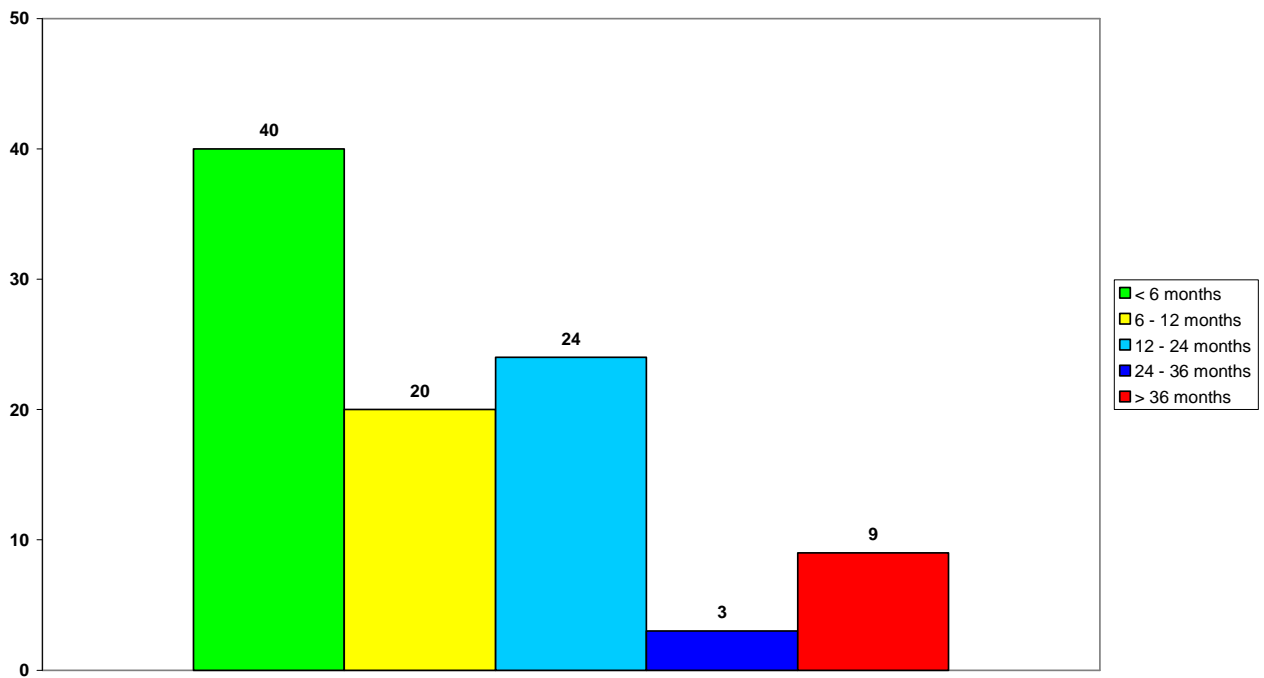
Nicola Holmes
June 2010

3 EVALUATIONS/STATISTICS

Total monthly attendances at Patchwork and Health Visitor contacts



Average number of children who attended per month by age



Aerobics and Aqua Aerobics 2010 January to March

A total of 7 completed forms were analysed from the above sessions. The responses are as follows:

Q1. This is an effective tool to keep parents healthy?

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
100%				

Q2. The session was valuable and will be useful to me

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
100%				

Q3. It would be useful to see more of these sessions

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
100%				

Q4. It is helpful to meet other parents at this kind of event

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
100%				

Q5. What would have made the sessions better

Longer period of time

Q6. What other information would have been useful?

May be more variety of classes to choose from in future blocks

Any other comments?

Great fun and good for you

Fantastic service

Thanks for the financial support

Baby Massage Statistics

A total of 22 completed forms were analysed from the above sessions.
The responses are as follows:

Q1. This is an effective way to inform parents

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
82%	14%	0%	0%	5%

Q2. The information was valuable and will be useful to me

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
82%	14%	0%	0%	5%

Q3. It would be useful to see more of these sessions

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
59%	32%	5%	0%	5%

Q4. It is helpful to meet other parents at this kind of event

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
77%	18%	0%	0%	5%

Q5. What would have made the sessions better

A little bit warmer room

Warmer room

More weeks would be great, maybe 6 or 8 week slots

Nothing I can think of

Felt sessions were great, no changes needed

to have it for longer to dedicate time to spend massaging

Q6. Did you make use of the crèche?

Yes 4

No 9

NA 5

Q7. What other information would have been useful

Any other comments?

Felt very relaxed with class (respondent completed 'strongly disagree' to all questions)

A great class to meet other mums

Nice and relaxed, very well done

We enjoyed baby massage very much. Thank you.

Very good

Nice informal but informative sessions. Great.

It was great

Thank you very much for the sessions. Thoroughly enjoyed it.

Food Monsters taster session 31.03.10

A total of 12 completed forms were analysed from the above sessions.
The responses are as follows:

Q1. This is an effective tool to keep parents healthy?

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
83%	17%			

Q2. The session was valuable and will be useful to me

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
83%	17%			

Q3. It would be useful to see more of these sessions

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
75%	25%			

Q4. It is helpful to meet other parents at this kind of event

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
83%	17%			

Q5. What would have made the sessions better

More time

Nothing, a great session

Good advice re: healthy eating

Q6. What other information would have been useful?

Some more simple recipes

Nutritional info

More recipes

Any other comments?

Great fun, would love to have more

Would love food monsters back at Patchwork

Would be interested in attending longer sessions

Maybe getting more recipe ideas

Really enjoyed the session

Patchwork Talks

The Patchwork Programme for the 2009-10 session included talks requested by the parents:

☺ 7 weaning sessions attended by 32, 1 fire safety session attended by 6, 1 toilet training session attended by 6, 1 sleep management session attended by 7, 1 jo jingles session attended by 20.

(☺ All parents with appropriately aged children are sent an invite to attend the weaning sessions)

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A total of **36** completed evaluation forms were analysed from all of the above group sessions. The responses are as follows:

Q1. This is an effective way to inform parents

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
83%	17%	-	-	-

Q2. The information was valuable and will be useful to me

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
78%	22%	-	-	-

Q3. It would be useful to see more of these sessions

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
53%	44%	3%	-	-

Q4. It is helpful to meet other parents at this kind of event

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
67%	30%	3%	-	-

Q5. What would have made the session better?

- *Maybe another room (Jo Jingles)*
- *Do it more often and longer session (Jo Jingles)*
- *Bigger room (Weaning)*
- *Smaller group (Weaning)*
- *More space (Weaning)*
- *Very helpful/comprehensive (Toilet training)*

Q6. Did you make use of the crèche?

Yes	No	Not applicable
36%	50%	14%

Q7. What other information would have been useful?

- *Earlier weaning information*

Any other comments?

Jo Jingles

- *Really enjoyed it thanks*
- *Good way to inform parents of local classes and to give them a taster*
- *It would be great to see more Jo Jingles*
- *Enjoyed the session*

Fire Safety

- *It was very good*
- *Enjoyed the talk and the chance to ask questions*

Weaning session

- *It is a very good idea with Patchwork and the info*
- *Very good*
- *Friendly and informative – Thanks!*

4 PRESTONPANS BREAST FEEDING GROUP – SESSION



Health Visitors Office

Prestonpans Health Centre
Preston Road
Prestonpans
EH32 9QS

01.04.10

PRESTONPANS BREAST FEEDING GROUP – SESSION

The group is held on a Thursday 1-2pm at the Pennypit Centre, Prestonpans. A health professional, i.e. a Health Visitor or Midwife, attends the 2nd and 4th Thursday of the Month. The group has been running for just under 2 years.

The group offers breastfeeding mums the opportunity to meet local mums for peer support and to also access advice as required.

In the time that the group has been running attendance has been variable. On average 2-3 mums were attending, with a maximum of 5. Unfortunately, more recently, the numbers have been less encouraging but we continue to promote the group at antenatal classes and at visits of postnatal mums.

In view of this it is our plan to further engage with Carolyn Warlock, Infant Feeding Advisor for East Lothian, to look at ways to develop the breastfeeding group within Prestonpans. We value the support given to the group by Patchwork and the staff at the Pennypit Centre. If any Patchwork member has a specific interest in this group or ideas on how to further develop we would value their input.

Yours truly,

Mary Graham, Gillian Craig Health Visitors
Lesley Walker Midwife

5 COMMUNITY DEVELOPMENT OFFICER'S REPORT

Patchwork EH32 has given professionals working in the Prestonpans cluster a unique opportunity to come together with parents and to work in partnership.

The organisation has developed significantly and parents involved on the voluntary committee have also developed.

Wow what a year, another busy period with the Committee working tirelessly to successfully achieve charitable status in August 2009 and securing funding to promote and run a varied and busy programme.

I look forward to working with the Committee over the next 12 months to help them build upon their existing skills and learning a variety of new Committee skills.

I would like to take this opportunity to congratulate the committee for their success to date and to thank all the parents (who are the unsung heroes) who have been involved at each step of the journey and to wish them well for the next 12 months. I would also like welcome new committee members on board.

Lorraine Congalton
Community Development Officer

6 PATCHWORK EH32 ACCOUNTS 2009/2010

Income & Expenditure Account for the year end 31st March 2010

INCOME	£
Class Donations	459.07
Fundraising	2344.17
Funding	12928.00
Donations	155.00
Toddlers Money	977.92
Transfer from Toddler account	496.45
Bank Interest	2.77
Total	17,363.38
EXPENDITURE	£
Classes	4475.09
Crèche	468.60
Website	405.68
Insurance	220.50
Parties & Prizes	243.89
Toys & Xmas Presents	324.50
Miscellaneous	1075.28
Groceries	129.10
Stationary	155.39
Hall Hire	1193.40
Total	8,691.43
Balance at 1 st April 2009	1,917.56
Income	17,363.38
Expenditure	8,691.43
Surplus of Income over Expenditure	8,671.95
Balance at 31st March 2010	10,557.95

7 ACKNOWLEDGEMENTS

A big thank you to everyone who has supported Patchwork EH32 during the period 2009 – 2010.

Management Committee

Tracey Haldane
Lizzie Gilbert
Katie Barron
Joanne Illingworth
Lisa Simpson
Heather Combe

Alex Brown
Samantha Smith
Natalie Lees
Jo Fitzpatrick
Alison Amy
Rose Henderson

Sally Farmer
Gemma Pearson
Lynsey McDonald
Kerry Scott
Lauren Auld

NHS

Nicola Holmes, Health Visitor
Mary Graham, Health Visitor
Gillian Craig, Health Visitor
Lesley Walker, Midwife
Sharon Curran, Staff Nurse
Stuart Cameron, Quality Improvement

East Lothian Council

Lorraine Congalton & her team
Margaret McDonald & her team
Steven Wray, Support from the Start
Maureen Leigh
Eleanor Ferguson

Funding Bodies

The Coalfields Regeneration Trust
The Robertson Trust
Awards for All
Support from the Start

Tutors / Guest Speakers / Agencies

Carolanne Golightly, NHS Dental Health
Elspeth Pandit, ELC Bookstart
Elizabeth Gilbert, Baby Massage
Jane Park, Exercise Tutor
Leigh, Jo Jingles
Charlotte, Hullabuloo
The Mercat Gait Centre, Tony McHenry and his team

8 WHAT DOES PATCHWORK MEAN TO ME

Good general advice, things you may not have made appointments for, feeding sleeping etc. I have made friends. Didn't have this when my other girls were babies, which I would have loved as I was new to the area.

Patchwork – fun for the children and the adults. A great opportunity for the kids to play in a safe and fun environment

A wonderful chance for a well deserved 5 mins

Peer support is fantastic. Forum style, health visitor talk, help build confidence. I now have loads of friends and so does my little girl

Patchwork means meeting new friends, socialising network and keeping my sanity!! Really well run group for kids with lots of variety of activities

A chance to ask questions without needing to see a Dr – ask mums and health visitors

Patchwork provides a support network for mums with a health visitor there for Health issues and concerns. Without Patchwork I would be lost!!

Great place to meet other parents and speak to health visitor if worried about anything. Also good to get baby weighed

It's good because the kids get to play and the adults get to have a cup of tea and chat and meet new people

Great Crèche too!

Super opportunity to have a chat with other mummies and get babies playing socially – and the coffee and cake!

Sociable event for both adults and children.

A great place to meet new mums and talk about worries/issues, it's invaluable

Patchwork allows me access to activities and courses which I couldn't afford on my own. Together with the peer support – I feel empowered to make informed decisions/choices about my child's health – we are so lucky!

Fitness Classes, social networking – patchwork has become a way of life!

Patchwork means a reason to get ready in the morning to get out the house and meet people

Meeting new mums and the exercise classes are great

Good Social Activities.

Great to meet new friends.

Patchwork is a community hub, it has given me so much, practically, emotionally and physically. I wouldn't be as educated about the health of my children if Patchwork wasn't in the community

9 WHAT DO I GET OUT OF BEING A PATCHWORK COMMITTEE MEMBER

*Stressful, busy, thankless at times,
frustrating but mostly*

Fulfilling

*New
organisational
skills and
confidence*

I've learnt about the huge organisational skills, time and commitment that is required to run a successful baby/toddler groups, especially from the senior members of the committee. Also that groups like ours are very important to the parents in the community.

Being on committee has allowed me to give something back to Patchwork and the community, as they were a lifeline when I had my first child."

**Confidence and
web skills**

Working with others

By sitting on the Patchwork committee, I've been able to build on my skills learnt at work, improve my communication methods, and developed my people management skills.

10 PHOTOGRAPHS

