



The Gateway

Levenmouth

Improving Futures



## End of year 4 Report

The Gateway Levenmouth Project continues to support families so that they can



improve the lives of their children. The aim is to work alongside families who have multiple and complex needs with parents who often have little or poor self identity, esteem or confidence. The project offers families mentors to support families individually, 37 this year, a family learning coordinator to create opportunities for families to learn and have fun together, 183 families this year, and a volunteer

coordinator who develops ideas with parents to get involved to support their family and other families in their local community, by the end of year 4 33 formally trained volunteer and 13 informal. The Project bridges the gap between families and statutory organisations helping families to gain knowledge of the services that can support them and since the beginning of the Project 551 families have engaged in this work.

*“Individual mentor / family relationships are a strength of the project. It is clear how much the families value the mentor in times of stress or when other agencies are involved. The mentor is ‘side by side’ with them rather than asking about or telling them to do something as statutory services might. The importance of that supportive shoulder, accompanying hand and occasional ‘tough love’ the mentor gives is hard to quantify.”*

Quote from Family Mentor



# Family Mentors

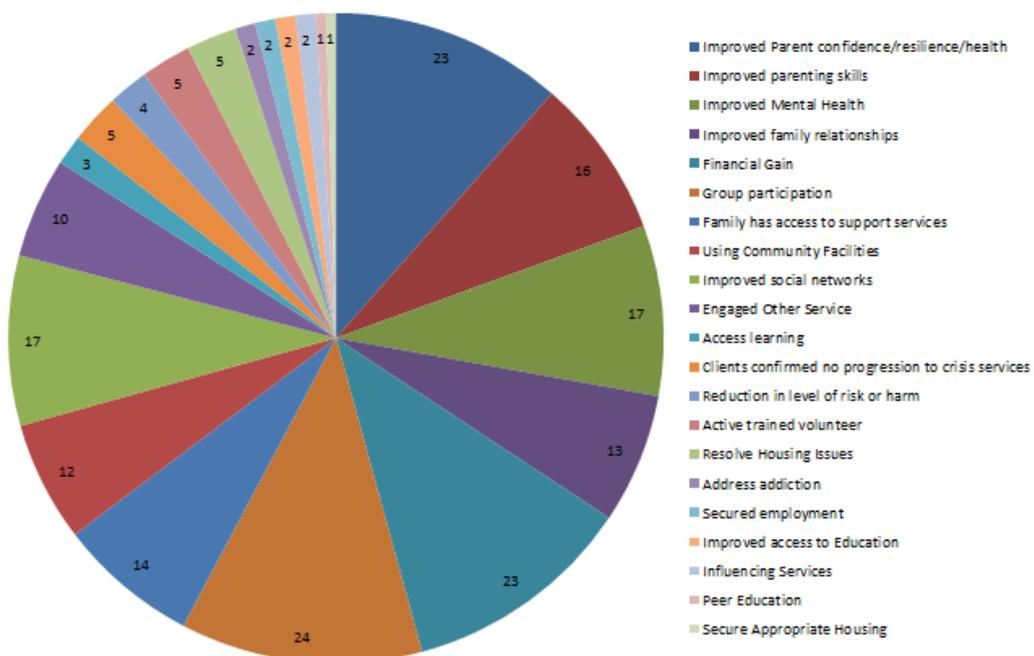
Since the beginning of the Project Family Mentors have supported 199 Families with 92 in year 4 and of these 37 are new families. Family Mentors coach families to manage their child/rens behaviour and to build their knowledge of their needs, By doing this they built the confidence, parenting skills, resilience and improved mental health of 56 families over the past year. Each families has a bespoke plan of action created and this will done in agreement with the family and from this families are connect them to the services that they need to provide a supportive and adequate home for their child/ren. The action plan will include coaching to understand their child’s behaviour, to develop strategies to manage this and encouragement to apply these. Parents are supported to attend appointment such as Dentists, GP, Child Psychology, and Education meetings. This has led to a 44% increase in children attending health checks and 46% increase in positive relationships between families and education staff. Over the past 12 months Mentors have worked hard with schools, parent and children to develop positive relationships and now offer Coffee mornings and drop in’s regularly in parents lounges in 3 local schools.

Mentors have supported parents to attend parenting courses such as Incredible Years, Positive Behaviour, Kit Bag, DAPL Art and PEEP as well as providing opportunities to get family counselling, Autism Support and access empowerment Workshops. They have also encouraged parents to attend family learning and activities that support their learning and development so that they become good role models for their children.

Parents have been actively encouraged to become involved in their local community and to become volunteer. Family Mentors have been active in building parents confidence and resilience in their ability to provide for their family and this is reflected in the Outcomes below which reflect year 4 only and the Improving Futures Monitoring Information System for the whole project.

The graph below demonstrates the Outcomes from all of the Family Mentoring in Year 4

**Outcomes 1st August 2015 to 31st July 2016**



# Family Mentors



Image left—Some of the parents who have Family mentor support participated in a Creative Writing Course which we ran in partnership with Adult Basic Education. Image below—From this four parents presented their stories at the Fife Gingerbread's AGM

*"Brilliant! Best thing I've ever done"*

Gateway Project Parent after presenting at the AGM



Image above—An empowerment workshop for women. This workshop was aimed a mothers and volunteers to develop their confidence, self identity and esteem.



Positive parenting Course delivered in Partnership with DAPL

Family mentors have worked with families and supported them to attend other programmes;

- In partnership with DAPL Family Art sessions have been offered. Here art is used as a tool to create a conversation with parents and children affected by domestic substance misuse and an opportunity to explore their feelings and emotions around this.
- In partnership with parents a program of outings for families to support parents to learn strategies to manage children's behaviour in the community and in community venues.
- In Partnership with Family and Community Support Workers Mentors have supported families to attend Incredible Years Programmes and help them to make sense of this
- Mentors have offered "Open Circle" groups to parents as a follow on from the empowerment workshops to support women to develop confidence and build a positive network of support.
- In Partnership with Enable Family Mentors have worked with families to attend a Positive Behaviour Program
- Friendship groups have been offered to children who have issues around making friends in school in partnership with Family and Community Support Workers and local Primary schools.
- In Year 4 Family mentors have also employed Local counsellors to support families to have better family relationships

# Family Learning

Family Learning has developed a new model of delivering Family learning to local primary schools, Family Fun Clubs. This initiative combines all the work that the Mentors do and includes the development of parents to become volunteers .



Families learning and having fun together



Parents completing their family Fun Club Training

*"A have benefited in loads would-  
n't oh got my life sorted if hadn't  
been for your help x "  
Text from Gateway Parent*



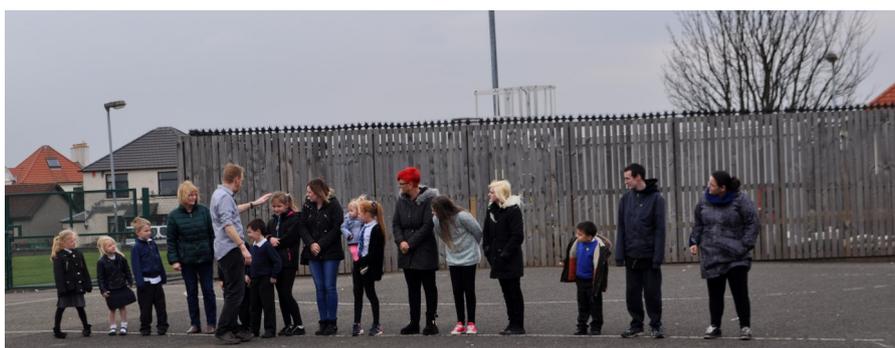
Parents delivering a Family Fun Club session

This way of working increases the capacity of family learning locally, while improving the relationship between parents and their school which in turn should improve the child's learning in school.

How it works— Parents who's children attend the schools are offered the opportunity to become involved in their child's after school learning. The parents who volunteer are then brought together as a collective and skilled up to be able to offer a variety of activities as part of their child's schools family learning program as well as being connected in to the various organisations in the community. Initially the trained parent volunteers are supported to develop programmes, plan, prepare, deliver and evaluate them with a tapering amount of support offered until they become independent.

Feedback from families has been very positive and include "Amazing" "great fun".

So far this has been successful in one particular school and we currently rolling out the model in 2 further schools who have requested this.



# Family Learning

Family learning has also taken place in the community and the model of developing the skills of the parents continues here also. This is an essential part of the Project as it builds the confidence and resilience of parents, develops purpose and pride in their community. Below there are a few images of the this work.



Food time Fun time in the local park. Parents who have attended cooking courses and achieved food hygiene certificates plan, shop for and create a picnic for the families participating in a program of Family Learning

Food Time Fun Time indoors in local community venues. Parents and children participating together in activities that have a beginning, middle and end. Having fun together.

Families also sit at a table and eat together.



Dad's and Kids—3 programmes have been offered to dad's and kids. The photo is a dad's and kids bike group where a bike mechanic skilled up the families to maintain their bikes. This program has been further developed into a summer activity of family cycles.

The other programmes were, dad's and kids kick about and dad's and kids cooking.



This year as a follow on from the dads and kids bike program Family Learning offered a program of led cycles around Levenmouth. Parents were trained as cycle leaders and everyone completed a cycling proficiency course before participating in the events. Everyone is keen for this to continue and we have comments "Fantastic" "Absolutely brilliant!"

The Workers from The Gateway project have also supported events in the local area organised and delivered by other organisations. These include: CLD Buckhaven nights a evening family learning provision; The Bee Hive Art program to build self confidence; The local Gala's in Methil and Methilhill; The Savoy for family learning.

# Holiday 2016 Activities

As an organisation we have teamed up with others to offer holiday provision. Over the past 12 months we have offered Easter, summer and Autumn activities. These are offered with Family and Community Support team, Woodlands Nursery, Community learning and Development, Home Start, Adult Basic Education, Food bank and Volunteers. Volunteers have been involved in the delivery of all the holiday provision and Family Learning Provision. Other organisations have come along to support the activities such as "The Animal Man", "Bike Ability", Tutors, Active Fife and many more.

## Picnics in the Glen



## Monday Madness



## Summer Beach party



## Easter Picnic



## Beach Olympics



## Cycling Proficiency



## Breakfast Club

The Gateway project continues to provide a Breakfast Club at a primary school that identified this as a need and the feedback from the teachers is “many of the children don’t get fed before school”, “it has improved time keeping for many children and their ability to concentrate in class”, “It enables parents to work and attend further education”.

When the school return 20 children will be attending

## Significant development for Going Forward

Going forward we are looking to begin a Gardening Group with Dad’s and Volunteers to support families to maintain their gardens. This will enhance children’s opportunities to play outdoor and to explore the natural environment as well as giving families a pride in “place”. We are doing this in partnership with Fife Housing and a Local Business who is releasing volunteers to help the dad’s to operate the equipment.

Attached is a report from a day we spent with the Gateway Stakeholders which highlights the impact of the work in the Levenmouth area. The Project is currently working with a researcher from Poverty Alliance to impact the Project has had in schools with attendance and relationships and we have a honours year CLD student who is holding focus groups with families who have used the service and the impact the project has had on their family. These reports will be submitted as they are created.

## Feed back from Parent

Gateway has helped my son and myself in such varied ways and has at times been a God send. While feeling isolated having relocated to Fife, we were invited to events and trips and got to meet other families which was wonderful. My son has PDA which is a form of autism and his anxiety was so bad last summer that we were housebound for 3 months, without my Gateway support worker, I could not have managed simple tasks such as posting health questionnaires sent from the paediatrician or picking up prescriptions to help him sleep. As our family has changed and our needs have altered, Gateway have been there offering support and at times a shoulder to cry on, without their help we would have struggled a great deal more both in emotional and practical terms. I cannot emphasis how grateful I am to have Gateways assistance, even getting my sons diagnosis was made easier due to help getting to appointments and sitting with my son whilst I received the news.



Gateway Christmas Party 2015