

Helping Hands

8 people & their carers supported

A weekly lunch and craft session for up to eight people with enduring and significant additional support needs provides a social outlet for people who are isolated within their everyday lives.

Helping Hands provides the opportunity for people to build relationships and friendships with peer groups which helps to reduce loneliness and the feeling of isolation. The adults attending Helping Hands have increased confidence and social skills. In addition to the positive impact to those attending, this service provides parents, guardians and carers with respite to be able to deal with matters that are often difficult when in a full-time caring role.



Future Plans

New Service starting - Baby Steps

Becoming a new parent can be overwhelming so this service, Baby Steps is offering support and advice focusing on the things that are important to you. Service includes pre-birth planning, financial advice and managing routines.

Other plans coming soon

- Develop the garden for greater outdoor learning opportunities
- Explore a childcare training academy
- Explore youth services co-produced with other local partners
- Extend outreach service to other parts of Clackmannanshire.
- Develop more supports for other groups in Alloa South and East



Case Study

Eradicating Poverty

"Before we moved to this area, I could only work part-time due to the financial stresses mostly around not being able to afford the childcare costs. Having little family support and my parents are not able to look after the children anymore due to health issues. We moved to Alloa as the children needed their own rooms and we were then made aware of Community House and the service they provided to families and our girl was offered a space. Having these services has been amazing, the peace of mind we have knowing that she is walked from school to the Community House safely just reduces so many stresses for us as parents.

For me personally as a parent my wellbeing has improved significantly. I can now work full-time in a job I love with peace of mind knowing that my child is safe and having so much fun at the Community House after school until I finish work.

Financially secure now means less stress on our family and we can now treat the family to days out or a wee holiday, so our wellbeing as a family has improved.

Accessing Community House has helped us as a whole family feel more included and part of our community. I cannot say this enough we are forever grateful to have access to such an amazing service like this. My girl adores all the staff, they are very nurturing, caring and always approachable. She loves going along, they make the sessions fun.

My daughter is even bringing home ideas for us to do at home, e.g. planting and growing. I am not green fingered, but I will give it a try growing vegetables at home with my child."



COMMUNITY HOUSE, ALLOA

At the Heart of the Community

Community House, Our Story 2024

Background • Services • Finance
What people say • Future plans

Finance 2023-24

Income	2024 £291,015	2023 £161,952
	2024 £258,666	2023 £194,194
Expenditure		

31st March 2024

Restricted reserves **£54,479**
Unrestricted reserves **£54,409**

Our thanks to funders

- Clackmannanshire Council -
- Child Wellbeing Partnership
- Robertson Trust
- National Lottery
- Scottish Government -
- Whole Family Wellbeing Fund
- Foundation Scotland
- Scottish Government - Communities Mental Health & Wellbeing Fund
- SEAD



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Community House is the working name of Community House Limited. Registered Office: 23 Maree Court, Alloa, Clackmannanshire, FK10 1QE. A company limited by guarantee in Scotland (SC268613) and registered as a charity in Scotland (SC035942).



Background

Working for the people of Alloa South & East since 1985

Community House was established in 1985 and became a charity in 1999 to serve the people of Alloa South and East, particularly the Mar Policies, an area of higher deprivation with unemployment and workless families. The charity has operated from a group of council flats on Maree Court, Alloa, adapted into one building from 2006.

The staff help support the whole community and build positive and trusting relationships which have continued throughout the years and staff are now seeing the next generation of these families use their services. The open-door policy allows families to seek support whenever it may be needed. The aim of the charity is to build positive relationships throughout the community by raising self-esteem, self-confidence, and aspirations through a wide range of activities.

Community House is a unique local facility embedded in the community to support children and adults to meet and share time together. The activities are informal, and person centred. The facility is a vibrant, happy place filled with respect and compassion, where aspirations and friendships are encouraged and fostered. The family atmosphere that is promoted in Community House provides a safe place for all.

"Community house is a great place for my kids it gets them out the house and off devices and mixing with other kids. My daughter has been attending Community House from primary 1 and is now in primary 6, my son attends also he started in primary 1 now in primary 3 they always come out after their time at Community House happy. So much fun and choice and the added bonus they get dinner so come home with full tummies."

- Parent

Services offered

- After School Service: Child Wellbeing Partnership
- Holiday Service
- Family Outreach Service
- Family Support Collaborative
- Baby Steps
- Helping Hands
- Family support service - uniform bank, toy drive, furniture help, Christmas support
- Partner sessions - Homestart, Mum's the Word, & Social Security Scotland

Service Outline

After School Club - Child Wellbeing Partnership - 36 families: 45 children

This service has been provided since January 2023 and supports after-school provision mainly for children from Park and St Mungo's Primary Schools. A substantial hot meal is offered and enjoyed, sat around the table creating a homely environment, supporting families who continue to have to make tough cost-of-living decisions. There are a variety of planned activities each day which the children are involved in choosing themselves.

Children are provided a calm, structured environment which provides predictability and safety. This reduces the likelihood of increased anxiety and over stimulation. Some children attending find it hard to express their feelings and emotions. Staff respond positively to this by providing 1-1 support in a safe, calm environment. Collaborative working with social work, health and education is imperative to ensure that there is a greater understanding of the children's needs and our response to these.



Holiday Service - around 40 children fed and supported weekly

Daily sessions are provided to children within the school holidays offering routine, structure and consistency to the children who often lack this in the home environment when the schools are off. As part of these sessions a nutritional meal is provided, and a variety of different activities and outings are on offer to support social interactions and peer friendships in a safe environment where the children participate in the planning of the sessions based on what they want and need.

Family Outreach Service - 10 families in crisis

This service has been offered since 2023 and the team are responding to requests through the Council's screening groups for children and families based in Alloa South and East. It has proven to be a much needed lifeline to families and has provided the opportunity for close multi-agency working.

Information is shared, cases reviewed, and action plans put in place, this supports all agencies to reach the best outcomes for families reducing the need for statutory interventions and care packages for children.

The Family Outreach Service helps provide:

- Crisis response support
- Emotional support
- Prioritising responses
- Planning and structural support
- Positive parenting
- Confidence building
- Support alongside at meetings
- Practical support within the home
- Liaising with multi-disciplinary teams
- Support with difficult conversations
- Financial support and signposting

Statistics:

Clackmannanshire has 27.5% workless families - the highest in Scotland.

Tackling poverty is about helping people to work

49% of children attending have integrated plan with social work/education

Family Support Collaborative

Community House has been part of a radical new way of providing services to families called the Family Support Collaborative. It has been shaped by families themselves and involves Clackmannanshire Council, CTSI and around 30 other local family support providers.

A number of weekly Family Support Drop-ins allow for families to access referrals or be signposted to services across Clackmannanshire quickly and easily from within their own communities.

What do people say...

"If we didn't have Community House, then we both wouldn't be able to work full-time! We have no extended family to support us with childcare after school hours. Having our child use Community House has been a great support and has reduced our stress around childcare greatly! We are honestly grateful for this service."

- Parent

"Community House is a wonderful place for children to get together to do outdoor and indoor activities. It's a great friendly social environment for my son to go to every week."

- Parent

"I feel good being here and it is nice being here."

- Child

