

**The VOLANT Charitable Trust Fund: Case Study
St. Andrew's Family Support Project, Dundee**

St Andrew's Family Support Project is a Dundee based project supporting single mothers under the age of 21. The city of Dundee has the highest levels of teenage pregnancies in Europe and over 6,000 single parent families. The project provides playgroup sessions, as well as childcare and personal development support for young mothers.

St Andrew's Family Support Project was awarded a grant from The VOLANT Charitable Trust fund. The grant will support the Parent Support Worker over a period of three years enabling the group to provide more dedicated support for the young mothers. The overall role of the worker is to ensure that all parents are provided with age appropriate activities to engage with their child at each session and help to achieve positive parent/child relationships.

Emily Hayward*, a service user of the St Andrew's Family Support Project, said: "As well as being a first-time single parent, I have the added responsibility of being the main carer for my mum, who has suffered 14 TIAs [Transient Ischemic Attacks] which cause symptoms similar to a stroke. My five-month-old son has also suffered from health problems, including a hernia and breathing difficulties.

"Having two caring roles makes it difficult to find time to concentrate on my own needs and spend quality time with my son. Going to the project every week gives my son and I time together to play and have fun. I don't have my mum to worry about when I'm there, and I've made friends with other young mums that are in a similar situation. The non-judgemental peer and staff support is also invaluable."

* name has been changed.