A quick guide to Home-Start support

You could benefit from Home-Start's help if:

- You are feeling lonely or isolated in your community, have no family nearby and are struggling to make friends.
- You are finding it hard to cope if your child is ill or because you are ill.
- You have been hit hard by the death of a loved one.
- You are struggling with the emotional and physical demands of having a baby, young children, twins or triplets.
- You need help with practical things like budgeting or healthy eating.
- You'd like to get to know what is available for parents and children locally but don't know where to go or don't have the confidence to find out or join in.
- You'd like to find out about local further education courses but don't know where to start.

What happens next?

- After asking for our support you will meet with one of our local organisers who will carefully match you with one of our volunteers.
- Your volunteer will visit you at home for a couple of hours a week.
- You choose to have a Home-Start volunteer and you decide when Home-Start support should stop.
- You can also join in our family groups or social activities if you want to.

How can I find out more about Home-Start?

Contact your local Home-Start for an informal chat:

Home-Start – Knowsley
55 Rupert Road
Huyton
L36 9TB
0151 480 3910
Fax 0151 489 9159

Visit our website to find out more and locate your local Home-Start: www.home-start.org.uk

Call our free information line: 0800 068 63 68

Across the UK thousands of Home-Start volunteers visit families at home each week, supporting parents in situations as diverse as isolation, bereavement, multiple births, illness, disability or who are just finding parenting a struggle. They provide non-judgemental practical and emotional support and help build the family's confidence and ability to cope.
Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

Registered office:
Home-Start UK
2 Salisbury Road, Leicester, LE1 7QR
T 0116 233 9955 F 0116 233 0232
E info@home-start.org.uk

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Home Start
Support and friendship for families

Help for your family

...a guide to Home-Start's **support and friendship**



www.home-start.org.uk

Everyone needs a bit of help sometimes...

Many parents need help, friendship, advice or support during those early years when children are young.

There is no rulebook for raising a family and sometimes it can seem overwhelming, particularly if your family is going through difficult times.

But if you can get the support you need when you need it, then day-to-day family life and your children's future can be so much brighter.

Do you ever feel like this?

- **Isolated in your community, with no family nearby and struggling to make friends.**
- **Suffering with post-natal illness but finding it hard to talk to anyone about it.**
- **Having a hard time coping with your child's illness.**
- **Overwhelmed by the death of a loved one.**
- **Struggling with the emotional and physical demands of having twins, triplets or more.**
- **Struggling to cope with a disability or relationship problems.**
- **Tired, unhappy, exhausted.**



Home-Start can help you and your family

If you have at least one child under five then we can help. We support thousands of parents just like you through our Home-Start volunteers. They are people who are parents themselves or have parenting experience – so they know just what you're going through.

They will visit you in your own home – usually once a week. You decide what you will do together.

Maybe you need someone to talk to who won't judge you; a shoulder to cry on or perhaps someone to play with or read to your children; maybe a bit of support to make or keep medical appointments or to find out what else is available locally. You decide.

It's free and confidential

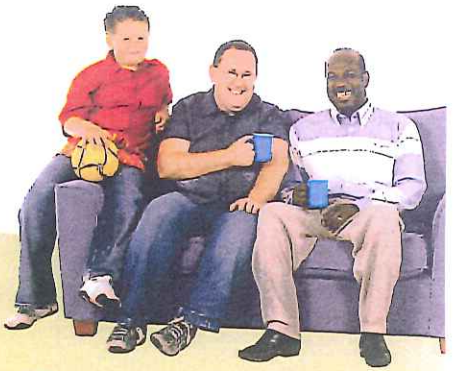
You don't have to pay for Home-Start's help and it's confidential. Home-Start volunteers will respect your privacy and never forget that you have invited them into your home.

Home-Start has years of experience

Home-Start is a national charity with hundreds of schemes in local communities. Our local Home-Starts recruit and train parent volunteers. We've been doing it for many years, so you can rest assured that your volunteer will have been fully trained and carefully matched with you - they will also have undergone a criminal records check to ensure your child's safety.

All you have to do is ask

If you think Home-Start could help, why not find out more? Talk to your doctor or health visitor or contact us yourself. Find your nearest Home-Start by phoning free on 0800 068 63 68 or online at www.home-start.org.uk/findus . We'll be pleased to hear from you. If you do decide to ask for support one of our local organisers will get together with you, talk about your needs and



What other families say about Home-Start

"From the neo-natal ward to today, by far the most significant thing in our lives is Home-Start. Everyone else wants to tell you what to do. Tom just comes round and chats, he gets on great with the kids, he helps, he listens and has phenomenal patience. He comes round every week and I don't know how I would have coped without him." A dad from Home-Start Reading, England

"She was the armbands in deep water. She was very reassuring emotionally and would sit and talk to me if I wanted to talk. And she gave me what I call hands-free time." A mum from Home-Start Sutton Coldfield, England.

"Since I found out about Home-Start everything has changed. It's amazing that just one person can wake you up and say 'you can do this'. I can and I've done it." A mum from Home-Start Cymorth Ceredigion, Wales.

"I would recommend Home-Start to anyone. It is the most reliable volunteer organisation I have ever had contact with." A mum from Home-Start Craigavon, Northern Ireland.

"She showed me how to get support from other organisations. She was wonderful and opened so many avenues for me." A mum from