

Home-Start's Out & About Project could help you if...

- You have a child under the age of 5 who has complex needs
- You feel isolated
- You would like to meet up with other parents with children with complex needs
- You struggle to get out and have fun with your children

Contact us if you think Home-Start in Merseyside's Out & About Project might be what you and your family are looking for.



Registered Charity No. 1107933
Company No. 5197002

Home-Start Knowsley

55 Rupert Road
Huyton
Knowsley
L36 9TB

Phone: 0151 480 3910
E-mail:
info@homestartknowsley.org.uk
Website:
www.homestartknowsley.org.uk
Facebook:
Out & About

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The Out & About Project



Supporting Parents of young
children with complex needs

Everyone needs a bit of help sometimes...

- Are you struggling to get out as a family?
- Do you want to meet up with other parents who are also isolated and finding things tough at times?
- Does your child have a physical disability or long term illness that means it can be difficult for you to get out & about?

OR

- Does your child have social and communication difficulties?
- Does your child find new environments challenging and unable to cope?

Fiona says –

“The inspiration for this project is our own family.”

“We have three children – our eldest has severe and complex learning disabilities, non-verbal, ASD and ADHD and we have always struggled to find appropriate settings and activities to go to as a family – we are hoping to build a community that can support and share each others experiences”

We can offer.....

- Home visiting support until you feel confident to get Out & About
- One to one support for you and/or your child
- A listening ear - Someone to talk to
- Emotional support - Someone who understands
- Support to access other services/groups
- Opportunities to meet other parents who also have children with complex needs
- Fun activities and social events for your family

All you have to do is ask

If you would like our support you can:

Contact us yourself

Or

Ask your Health Visitor to make a referral

Or

you could ask anyone else to make a referral for you by giving us a call

For further information or to refer call 0151 480 3910

What will happen next?

Once we hear that you may want our support we will give you a call and arrange to visit you and talk to you about what support you would like and what we can offer.