



Parents supporting parents

Volunteers work alongside families to give compassionate and confidential support, tailored to each family.

Our volunteers are trained and given expert support from Home-Start Knowsley so they can offer the best support to families.

We currently have the following volunteer opportunities:

- ♦ Family Support
- ♦ Group Support
- ♦ Perinatal Support
- ♦ Fundraising

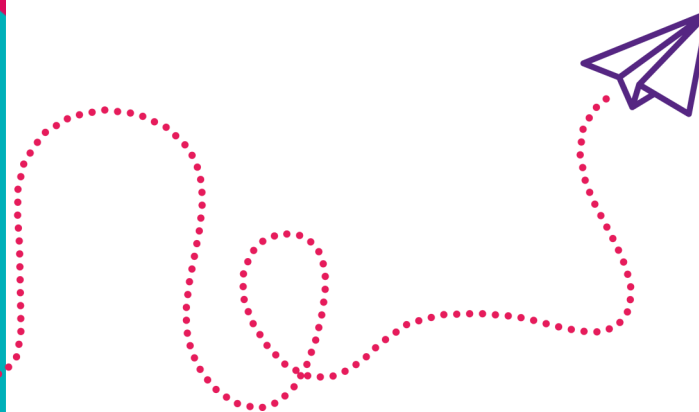
To find out more about volunteering for Home-Start Knowsley, visit

<https://homestartknowsley.org.uk/volunteering>

We help families from all backgrounds through their most challenging times.

To find out more about Home-Start Knowsley visit

<https://homestartknowsley.org.uk>



**HOME
START**
Knowsley

Charity No. 1107933

55 Rupert Road , Huyton, Knowsley, L36 9TB



**Because childhood
can't wait**

The earliest years make the biggest impact: Home-Start make sure those years count so that no child's future is limited.

**HOME
START**
Knowsley



Working alongside families

Being a parent has never been easy. It can be lonely, frustrating, and over-whelming.

Life-changing events can happen to anyone. All parents struggle at one time or another. That is why Home-Start is available to support families at all times.

Home-Start volunteers support families with individual one-to-one home-visiting and a wide range of targeted support for parents and their children.

Home-Start works with families experiencing challenges including:

- ◆ Poor Mental or Physical Health
- ◆ Postnatal Depression Bereavement
- ◆ Financial Worries
- ◆ Managing Children's Behaviour

Just two hours support a week can make a big difference to a parent and their children.

We work with families to build on their strengths and give them the support they tell us they need.

Other types of support that we offer:

The Jigsaw Project

Supporting Parents/carers of children with complex needs.

The Perinatal Project

Support through pregnancy until child is 2 years.

Parent & Toddler Group

A weekly drop in for parents and toddlers aged 0-4 years.

Holiday Allsorts

Family activity days during school holidays.

Counselling Service

Adult and child 1-1 Counselling service.

Time for Me

Therapeutic sessions for adults.

Cook-A-Long with Home-Start

5 week cooking course.

"With the support of a Home-Start volunteer, I learned how to interact and play with my son, put boundaries in place, and create a safe and secure home. After Home-Start helped to change my life, I decided I wanted to become a volunteer for the charity".

Louise



How to refer for support

You can refer yourself, or an agency that you are working with can refer you by visiting;

<https://homestartknowsley.org.uk/make-a-referral/>

