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.

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 West Somerset
Alcombe Children's Centre
Stephenson Road, Minehead, Somerset
TA24 5EB
t: 01643 707304
e: admin@homestart-westsomerset.org.uk
Facebook: homestartwestsomerset
Instagram: homestartws

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. To get Home-Start support, you must generally have at least one child under seven, and there must be a volunteer available to support you. Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

Produced by Home-Start UK on behalf of the Home-Start network.
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The Queen's Diamond Jubilee Volunteering Award 2012

HOME START
West Somerset

Help for your family

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

Tel: 01643 707304
www.homestart-westsomerset.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.

...or any similar problems.

Home-Start can help you and your family

We help thousands of parents just like you. Our support is mostly for families with at least one child under seven. But we can sometimes help if your children are older. Our Home-Start volunteers 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 choose.

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 helping families in hundreds of 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. Get in touch with Home-Start West Somerset by phoning **01643 707304** or online at **www.homestart-westsomerset.org.uk**. We'll be pleased to hear from you. If you do decide to ask for support, one of our local co-ordinators will get together with you, talk about your needs and carefully match you with a volunteer.

Our groups...

Home-Start

Providing help, support and friendship for your family during early years

E: admin@homestartwestsomerset.org.uk
T: 01643 707304 M: 07826 326055

Bump-Start

Support through pregnancy, birth and beyond

E: admin@homestartwestsomerset.org.uk
T: 01643 707304 M: 07342 237876

Baby-Start

A fun club for you and your baby including song sharing, sensory play and lots more!

E: admin@homestartwestsomerset.org.uk
T: 01643 707304 M: 07483 123653

Dad Matters

Supporting dads to have the best possible relationships with their families

E: dadmatters@homestart-westsomerset.org.uk
T: 01643 707304 M: 07483 123652

Parent-Start

Tots talking, Tuning into Kids, school readiness and other programmes to enhance parenting skills

E: admin@homestartwestsomerset.org.uk
T: 01643 707304 M: 07483 123655