

Parents Supporting Parents

By volunteering just a few hours each week you can transform the lives of young children and their parents in your community.



As a Home-Start volunteer you could make a BIG difference to a local family

If you are a parent, a carer, or maybe a grandparent, you know just how tough family life can be at times.

And we know it too. Our volunteers, who have parenting experience, help families with all sorts of problems, from the everyday to the overwhelming. Problems such as:

- Loneliness and isolation
- Relationship difficulties
- Multiple children under 5
- Ill health, disability or special needs
- Lone parenting
- Coping with bereavement
- Mental health
- Children's behaviour



**Our next training course starts soon,
sign up today!**



What do volunteers actually do?

Our volunteers will usually visit a parent in their home once a week for a couple of hours. How they help is really down to the needs of the family. Some might need a sympathetic ear, a shoulder to cry on, someone to have a laugh with. Others may need help keeping appointments or accessing local services and connecting with their local community. Our volunteers can provide an extra pair of hands to help people cope with everyday parenting situations, or practical help with activities like playing or reading stories.

Home-Start's approach is very personal and friendly and this often reassures parents that what they're going through is not unusual, that they are not alone.

I started volunteering with Home-Start in March 2024 & I have loved every minute. I first thought I'd struggle with the commitment because life can be busy and ever changing, but with good communication with your family you can work around both of your schedules, really making it the most rewarding volunteering I've done. If you're considering volunteering, I really do encourage you to go for it, not only will you change the life of a family in need, but you'll also learn new things & meet some lovely people along the way.



“Grateful to have been supported by this fantastic charity! So selfless and special! Helped me through tough times and gave me confidence in my parenting. My children adored the volunteer and were sad when our time ended with them”

Contact us to find out more!

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