

A quick guide to some of the support services Home-Start provides for families:

- A volunteer with parenting experience who offers regular, tailor-made, one-to-one, home-visiting support; usually on a weekly basis
- Emotional support to help parents find ways to manage and resolve problems
- Direct support to children, including playing, listening, having fun, establishing routines, encouraging development and providing opportunities for outings and treats
- Practical help, perhaps with budgeting, nutrition and meal planning, cooking and making the home safe
- Outreach and family group work so parents can get out and meet others and become more involved in their own community
- Information and links to other organisations including health, mental health and educational services
- Attendance at meetings and moral support, especially when dealing with case conferences, solicitors or court cases
- Access to parenting advice and parenting skills training



To find out more about Home-Start

Contact your local Home-Start for an informal chat:

Home-Start Deeside & Donside
The Annexe Building
Clydesdale Bank
38 High Street
Banchory
AB31 5SR
01330 824
info@homestartdeeside.org

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. To get Home-Start support, families must have at least one child under five, and there must be a volunteer available to support them. 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**
8-10 West Walk, Leicester, LE1 7NA | T 0116 258 7900
E info@home-start.org.uk

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**Home
Start**
Support and friendship
for families

**HELPING PARENTS
BUILD BETTER LIVES
FOR THEIR CHILDREN**

a guide to the UK's leading
family support charity



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Home-Start... SUPPORT AND FRIENDSHIP for families

...what we do and how we do it

Supporting families in local communities

Every year, in hundreds of local communities across the UK, Home-Start helps thousands of families who are struggling to cope. We also work in British forces bases abroad. Parent volunteers offer support and friendship to other parents through home visiting, via family and specialist groups and through social events. Volunteers are recruited, trained and supported by paid staff in local Home-Starts, which are guided and supported by the national organisation, Home-Start UK. Home-Start works in partnership with statutory and voluntary organisations locally to help parents build better lives for their children.

Experience, commitment, trust

Since it was first set up in Leicester in 1973, Home-Start has grown to support families in hundreds of communities across the UK. All the expertise and knowledge gained over the years makes Home-Start what it is today – one of the UK's leading family support charities and an organisation valued and trusted by families and professionals alike.



Working preventatively with parents & children

Families need support for many reasons: perhaps they are struggling to cope with postnatal illness, a child's disability, family breakdown or bereavement. Maybe they face multiple problems at once, or feel isolated and unable to connect with their local community. Whatever the reason, Home-Start provides non-judgemental practical and emotional support and helps build the family's confidence and ability to cope.

The day a family feels it no longer needs Home-Start support is a good day for Home-Start.

A UK-wide network

A key promise made to families by Home-Start is that wherever they live, they can depend on the same high quality support service. Home-Start UK works with local community groups to set up new local Home-Starts, and then supports their work with families. Quality is maintained because all Home-Starts assess every aspect of their work against national quality standards and are reviewed by Home-Start UK. Home-Start UK has experienced national staff providing training for local Home-Start staff and volunteers. It gives information and guidance on family support, governance, legal and human resources matters and help with tendering for services and fundraising.

A value-for-money service

Each local Home-Start is an independent charity and, in some communities, local statutory sources (social services, health and education) are the key funders of Home-Start's core services for families. Increasingly local Home-Starts also have to raise essential funding from independent trusts, grant makers, corporate donors and individuals. Home-Start is highly rated by both statutory and non-statutory funders as a value-for-money, quality service, providing tailor-made support for families where they need it, how they need it and when they need it.



What we achieve for parents & children

Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

Home-Start support helps:

- Reduce family isolation and increase social support networks
- Strengthen parent-child relationships
- Improve parents' physical health & emotional well being
- Develop and improve parenting skills
- Improve the home environment
- Improve children's health, well being and development
- Increase access to health, education and community services

“ Home-Start is a very impressive organisation...as it supports interaction between parents and children, which aids child development and increases children's self esteem. I want to congratulate Home-Start for all it is doing especially in nurturing children, who are our future. ”
Professor Lord Robert Winston