



Parents supporting parents

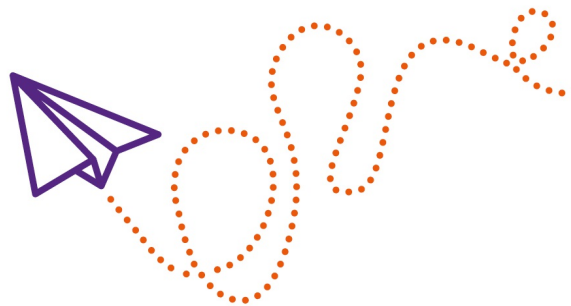
Home-Start's volunteers work alongside families to give compassionate and confidential support, tailored to each family.

Our volunteers are trained and given expert support from the local Home-Start in their community.

To find out more about volunteering for Home-Start visit www.homestartkernow.org.uk

We help families from all backgrounds through their most challenging times

To find out more about Home-Start visit www.homestartkernow.org.uk or 01209 214490



**HOME
START**

Kernow

Charity no. 1159948

Gweal-an-Top, Old School, School Lane, REDRUTH, TR15 2ER



**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**

Kernow



Working alongside families

Being a parent has never been easy. It can be lonely, frustrating, heartbreaking and overwhelming.

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

Home-Start volunteers support families in a parent led manner to offer emotional and practical support in families homes or in playgroups.

We work with families experiencing challenges including:

- Poor mental health/PND
- Isolation
- Disabilities
- Lone parenting
- Multiple birth

Just two hours 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.

Services in Cornwall

We work with families in a range of ways, and use the approach they think will give them the best support. Our focus is on early intervention and children under 5, but in some circumstances this can be up to aged 11. This includes:

- Home-visiting support -2-3 hours a week
- Family groups - 20 week programme; 2 hours a week

All our services are based around the principal that volunteers offer no judgement, just compassionate, confidential help and support.

"It is an amazing service, you are not isolated and lonely, the volunteer became a friend and it enabled me to access services I couldn't otherwise."

— Sarah



Contact us today to find out more about how Home-Start works with families

www.homestartkernow.org.uk or email
info@homestartkernow.org.uk
01209 214490