



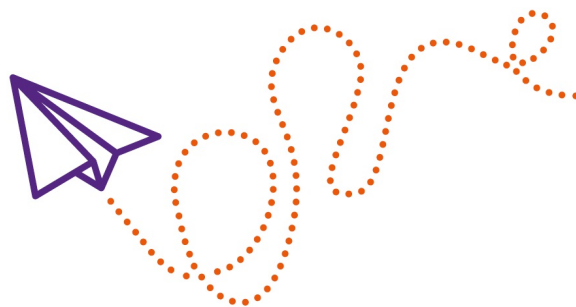
Parents supporting parents

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.homestartbristol.org.uk

We help families from all backgrounds through their most challenging times

To find out more about Home-Start visit www.homestartbristol.org.uk or 0117 9501170



Charity no. 1116207

Unit 11, Greenway Business Centre, Doncaster Road, BRISTOL, BS10 5PY



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.





Working alongside families

Being a parent has never been easy. It can be lonely, frustrating, heartbreaking and overwhelming. Things are even more challenging now as a result of the pandemic.

All parents struggle at one time or another. That is why Home-Start is continuing to support families through their toughest times.

Our trained Home-Start volunteers can offer practical and emotional support with a range of issues including:

- Feelings of isolation
- Low confidence and self-esteem
- Perinatal depression
- Parenting challenges
- Sleep and Weaning
- Financial worries

Just a few 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.

Support during the pandemic

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

Support can include:

- Home visiting
- Telephone/text befriending and support
- Outdoor meet ups
- Doorstep deliveries of activity and resource packs
- Connecting families to other services like food and baby banks

"The support has been brilliant I can't thank you enough. Just knowing you were there you've always been willing to listen and to support. Knowing that there is someone there to listen and won't judge" — Tanya

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

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