



Parents supporting parents We need you!

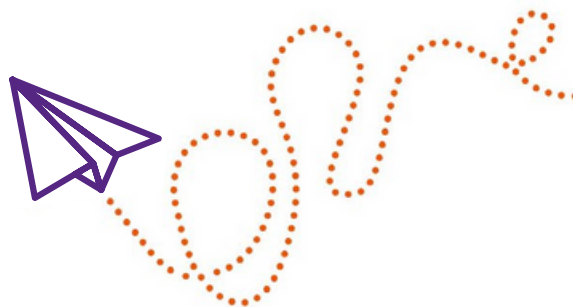
Our volunteers work alongside families to give tailored compassionate and confidential support.

We will provide the training and support.

To find out more about volunteering for Home-Start scan our QR code.



We help parents from all backgrounds through their most challenging times



**HOME
START**
in East Lancashire

Registered Charity no 1106092

To find out more about
Home-Start please visit:



www.homestarteastlancs.org



info@homestarteastlancs.org



01282 690536



Support and Friendship for families

There for when parents need us the most

#because childhood can't wait.

**HOME
START**
in East Lancashire



Working alongside families

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

Life can throw us unexpected challenges. Home-Start is ready to help get parents through the tough times.

Home-Start works with families experiencing challenges including:

- Poor mental or physical health
- Postnatal depression
- Isolation
- Multiple Births
- Families with genetic conditions
- Managing finance and routines

What support is available?

We work alongside families to help them manage independently.

- **Home-visiting Volunteers** : regular visits in your own home
- **Groups**: Regular group meetings in a variety of locations covering a range of needs including specialist groups
- **Community Genetics** : Helping families navigate the processes to access the right services
- **Maternity** : A range of support at home, in groups and in hospital settings



A quick guide to becoming a volunteer

- We will provide full training to prepare you for your role
- As a volunteer you will support a family by visiting them at home for a couple of hours each week and/or
- Provide support in a group setting
- You should have a non judgemental attitude and understand the pressure of raising a family.
- You will have to undergo a Disclosure and Barring Service check.
- You will be supported by Home-Start in East Lancashire during your volunteering.