



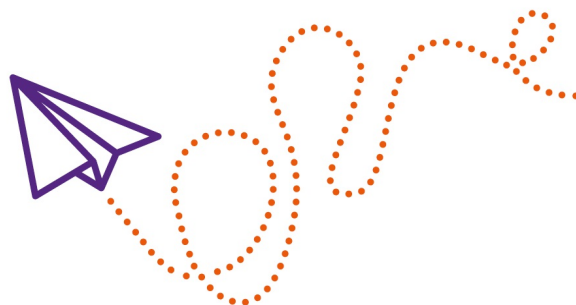
## Parents supporting parents

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.homestartcambridgeshire.co.uk](http://www.homestartcambridgeshire.co.uk)

**We help families from all backgrounds through their most challenging times**

To find out more about Home-Start visit  
[www.homestartcambridgeshire.co.uk](http://www.homestartcambridgeshire.co.uk) or  
01480 700242



**HOME  
START**  
Cambridgeshire

Charity no. 1106007

F103/F104 Upper Pendrill Court, Ermine Street North, Papworth  
Everard, CAMBRIDGE, CB23 3UY



## 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**  
Cambridgeshire





## 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 with individual one-to-one home-visiting and a wide range of targeted support for parents and their children.

Home-Starts work with families experiencing challenges including:

- Poor mental or physical health
- Postnatal depression Bereavement
- Financial worries

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.

### Local services

We work with families in a range of ways, and use the approach they think will give them the best support. This includes:

- Home-visiting support
- Family groups
- Running trips and outings

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

"With the support of a Home-Start volunteer, I learned how to interact and play with my son, put boundaries in place, and create a safe and secure home. After Home-Start helped to change my life, I decided I wanted to become a volunteer for the charity".

— Louise

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

[www.homestartcambridgeshire.co.uk](http://www.homestartcambridgeshire.co.uk)  
01480 700242