

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.homestartsutton.org.uk

We help families from all backgrounds through their most challenging times

To find out more about Home-Start visit www.homestartsutton.org.uk or 0208 647 6501

HOME START Sutton

Charity no. 1104960

Alexandra Gardens Children's Resource Centre, Alexandra Gardens, Stanley Rd, CARSHALTON, SM5 4LJ

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COMMUNITY FUND



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 Sutton







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. Home-Start is ready to support families through their toughest times.

Home-Start volunteers support families with individual 1:1 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
- Isolation
- Postnatal depression
- Domestic Abuse
- 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. All support is COVID safe

- Home-visiting support
- Family groups
- Perinatal Support
- Parenting programme
- Running trips and outings
- Peer Advocacy in Child Protection

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

"Home-Start was different. They never made me feel like I wasn't coping or that I was a useless mum. They empowered me and made me believe I was doing well. The nice thing about Home-Start was that it was my choice to engage. I wasn't told I had to"

— Fiona

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

www.homestartsutton.org.uk
0208 647 6501