



Support for 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 our Home-Start Essex staff team.

To find out more about volunteering for Home-Start Essex visit:
www.home-startessex.org.uk

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

Confidentiality and Data Protection

Our service is confidential and we only share information with other services with your consent, except where there is a child welfare or adult at risk concern.



Unit 16D, Reeds Farm Estate, Roxwell Road,
CHELMSFORD CM1 3ST Charity No. 1170940



Because childhood can't wait

The earliest years make the biggest impact: Home-Start Essex makes sure those years count so that no child's future is limited

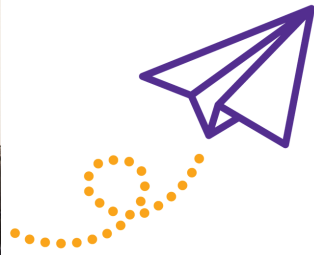
To find out more about Home-Start Essex and how we can help you and your family visit our website:
www.home-startessex.org.uk

Follow us on Social Media



or call 01245 847410





Working alongside families

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

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

Home-Start Essex volunteers support families with individual one-to-one home-visiting and a wide range of targeted support for parents and their children.

Home-Start Essex works with families experiencing challenges including:

- Social isolation
- Poor mental or physical health
- Child behaviour issues/school readiness
- Financial worries

Just two to three 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.

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/Wellbeing groups
- Telephone Befriending
- Running trips and outings



"With the support of my Home-Start Essex 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 Essex helped to change my life, I decided I wanted to become a volunteer for the charity".

- Louise

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

