

## A quick guide to Home-Start support

### You could benefit from Home-Start's help if:

You are feeling lonely or isolated in your community, have no family nearby and are struggling to make friends.

You are finding it hard to cope if your child is ill or because you are ill.

You have been hit hard by the death of a loved one.

You are struggling with the emotional and physical demands of having a baby, young children, twins or triplets.

You need help with practical things like budgeting or healthy eating.

You'd like to get to know what is available for parents and children locally but don't know where to go or don't have the confidence to find out or join in.

### What happens next?

After asking for our support, you will meet with one of our local co-coordinators who will carefully match you with one of our volunteers. Your volunteer will visit you at home for a couple of hours a week.

You choose to have a Home-Start volunteer and you decide when Home-Start support should stop.

You can also join one of our family groups or social activities if you want to.

## Home-Start Barnet's Package of Services

- Family Support for families with Under-5's
- Perinatal Health Coaching project
- Family Health Coaching project
- Home-from-Home Family Group at Grahame Park Community Centre (Thursdays & Fridays from 10am to 12pm)
- Parenting programmes including Family Links, Incredible Years, Share Plus and SFSC
- Family Outings
- Safer Families Domestic Violence Women's Support Group
- Therapeutic Play project
- HealthWatch Barnet
- Money Smart money management project.

### Contact us to learn more about Home-Start Barnet:



#### Home-Start Barnet

Avenue House  
Stephens House and Gardens  
17 East End Rd  
London N3 3QE

T: 020 8371-0674

E: [admin@homestartbarnet.org](mailto:admin@homestartbarnet.org)

W: [www.homestartbarnet.org](http://www.homestartbarnet.org)

Home-Start Barnet Registered Charity No: 1109550  
Limited Company No: 5379764



# Home Start

Support and friendship  
for families

Barnet

## Help for your family

...a guide to Home-Start's  
support and friendship



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**BARNET**  
LONDON BOROUGH

# Everyone needs a bit of help sometimes...

Many parents need help, friendship, advice or support during those early years when children are young.

There is no rulebook for raising a family and sometimes it can seem overwhelming, particularly if your family is going through difficult times.

However, if you can get the support you need when you need it, then day-to-day family life and your children's future can be so much brighter.

## Do you ever feel like this?

- ***Isolated in your community, with no family nearby and struggling to make friends.***
- ***Suffering with post-natal illness but finding it hard to talk to anyone about it.***
- ***Having a hard time coping with your child's illness.***
- ***Overwhelmed by the death of a loved one.***
- ***Struggling with the emotional and physical demands of having twins, triplets or more.***
- ***Struggling to cope with a disability or relationship problems.***
- ***Tired, unhappy, exhausted.***

... or any similar problems.



## Home-Start can help you and your family

If you have at least one child under five then we can help. We support hundreds of parents just like you through our Home-Start volunteers. They are people who are parents themselves - or have parenting experience - so they know just what you're going through.

They will visit you in your own home - usually once a week. You decide what you will do together.

Maybe you need someone to talk to who won't judge you; a shoulder to cry on or perhaps someone to read to or play with your children; perhaps a bit of support to make or keep medical appointments or to find out what else is available locally. You decide.

## It's free and confidential

You don't have to pay for Home-Start's help and it's confidential. Home-Start volunteers will respect your privacy and never forget that you have invited them into your home.

## Home-Start has years of experience

Home-Start is a national charity with hundreds of schemes in local communities. Home-Start Barnet & Harrow recruits and trains parent volunteers. We've been doing it for years, so you can rest assured that your volunteer will be fully trained and carefully matched with you - they will also have undergone a criminal records check to ensure your child's safety.

## All you have to do is ask

If you think Home-Start could help, why not find out more?

Talk to your doctor or health visitor or contact us yourself on **020 8371 0674**, by email at [admin@homestartbarnet.org](mailto:admin@homestartbarnet.org) or online at [www.homestartbarnet.org.uk](http://www.homestartbarnet.org.uk). We'll be pleased to hear from you.

If you do decide to ask for support, one of our co-coordinators will get together with you, talk about your needs and carefully match you with a volunteer.



## What other families say about Home-Start

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From the neo-natal ward to today, by far the most significant thing in our lives is Home-Start.

Everyone else wants to tell you what to do. “Tom just comes round and chats, he gets on great with the kids, he helps, he listens, and he has phenomenal patience. He comes round every week and I don't know how I would have coped without him.” A dad from Home-Start Reading, England

“She was the armbands in deep water. She was very reassuring emotionally and would sit and talk to me if I wanted to talk. And she gave me what I call hands-free time.” A mum from Home-Start Sutton Coldfi, England.

“Since I found out about Home-Start everything has changed. It's amazing that just one person can wake you up and say ‘you can do this’. I can and I've done it.” A mum from Home-Start Ceredigion, Wales.

“I would recommend Home-Start to anyone. It is the most reliable volunteer organisation I have ever had contact with.” A mum from Home-Start Craigavon, Northern Ireland.

“She showed me how to get support from other organisations. She was wonderful and opened so many avenues for me.” A mum from Home-Start Glasgow South, Scotland.

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