



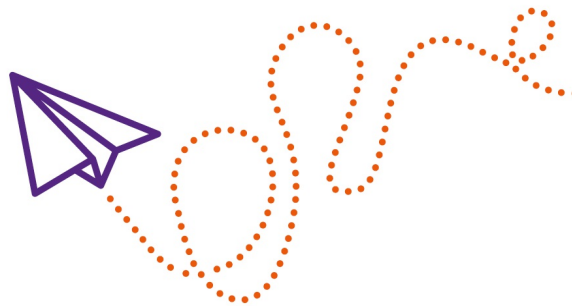
Parents supporting parents

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.homestartbirmingham.co.uk

We help families from all backgrounds through their most challenging times

To find out more about Home-Start visit
www.homestartbirmingham.co.uk or
 0121 373 1376



**HOME
START**

**Birmingham North and
Inner City**

Charity no. 1122603

656 Chester Road, Erdington, BIRMINGHAM, B23 5TE



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
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**Birmingham North
and Inner City**



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-Start supports with families experiencing challenges including:

- Going through a crisis or trauma
- Poor Mental or Physical Health
- Postnatal depression/Bereavement
- Domestic Violence
- Isolation/Emotional Well being



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
- ESOL (English for Speakers of Other Languages)
- Area's covered: Erdington, Stockland Green, Nechells, Aston, Lozells, East Handsworth & Handsworth Wood.

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.homestartbirmingham.co.uk
0121 373 1376