



## 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.

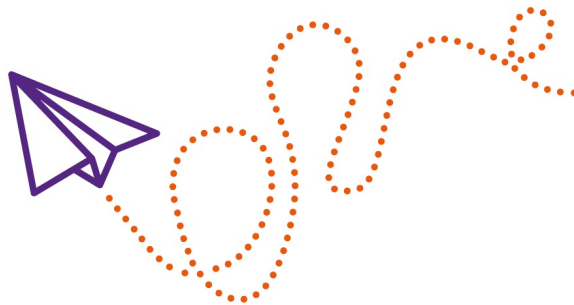
To find out more about volunteering for Home-Start visit

[www.homestartsouthwark.org.uk](http://www.homestartsouthwark.org.uk)  
[info@homestartsouthwark.org.uk](mailto:info@homestartsouthwark.org.uk)



## We help all kinds of families through their most challenging times

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[info@homestartsouthwark.org.uk](mailto:info@homestartsouthwark.org.uk) or  
0207 737 7720



Charity no. 1107413

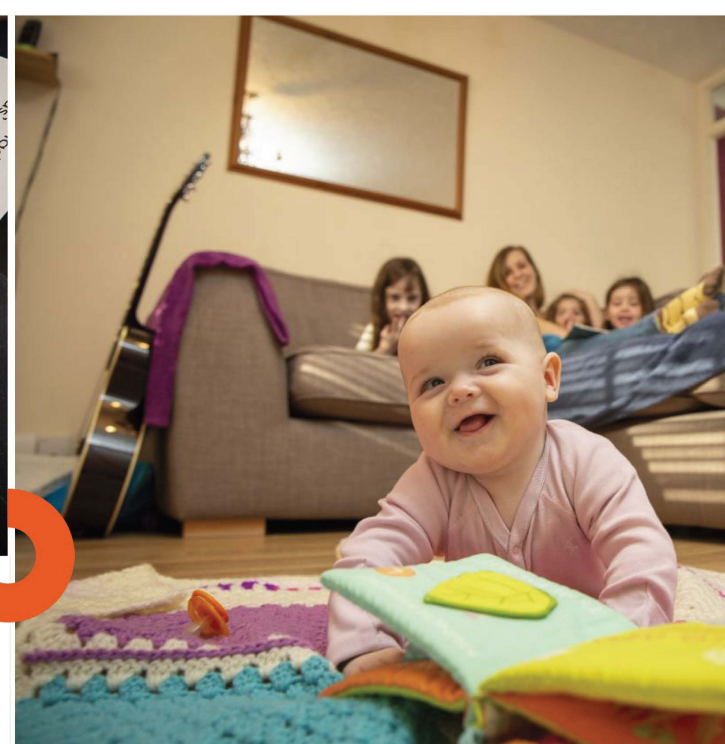
82 Tanner Street  
London, SE1 3GN



## 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.





## 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:

- Isolation
- Poor mental or physical health
- Postnatal depression
- Multiple births
- 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 non-judgmental, compassionate and confidential help and support.

#### Join us on

Facebook: @HomeStartSouthwark

Instagram: @HomeStartSouthwark

"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

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