



What happens next?

Contact us today to find out more about how Home-Start works with families, call: **020 7924 5268** or email us at **enquiries@homestartwandsworth.org.uk**

One of our local coordinators will talk to you about your situation and whether our support is right for you. If it is, we will match you with one of our volunteers. Your volunteer will visit you at home for a couple of hours every week.

“Home-Start has been a lifeline. Without them I don’t know where I’d be. I’m so much better and more empowered than I ever remember being before... It has set me up for life.”

We help families from all backgrounds through their most challenging times

To find out more about Home-Start, please talk to your health care professional or get in touch. www.homestartwandsworth.org.uk or call: 020 7924 5268



Charity no. 1124109
2nd Floor, 20-22 York Road, Battersea, London, SW11 3QA
enquiries@homestartwandsworth.org.uk



Here for parents when they need us most

We provide emotional and practical support to parents during pregnancy, birth and beyond. Our early intervention approach acknowledges that every parent should have the support they need to give their children a positive and nurturing start in life.

Bump to Baby





Do you need our help?

Are you a Wandsworth resident, more than 12 weeks pregnant or with a young baby and...

- Feeling lonely or isolated in your community, have no family nearby and struggling to make friends.
- Feeling anxious, worried or depressed about your pregnancy, labour or looking after your baby.
- In need of help with practical things such as budgeting, healthy eating or preparing for your baby's arrival.
- Would 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?

How can Home-Start help?

Our home-visiting volunteers can help you with practical tasks, offer advice and support you through emotional issues.

They will:

- Help you prepare for your baby's arrival.
- Listen to your worries, concerns and hopes for your family without any judgement.
- Offer a shoulder to cry on.
- Share their own experiences of parenting and family life.
- Provide support, friendship and encouragement.
- Help you manage and get to appointments.
- Help you access benefits, grants and financial support.
- Help you use local services or get specialist support.

You decide what you do together. You do not have to feel alone.

Parents supporting parents

You don't have to pay for Home-Start's help, it is completely free. It is also confidential and your privacy will be carefully protected.

“Before my volunteer I wanted to stay in bed and cry. She has helped me so much.”

Our volunteers are parents themselves and work alongside families to give compassionate and confidential support, tailored to each family.

They are trained and criminal record checked before being carefully matched with a family. You choose when and if you would like our support and for how long.

“When I am happier, my baby is happier and also it is easier to deal with upsets and illnesses etc. So overall she has a better quality of life.”

“My volunteer has been an amazing friend who has been a big part of our lives...She has been my sunshine on many dark days.”