



*"Home-Start Wandsworth has helped me and the kids through our toughest year and feeling like part of a big family is just what we needed."*

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

One of our 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 trained volunteers.

**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 to a member of our team by email: **[enquiries@homestartwandsworth.org.uk](mailto:enquiries@homestartwandsworth.org.uk)** or call: **020 7924 5268**



**HOME  
START**  
Wandsworth

Charity no. 1124109  
2nd Floor, 20-22 York Road, Battersea, London, SW11 3QA



**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.

**HOME  
START**  
Wandsworth



## Do you need our help?

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 is ready to support families through their toughest times.

Home-Start Wandsworth volunteers provide practical and emotional support to families with children under the age of five.

Home-Start Wandsworth works with families experiencing challenges including:

- **Poor mental or physical health**
- **Isolation**
- **Post natal depression**
- **Financial or housing worries**



We work with families to build on their strengths and give them the support they tell us they need.

### Our services

- **One-to-one support**
- **Bump to baby (pregnancy and newborn)**
- **Group activities, talks and workshops**

*"I think the support came at exactly the right time. Home-Start Wandsworth gently pushed me to take other support. You were there even when other services were unavailable or ended their support."*

*"It's been an emotional journey, but I feel I'm ready to move on now. Before I was feeling too vulnerable and would say 'no'. I am now able to say yes to support and get the help I need....I am grateful that Home-Start stayed with me for as long as you did. I'm so thankful this service exists and would recommend it to other mums who are struggling."*



## Parents supporting parents

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

Our volunteers are trained and given expert support from our experienced team.

*"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."*



Contact us today to find out more about how Home-Start works with families.

[enquiries@homestartwandsworth.org.uk](mailto:enquiries@homestartwandsworth.org.uk)  
[www.homestartwandsworth.org.uk](http://www.homestartwandsworth.org.uk)