



## Why volunteer for Home-Start

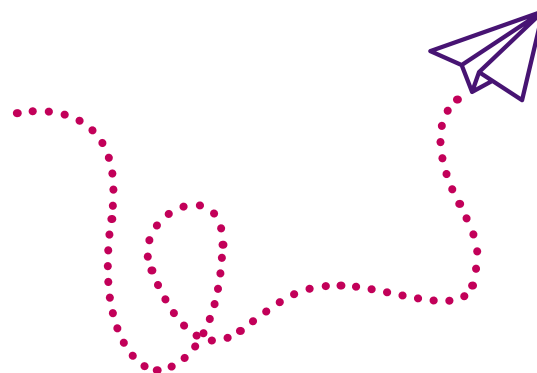
People choose to volunteer for Home-Start Wandsworth for a variety of reasons. For many, it offers the chance to give something back or make a difference to a local family. For others it provides an opportunity to develop new skills or build on existing experience and knowledge.

### Reasons to volunteer:

- Opportunity to give something back to the community and make a difference
- Better health and well-being
- Improved self-esteem and confidence
- Chance to try something new
- Gain new skills, knowledge and experience
- Develop transferable skills to take into the workplace
- Improved chances for work
- Opportunity to socialise and make new friends

**We help families from all backgrounds through their most challenging times**

To find out more about becoming a Home-Start volunteer visit:  
[www.homestartwandsworth.org.uk](http://www.homestartwandsworth.org.uk)  
 or call: **020 7924 5268**



Charity no. 1124109

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



## Volunteer with us!

Could you spare 2-4 hours a week to support a local family and make a difference that could last a lifetime?

We are looking for people to join our network of trained volunteers, supporting families with young children in Wandsworth through home-visiting and group activities.





## Parents supporting parents

Home-Start Wandsworth is here for parents when they need us most.

Being a parent has never been easy. All parents struggle at one time or another. For some the challenges can be overwhelming. That is why Home-Start is ready to support families through their toughest times. We believe that preventative early intervention is the most effective and long-lasting support we can offer families.

Our trained volunteers, who are usually parents themselves or have parenting experience, provide friendship, emotional and practical support to struggling families with at least one child under the age of five.

We serve a wide range of families and value diversity among our volunteers. We encourage applications from people of all backgrounds and with varied life experience.

## What our volunteers do

Home-Start volunteers work alongside families to give compassionate, non-judgemental, confidential support, tailored to each family.

Our volunteers usually visit a family in their own home for two to four hours once a week, helping to build the family's confidence and ability to cope. Depending upon the family's situation, volunteers may spend six months to a year with the same family.

Our experienced team provide all the training, guidance and support needed to be effective and make a real difference to parents who may be struggling with post-natal depression, isolation, physical or mental health problems, financial hardship, bereavement and many other issues.

Our training programme helps prepare volunteers to support families, covering a range of topics including safeguarding, mental health awareness, boundaries and signposting.

## What our volunteers say

**"To learn from other mothers that are maybe living in more challenging circumstances than yourself but are positive, determined, caring and above all else great parents to their children, is quite inspiring."**

**"Not only do I use my skills and feel like I'm actually making a difference, but I've also learnt a lot from workshops and from the people at Home-Start."**

**"The prep course is excellent, very informative and reassuring about my role as a volunteer ... professional, interesting, and I've thoroughly enjoyed it."**



Contact us today to find out more about becoming a Home-Start volunteer

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