



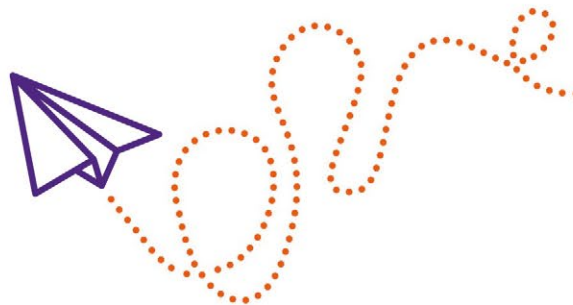
Parents supporting parents

Home-Start's volunteers work alongside families to give compassionate and confidential support, tailored to each family.

Our volunteers receive regularly updated training and are given expert support from the Home-Start Family Co-ordinators.

Your co-ordinator is

To find out more about Home-Start:
homestart-rkh.org.uk or 020 8487 8500



**Richmond, Kingston
& Hounslow**

Charity no. 1108975

Parkway House, Sheen Lane, EAST SHEEN, SW14 8LS



There for parents when they need us most



**Richmond, Kingston
& Hounslow**



Supporting you and your family

Being a parent is never easy. Without support, families can feel alone or isolated.

Home-Start is here to offer compassionate, confidential support to families where:

- Children have disabilities or developmental delays.
- Parents are experiencing emotional health difficulties like post-natal depression or anxiety.
- Life feels unstable because of financial worries, relationship issues or living in poor housing.
- Parents are finding the early years of their children's lives demanding and would like help.

As a local volunteer-focused charity, we really understand families and our local communities.

We support families who:

- Have at least one child under the age of five, including mums-to-be in the third trimester of pregnancy
- Live in the borough of Richmond, Kingston or Hounslow.

All our volunteers are parents themselves or have parenting experience. We carefully match one volunteer to each family and they offer support once a week via phone and video calls. They are there to talk through the worries and joys of family life, share ideas and signpost other useful resources.

While we are currently restricted from visiting family homes, we are delivering activity bags for children to doorsteps and can help with story time over video calls.

“It was a big support and helped my confidence. I felt assured I was doing a good job as a first time mum.”

— Local Home-Start family



Contact us today to find out how Home-Start could support your family:

info@homestart-rkh.org.uk

homestart-rkh.org.uk

020 8487 8500