



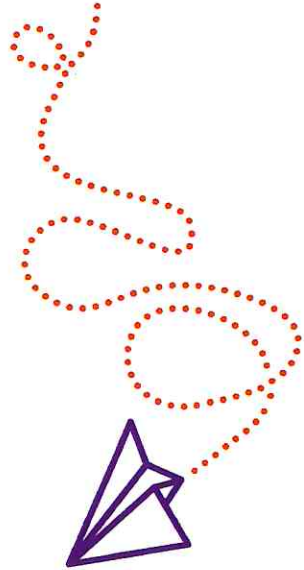
## Parents supporting parents

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.home-start.org.uk](http://www.home-start.org.uk)

## Home-Start Garioch has been helping families since 1995 through their most challenging times

To find out more about Home-Start visit [www.home-start.org.uk](http://www.home-start.org.uk) or 01467 624801



Charity no. SC022057



## 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.





## Parents supporting Parents

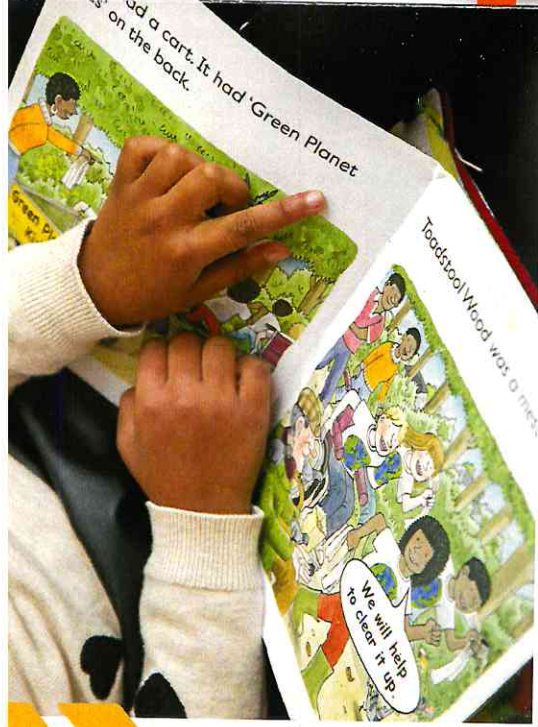
Being a parent has never been easy. It can be lonely, frustrating, tiring and overwhelming.

Life-changing events can happen to anyone. All parents struggle at one time or another. That is why Home-Start Garioch is ready to support families through their toughest times.

Our volunteers provide practical and emotional support to families in their own home.

We work with families experiencing challenges including:

- Poor mental or physical health
- Postnatal depression Bereavement
- Illness and Disability
- Multiple birth and children under 5



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 no judgement, just compassionate, confidential help and support.



"I have three children under 5, one who has complex needs. My husband works away for a month at a time and I have no family around, so it can be hard. Having a volunteer means I have an extra pair of hands and someone to talk to" – Louise



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

[www.homestartgarioch.org.uk](http://www.homestartgarioch.org.uk)  
01467 624801