

A quick guide to Home-Start support

You could benefit from Home-Start's help if:

- You are feeling lonely or isolated in your community, have no friends nearby and are struggling to make friends
- You are finding it hard to cope if your child is ill or because you are ill
- You have been hit hard by the death of a loved one
- You are struggling with the emotional and physical demands of having a baby, young children, twins, or triplets
- You need help with practical things like budgeting or healthy eating
- You'd 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

What happens next?

- After asking for our support you will meet with one of our co-ordinators who will talk to you about which of our services might best meet your needs.
- If home visiting is right for you, one of our volunteers will visit you at home for a couple of hours a week.
- We may agree that a short series of focused home visits would be useful before getting involved in a group, social or community activity, for example.
- Whatever we agree, our coordinator will stay in touch with you so that we can make sure your needs continue to be met.

How can I find out more about Home-Start Edinburgh West and South West?

Contact us for an informal chat

Home-Start Edinburgh West and South West
Room S3, 525 Ferry Road
Edinburgh EH5 2FF
Tel: 0131 564 1540
Email: help@hsew.org.uk
Website: hsew.org.uk

Home-Start Edinburgh West and South West is a charitable organisation affiliated to Home-Start UK. Thousands of Home-Start volunteers visit families across the UK each week, supporting parents in situations such as bereavement, multiple births, illness, disability or who are just finding parenting a struggle. They provide non-judgemental practical and emotional support and help build the family's confidence and ability to cope. To get Home-Start support you must have at least one child under five, and there must be a volunteer available to support you. Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

Home-Start Edinburgh West and South West
Scottish Charity no: SC030624 Company no:SC331390

**HOME
START**

Edinburgh West
and South West

Help for your family

...a guide to Home-Start's
support and friendship



Home-Start Edinburgh West and South West

www.hsew.org.uk

0131 564 1540



facebook.com/homestartedinburghwestsouthwest

Everyone needs a bit of help sometimes...

Could we make a difference to your family?

Many parents need help, friendship and support during those early years when children are young. Being a parent isn't always easy, and we understand that raising a family can sometimes feel overwhelming.

Home-Start helps families with young children deal with whatever life throws at them. We support parents as they learn to cope, improve their confidence and build better lives for their children. The benefits of our support include improved health and well-being and better family relationships.

'Great help for myself to have my volunteer to talk to when things are really bad, when I wasn't coping so reassuring to know she was coming'



Our Support Services can include:

- Home visiting support, usually weekly, for 2 hours.
- Someone to talk to about being a parent.
- Groups where you can meet and talk about being a parent with others that have children of the same age.
- Ideas about how to use books and songs to have fun as a family.
- Someone to help you find out about what's happening in your area (e.g. parent and toddler groups) and go along with you if that's helpful.
- Support and ideas to help your child play and learn at home, and to take part in outdoor activities.

It's free and confidential

You don't have to pay for Home-Start's help, and it's confidential.

Home-Start volunteers are fully trained and carefully matched, and have undergone PVG checks.

If you think Home-Start can help, you can ask someone like your Health visitor to refer you, or you can refer yourself.

'Made a massive difference and helped our family get back to our normal routine..a wonderful support'



'I believe my volunteer and Home-Start helped in my recovery from post-natal depression. With it I feel it would've taken me longer to get back on my feet'

One family's story...

We were told at my 13 week scan that we were expecting triplets. It was at this point that my life was turned on its head. How would we cope? What would happen to my eldest son? Would we ever sleep again? How could this happen? All my friends kept telling me you will need to get help, this only adding to my list of worries as on paper there was no help out there or, if it did, it was going to result in us remortgaging our flat.

It was at this point I found out about Home-Start, the only organisation that was willing to offer a helping hand and a friendly ear. I got in contact immediately. My initial nerves were soon put aside when we met our Home-Start volunteer who was to come round once a week. J has been working with children all her life and it shows as all my kids think she is just great. She is hugely supportive, always ready to pull her sleeves up, has never been phased by the craziness that a triplet lifestyle can bring and has never judged my parenting skills. I have asked for advice on a number of occasions but just love it when she says "whatever works for you". For me, even just to have some adult company with an open and impartial ear has been a welcome break.

J has really blended into our routine and having an extra pair of safe hands has been a lifesaver. I still find myself looking at my watch and thinking, it's ok, only 1 more hour to survive until J arrives..... phew! I cannot thank Home-Start, and more importantly J for all their help and support over the past year and a half.

HSEWSW family