

A quick guide to Home-Start support

A parent / carer could benefit from Home-Start's help if they:

- Are feeling lonely or isolated in their community, have no friends nearby and are struggling to make friends.
- Are finding it hard to cope if their child is ill or because they are ill.
- Have been hit hard by the death of a loved one.
- Are struggling with the emotional and physical demands of having a baby, young children, twins, or triplets.
- Need help with practical things like budgeting or healthy eating.
- Would 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 a family will meet with one of our co-ordinators who will talk to them about which of our services might best meet their needs.
- We would discuss whether home visiting or joining in at a group would be the best option.
- 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 the family so that we can make sure their 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 or to discuss a referral:

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. 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 families

...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...

How Home Start make a difference

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.

'Having someone to talk to has been such a great help and relief'



Who and how do we support?

- Families with at least one child under 5 years of age.
- Mums, dads, main carers.
- 1:1 at home or in a family's local area / community.
- In groups.

See more specific details about our services in the box opposite.

It's free and confidential

Families 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 a family that you know, we would welcome a referral. Or, the family can refer themselves.

H.V: 'Thanks so much for your feedback and all the support you offer families – what a great service your team offer.'

'Home-Start have helped me so much with my confidence and me feeling isolated'



'Peep gave us plenty of ideas about how to interact in various ways, learning new songs and ideas for activities.'

Home Start Services:

One to one support is aimed at those that need a bit more support to feel more confident about their role as parent, or to help them make connections in their local community. See more in the 'quick guide' about who might benefit.

- Support is delivered at home, or outdoors, or by accompanying a parent / carer to groups and events.
- Visits are completed mainly by volunteers who will: listen; signpost services where appropriate; and find things out, to help the family reach their goals. Goals might include:
 - ❖ Building better relationships.
 - ❖ Getting out of the house more.
 - ❖ Becoming more physically or socially active.
 - ❖ Getting to groups to meet other parents or to support their child(ren)'s play and learning e.g. Bookbug, Peep, Parent & Toddler.
 - ❖ Supporting play and learning at home.
 - ❖ Making the best of low-cost or free resources including household items; Bookbug bags; Play@home. This may include accessing Save the Children's 'Building Blocks' resources.

One to one support may be short and used as a steppingstone to join in one of our group services (e.g. Peep at home).

Groups are aimed at parents that want to meet others: to share experiences or worries in a safe and confidential environment; or, to learn from their peers, for example.

Our groups may include (area and resource dependent):

- Baby massage (babies aged 6 weeks to 12 months).
- Peep and other parenting groups.
- Peep Progression: working toward SQA recognised qualifications.

Our groups are not exclusive however, we would appreciate your help in encouraging parents that would most benefit.