

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 family 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 local organisers who will carefully match you with one of our volunteers.
- Your volunteer will visit you at home for a couple of hours a week.
- You choose to have a Home-Start volunteer and you decide when Home-Start support should stop.
- You can also join in our family groups or social activities if you want to.

How can I find out more about Home-Start?

Contact your local Home-Start for an informal chat:

Home-Start Telford & Wrekin
The Glebe Centre, Glebe Street,
Wellington, TELFORD, TF1 1JP
Tel: 01952872280
Registered charity No: 1148269
Company Number: 07004506
www.homestarttelfordandwrekin.co.uk

Visit our website to find out more and locate your local Home-Start: www.home-start.org.uk

Call our free information line: **0800 068 63 68**

Across the UK thousands of Home-Start volunteers visit families at home each week, supporting parents in situations as diverse as isolation, 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.

Registered office: **Home-Start UK**
8-10 West Walk, Leicester, LE1 7NA
T 0116 258 7900 | F 0116 258 7901
E info@home-start.org.uk

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