

Working with
local families
for over 30
years providing
support when
it's needed
most



Home-Start Royston, Buntingford & South Cambridgeshire (Home-Start) is a voluntary charitable organisation that offers practical and emotional support to families with at least one child aged 9 or under. We help families from all backgrounds through their most challenging times because childhood can't wait.

FAMILY QUOTE: *"My volunteer makes me feel I can do this, even when I feel I am failing. Never thought I could be open about my weaknesses, but can tell J anything and I can't thank her enough. Now I feel like am living rather than just getting by."*

Who are we?

Home-Start believes that being a parent has never been easy and life-changing events can happen to anyone. All parents struggle at one time or another, often leaving them feeling lonely, frustrated and overwhelmed. With the vital foundations of a stable and loving environment children can develop the skills and confidence needed for later life.

Our volunteers can offer families help with many things including:

- Reducing isolation - getting settled into a new area
- Improving mental and physical health
- Finding time to focus on a child's developmental needs
- Being school ready
- Establishing routines and boundaries
- Feeling more confident to manage children's challenging behaviour
- Support during pregnancy and the challenging first months caring for a new baby



What do we do?

Home-Start provides support through recruitment and training for suitable people from our local community who are parents, grandparents or have had parenting experience. Once trained, a volunteer is matched with a family. We ask families about the support they need and want; our approach is as individual as the people we're helping. We can offer weekly support in the home, video or phone calls, walk and talk sessions, attendance at a Family Support Group, or a combination, depending upon what best suits each family.



VOLUNTEER QUOTE: "Thank you for matching me with such a wonderful family. I really have enjoyed being a part of their lives and offering support when needed."

By giving a couple of hours of precious time each week a volunteer can make a huge difference to a family. Volunteers listen. They offer compassionate practical and emotional support. By offering a consistent friendly face or voice the volunteers build a trusting relationship with the family, helping them to identify the changes they want to make and to build upon the strengths they already have.

Our Family Support Groups take place in Royston and Buntingford once a week during term time and offer families the chance to have fun in a safe, confidential, welcoming environment. They are run by a co-ordinator and volunteers who provide opportunities for structured play, information for parents and signposting to other agencies.

Parents can learn to help their children develop social skills; interact with other children and prepare for pre-school and school. They also have time to talk together and enjoy special activities, often establishing peer support networks and friendships.

Contact us...

If you would like to discuss support for yourself or someone that you feel might benefit from Home-Start's services, then there are various ways you can get in touch:

- Website contact: www.hsrsc.org.uk/contact-us
- Email: admin@hsrsc.org.uk
- Telephone: 01763 262262
- Facebook Direct Message: www.facebook.com/hsrsc.org.uk

