



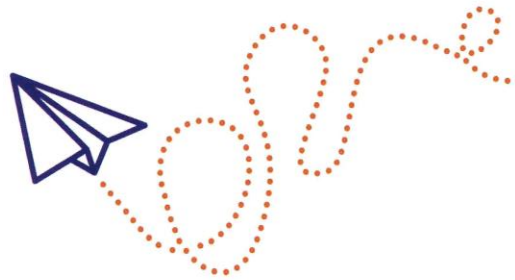
We help families from all backgrounds through their most challenging times

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 home-start-ashford.co.uk

Do you want to help local families? Could you be a Home-Start Volunteer?

To find out more about Home-Start visit home-start-ashford.co.uk or info@home-start-ashford.co.uk

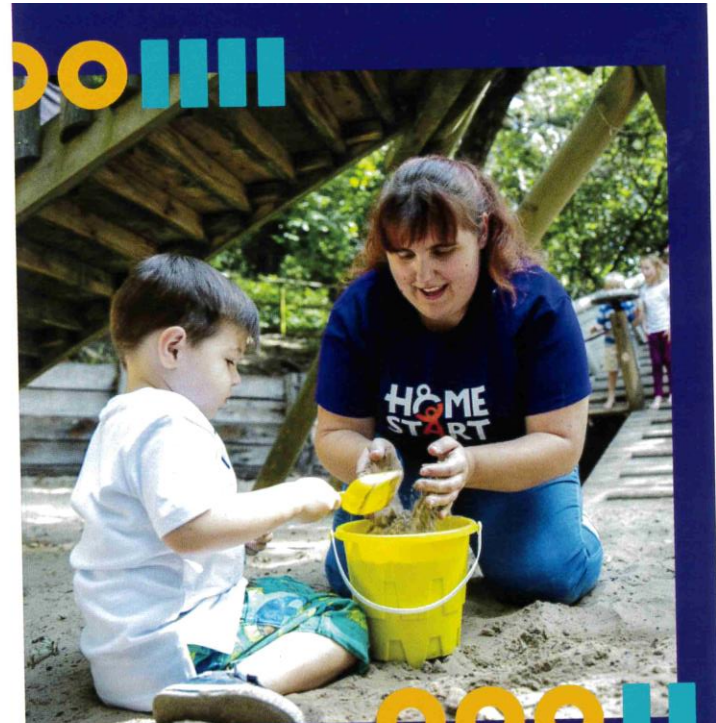


**HOME
START**

Ashford & District

Charity no. 1105541

Office 32, The Cobalt Building, Lower Pemberton, Kennington,
ASHFORD, TN25 4BF



Volunteering with Home-Start

The earliest years make the biggest impact: Home-Start make sure those years count so that no child's future is limited.

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START**

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Working alongside families

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

A Home-Start volunteer has a good understanding of the difficulties parents face, they are non-judgemental and work with parents as equals.

Volunteers provide practical and emotional support - this may include listening, attending appointments and of course lots of play!

Home-Start supports families with difficulties including:

- Poor mental or physical health
- Postnatal depression
- Loneliness
- Additional Needs
- Financial worries

Just a couple of hours a week can make all the difference to a family who is struggling.

A quick guide to volunteering

Volunteers benefit from:

- Comprehensive preparation course
- Regular 1-2-1 supervision
- Optional Social Events
- Optional additional training
- Expenses covered
- Reference after 1-year volunteering

Volunteers must:

- Be 18+ with emotional capacity to support a family
- Have time and enthusiasm for Home-Start (2-3 hours a week to visit a family)
- Complete an enhanced DBS

"With the support of a Home-Start volunteer, I learned how to interact and play with my son, put boundaries in place, and create a safe and secure home. After Home-Start helped to change my life, I decided I wanted to become a volunteer for the charity".

— Louise



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

volunteers@home-start-ashford.co.uk
info@home-start-ashford.co.uk