

HOME-START NEEDS YOU!!!

Are you a mum, dad, grandparent or carer wondering what to do with your free time? We need local people with your experience to become a Family Support Volunteer for our scheme.

Our volunteers work alongside parents in their own homes, helping them to cope with the stresses and strains of life.

Our next Volunteer Preparation Course starts in <u>February 2023.</u>



This training course will provide you with all the knowledge you'll need to support a family, and you will become part of the fantastic Home-Start team.

- ♥ In 2021/22, our volunteers supported a total of 183 children
- Our volunteers say helping others helps to reduce stress
- Our volunteers give an average of 3 hours of their free time per week to support local families

You could be the vital support a family needs to help change their life, and while you're doing it, it might just change yours!

For more information, telephone 01763 262262, visit www.hsrsc.org.uk/become-home-start-volunteer or email admin@hsrsc.org.uk.

"We are there for parents when they need us the most because childhood can't wait."







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