



Parents supporting parents

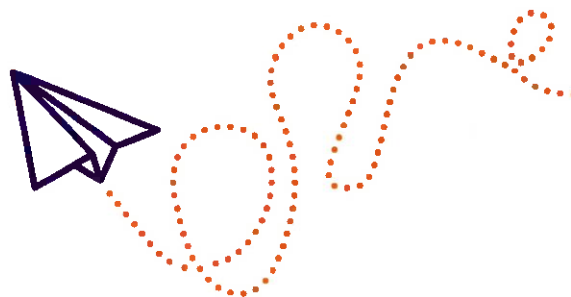
Home-Start's volunteers work alongside families to give compassionate and confidential support, tailored to each family.

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 www.homestarteemd.org.uk

We are available to help families through their most challenging times

To find out more about Home-Start visit www.homestarteemd.org.uk or 01392 826299



Exeter, East & Mid Devon

Charity no. 1116385

Unit 10 Basepoint Business Centre, Yeoford Way, Marsh Barton, EXETER, EX2 8LB



Garfield Weston
FOUNDATION

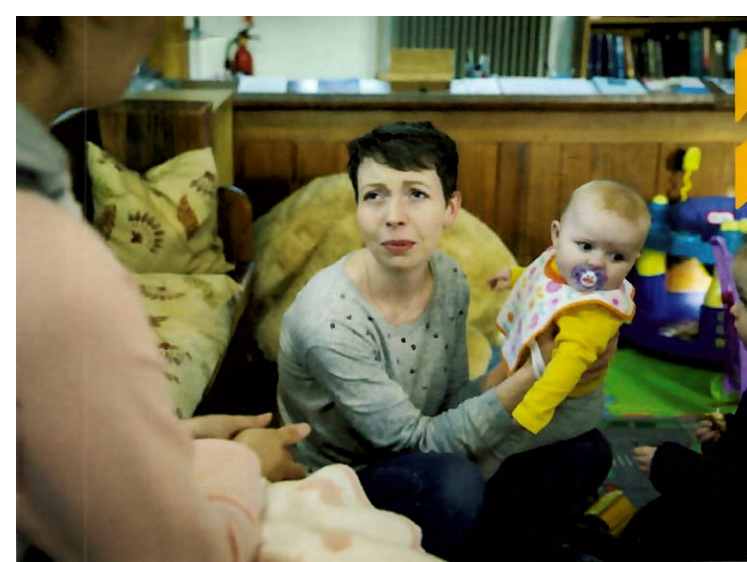


Because childhood can't wait

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



Exeter, East & Mid Devon



Working alongside families

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

Life-changing events can happen to anyone. All parents struggle at one time or another. That is why Home-Start Exeter, East and Mid Devon is ready to support families with a child aged 5yrs or under through their toughest times.

Volunteers can support families with individual one-to-one home-visiting, working with them to build on their strengths and support them the way they tell us they need. Home-Start works with families experiencing various challenges.

Do you ever feel like this?

- Isolated, no family or friends near by?
- Struggling with poor mental health, anxiety or post-natal depression ?

- Bereavement or illness?
- Having a hard time coping with financial worries or separation
- Exhausted with a new baby or multiple birth?
- Tired and unhappy ?

Just one visit a week in your own home can make a big difference.

We work with families in a range of ways, and use the approach that will give them the best outcomes. This includes:

- Home-visiting
- Groups

All our services are based around the principle that volunteers offer no judgement, just compassionate, confidential help and support.

We cover Exeter, and areas in East and Mid Devon.

‘The best thing was that you always listened, you never judged me on any decisions I made and you never advised me! Unlike all my friends who all advised me about my relationship problems. I really do think you made a difference. My healing process would have taken so much longer without your support.’ – Susie

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

www.homestarteemd.org.uk
01392 826299