

- You must be a parent or have parenting experience.
- As a Home-Start volunteer you will support a family by visiting them at home for around two hours, once a week.
- You should be able to commit at least 1 year of your time to Home-Start.
- You should have a non-judgemental attitude and understand about the pressures of bringing up a family
- You will have to attend our free volunteer preparation course with other new volunteers before meeting your first family.
- Travel expenses are paid during training and while you support a family
- If you want to, you may be able to take up the option of your training being formally recognised through accreditation with the open college network.
- You must understand that your support for families is completely confidential.
- You will have to undergo a criminal record check at enhanced level.
- You will be supported by the Home-Start Suffolk Coastal Team during the time you are supporting families.

Are you thinking about becoming a Volunteer, and would like to know More?

Contact us:

Head Office Postal Address

Home-Start in Suffolk

8a The Square
Martlesham Heath
Ipswich
Suffolk
IP5 3SL

01473 621104

EMAIL

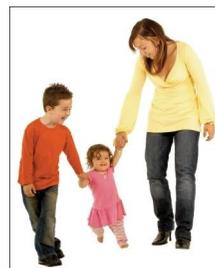
office@homestartcoastal.co.uk or
office@homestartinsuffolk.co.uk

Website

www.homestarteastsuffolk.org.uk

Application forms are available on our website

We look forward to hearing from you



**Home-Start
in Suffolk**

**Home
START**

**Support and friendship
for families**

"A Shoulder to lean on when life proves a little tough"

**A guide to volunteering for
Home-Start**



www.homestarteastsuffolk.org.uk
Phone: 01473 621104

Volunteer for Home-Start in Suffolk and make a difference to a family in your community

What is Home-Start Suffolk Coastal?

Home-Start Suffolk Coastal is a local charity which supports families.

We recruit and train volunteers to help families with young children. Our volunteers, who know about being a parent, support other parents by visiting them in their own homes for a couple of hours each week. We also run family groups and hold social events for families.

What kind of families would I be helping?

All kinds of families can find it hard to cope for all sorts of reasons, maybe because of the illness or disability of a child or because of post-natal illness, bereavement or loneliness. At Home-Start we support any parent with young children who asks for our help, and has a need for support, and our supported families, like our volunteers, come from all walks of life.

Can my support and friendship really make a difference?

All parents know that those early years before children go off to school are vital in a child's life and at Home-Start we believe parents have the key role in creating a secure childhood for their children. It's just that sometimes they need a bit of help...your

...your questions answered

As a volunteer what would I actually do?

Usually you visit a family in their own home once a week for a couple of hours. How you help is really down to the family itself. Some might need someone to talk to... others may need more practical support with meal planning and cooking, reading to the children, going to the local park, or finding out about local services. Volunteers however are not Cooks, Cleaners or Babysitters!!!

Do I need any qualifications to be a volunteer?

The only real 'qualification' is experience of bringing up children. Friendliness and a caring attitude are essential as well as an understanding of the pressures of parenting. We value people who don't judge others; people who will respect the fact that they have been invited into a family's home; people who will treat a mother or father as an equal.

Do volunteers get any training?

Yes, we give high priority to the recruitment, induction, training and support of all our volunteers. You will be supported during your training and throughout your contact with families.

What would I get out of volunteering for Home-Start?

Knowing you have helped; a boost to your self-esteem and confidence; even a foot on the ladder towards a job.

Can I help without visiting families?

Yes. We also need volunteers to help run family groups and social activities and to help raise funds. We also need volunteer trustees to help manage their work.



Linda, a Home-Start in Suffolk Volunteer

I have been a volunteer with Home-Start for about twelve months. After my ten week induction course I still had doubts about how much I would be able to offer a family in only three hours a week. A year on I realise just how important it is for some families to have a special 'friend' on whom they can rely to be supportive, constructive and non-judgemental.

With my family I attend a weekly singing group, swimming sessions and a local playgroup which Mum couldn't face doing on her own. I have watched the little girl blossom as she embraces the new experiences. Home-Start provides both training and support for me as and when I need it. I have thoroughly enjoyed my first year with Home-Start and look forward to many more.