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Themes: Advocacy, , , Mental Health, , Physical Disabilities
Aimed at: Baby & Toddler Age 0-5, Children Age 6-11, Teenagers 12-17, Adults 18+

How we help you

Being a parent has never been easy. It can be lonely, frustrating, heartbreaking and overwhelming. All parents struggle at one time or another. For some, the challenges can be greater. You are not alone.

Home-Start's volunteers work alongside families just like yours to give compassionate and confidential support.

They help people to regain the confidence to be the parents they want to be.

The support Home-Start volunteers give is not judgemental, it's just compassionate, confidential and as an individual, as you are.

We work with you to build on your strengths and give you the support that you tell us that you need.

Please get in touch with us to find out how Home-Start can help you and your family.

These are just some of the ways that Home-Start can help:

Accessing local services

It's one of our most important roles and we may be able to help you.

Free voluntary confidential support

Home-Start support is completely free, you do not have to pay for any of our support and support is entirely voluntary.

Expand

Group support

Fun for your children and great for you too - sometimes tailored for your specific needs.

Expand

Home visiting

You decide what you will do together. They can help you with practical tasks, offer advice, or support you through emotional issues.

Managing your money

We don't judge how families reach their low points. We just want to help you to cope again.

Expand

Sharing experiences

Parents supporting other parents - one of the main reasons why parents find Home-Start's support so helpful.

Specialist group support

Some local Home-Starts offer specialised group support to help parents struggling to cope with a particular issue.
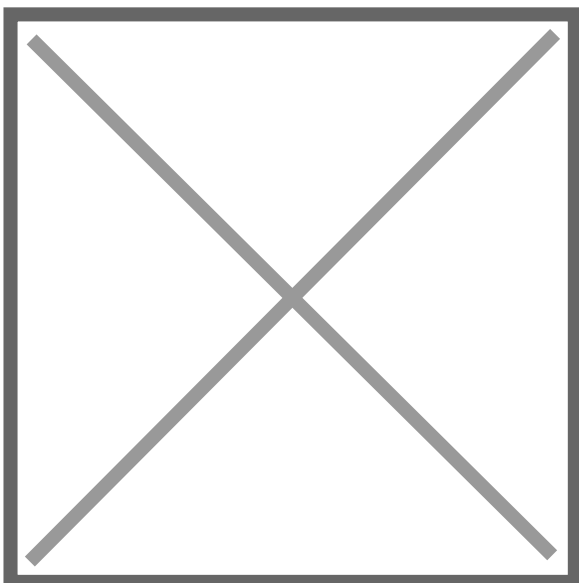**Area:**

Contact Details

Home-Start Newark
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info@homestartnewark.co.uk
01636 705 011
https://www.home-start.org.uk/home-start-newark

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