



Parents supporting parents

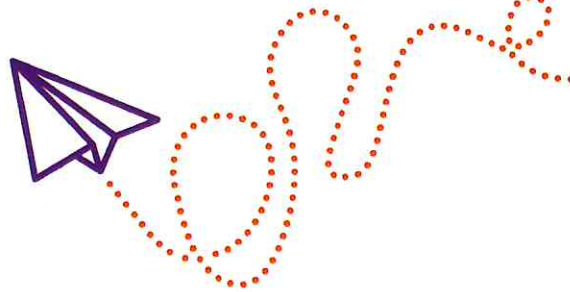
Home-Start's volunteers work alongside families to give compassionate and confidential support, tailored to each family.

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.homestartgarioch.org.uk or email info@homestartgarioch.org.uk

Home-Start Garioch has been supporting families in Garioch and Formartine since 1995 through their most challenging times.

To find out more about Home-Start visit www.homestartgarioch.org.uk
info@homestartgarioch.org.uk or 01467 624801



**HOME
START**
Garioch

Charity no. SC022057

Home-Start Garioch, 1a George Square, Inverurie AB51 3XX



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.

**HOME
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Garioch



Parents supporting Parents

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

Life-changing events can happen to anyone. All parents struggle at one time or another. That is why Home-Start Garioch is ready to support families through their toughest times.

Our volunteers provide practical and emotional support to families in their own home.

We work with families experiencing challenges including:

- Poor mental or physical health
- Postnatal depression Bereavement
- Illness and Disability
- Multiple birth and children under 5

Just two hours a week can make a big difference to a parent and their children.

We work with families to build on their strengths and give them the support they tell us they need.

Local services

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

- Home-visiting support
- Family groups
- Running trips and outings

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

"I have three children under 5, one who has complex needs. My husband works away for a month at a time and I have no family around, so it can be hard. Having a volunteer means I have an extra pair of hands and someone to talk to" – Louise

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

www.homestartgarioch.org.uk
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