



2020 has been difficult for families!
Start 2021 with the resolution to help
change lives!

Volunteer with Home-Start Hillingdon
to support struggling families in the
Borough

Are you a parent or grandparent?
With 3 - 4 hours per week to spare?
Are you looking for a new challenge?
Do you know someone else who might be interested?



This year has been a tough one for families. And, as a parent, you'll know just how difficult it can be at the best of times! Parents supporting other parents: it's a simple idea that really works. Why not use your experience & skills to help families in Hillingdon?

In normal times, volunteers visit a family in their own home every week to give support, befriending and practical help. During the Corona Virus pandemic, this support has mostly changed to supporting families by phone, but we hope to get back to home-visits as soon they are safe.

Our volunteers have such a huge impact in helping families cope when they are finding things really difficult. Professionals like Health Visitors and Children's Centres refer families to us, recognising the difference we can make to issues including post-natal depression, isolation and managing difficult personal circumstances. Full training, support and out of pocket expenses are provided.

Our next (Covid-19 safe) volunteer preparation course will start on the 2nd February 2021.
The 9-session course takes place over five weeks, running on Tuesdays and Thursdays, from 9.45am to 14.30pm, with a break over the February half term holiday.

If you would like to find out more, please call 01895 252804

Or Email: office@homestart-hillingdon.org.uk

Find out more about us - www.homestart-hillingdon.org.uk