

**Are you a parent or grandparent? Are you looking for a new challenge?  
Then Home-Start Hillingdon might just be what you are looking for...**

**A little of your time could make a BIG difference to a local family**



- Are you a parent (mum or dad) or grandparent with 3 - 4 hours per week to spare?
- As a parent you'll know just how difficult it can be. Parents supporting other parents: it's a simple idea that really works.
- Why not use your experience & skills to help families in Hillingdon?

**Home-Start Hillingdon is currently recruiting new volunteers.**

Home-Start trains volunteers to support families with at least one child under five and under stress. Volunteers visit families in their own homes, to give support, befriending, and practical help. Full training, support and out of pocket expenses are provided.

Our next volunteer preparation course is starting in **January 2018**.

The 10 session course takes place over 5 weeks, running on Wednesdays and Fridays, 9.45am – 14.30pm, with break for the February half term.

**If you would like to find out more, please contact us on 01895 252804**  
Email: [office@homestart-hillingdon.org.uk](mailto:office@homestart-hillingdon.org.uk)