



What happens next?

If you would like to volunteer for Home-Start please give us a call or send an email. One of Home-Start's Co-ordinators will then arrange to meet you to discuss how you can help further. Home-Start takes great care to ensure volunteers find that giving their time is a fully satisfying and rewarding experience.

'I left school at 16 with no qualifications—completing this course for Home-Start is like receiving an honours degree, and this is just the start.....I've got the taste for learning.'

A new volunteer

For further information on volunteering or receiving support from Home-Start, please contact us at:

7 Lord Street, Watford, Herts WD17 2LL
T 01923 248010
F 01923 248748
E enquiries@home-startwatford.org.uk
W www.home-startwatford.org.uk



Support and friendship
for families



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for families

Home-Start
Watford & Three Rivers



VOLUNTEERING

Providing independent practical and emotional support for young families under stress throughout Watford, Three Rivers and Bushey

01923 248010

What is Home-Start?



Home-Start is an independent voluntary organisation that offers free support, friendship and practical help to families who have

at least one child under the age of five years. Families are visited regularly in their own homes by volunteers who have all had experience of parenting and know how hard it can sometimes be.

Who can volunteer for Home-Start?

Home-Start volunteers are all ages and from all walks of life. All that we ask is that you have experience of bringing up children and can spare between two and four hours per week.

You could have exactly the right skills needed to make a difference to a family living locally.



'I am a mum with two children, one of them has various problems so I understand the pressures of family life. I've been lucky, help has always been there. Now it's my turn to help—because I can. Being a volunteer is something I am proud of.'
A volunteer



What will I gain from being a volunteer?

- You will be helping a family cope with the pressures they are facing and make a real difference to the lives of parents and their children
- You will receive support and training to prepare you for all aspects of your role with Home-Start
- You will make new friends and have lots of fun
- You will develop new skills and have some wonderful experience to add to your CV
- You will be refunded for your out of pocket expenses

How can I help families?



This varies and you can help in lots of ways.

You could spend time with a young parent, helping to build their confidence as they adapt to life with a small baby.

You might share an outing with a family who find it difficult getting out of the house. The visits could include offering an extra pair of hands to a family with several young children or twins. Many families just require a listening ear, for example, a mother who is suffering from postnatal illness.

'It is so good to have someone I can call a friend. I wish there were more people like her about. I don't think I could have got through the last few months if it wasn't for Sue.'

A family