



If you are a family with at least one child under the age of five we can help you.

To find out if Home-Start can help you, you can:

- Contact your nearest scheme directly
- Talk to your Health Visitor, Midwife or GP
- Ask a Social Worker
- Ask a friend or family member to contact the scheme for you

All personal and private information about families is treated as confidential by both volunteers and staff at Home-Start Deeside except where there are concerns for the safety of the children. Thereafter general information about the level of Home-Start involvement might be shared with the referring agent.

It is always the family's choice whether to accept Home-Start support or not.

Supported by:



## FAMILY GROUP INFORMATION

**Bright Sparks**  
Thursday Mornings  
The Hub, Banchory West Church

**Mums in Mind**  
Bi-weekly  
Howe Trinity Church, Alford

For more information about attending one of our groups please contact us on 01330 824443 or email [info@homestartdeeside.org](mailto:info@homestartdeeside.org)

For more information or confidential advice contact:

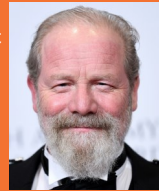
**Leah Bruce** - Senior Coordinator  
**Lizzie Sutherland** - Family Coordinator  
**Kairen Griffiths** - Office Administrator

on [01330 824443](tel:01330824443).

Email: [info@homestartdeeside.org](mailto:info@homestartdeeside.org)

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Aberdeenshire  
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Mr Peter Mullan



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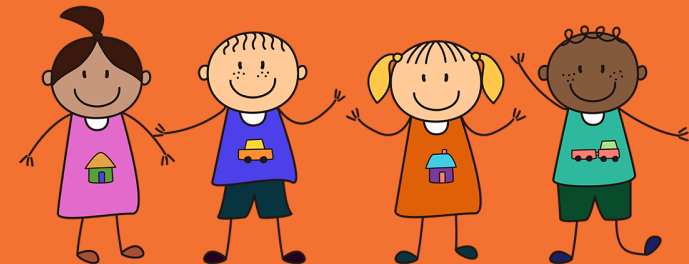
# HOME START

## Deeside, Alford & Strathdon

Do you want to help families in your local community?

Could you offer your assistance as a family-visiting volunteer?

Do you know of someone who would benefit from Home-Start support?



## WHAT IS HOME-START?

Home-Start Deeside, Alford & Strathdon is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age or with special needs.

Home-Start offers free support, friendship and practical help to families. Families are visited regularly in their own homes by volunteers who have all had the experience of parenting, and knowing how hard it can sometimes be.

## WHO CAN REFER?

Home-Start Deeside, Alford & Strathdon operates an 'open referral' policy. Families can contact Home-Start directly. Health Visitors, Social Workers or others who have contact with the family may suggest Home-Start support and with the family's permission, refer to Home-Start.

## WHO IS IT FOR?

- Families who are new to the area
- Families with twins/multiple births
- Lone Parents
- Families who may have mental health issues
- Mums who may have post-natal depression
- Families with relationship difficulties
- Families with several pre-school age children
- Lonely or isolated families
- Families from all backgrounds
- Families where there is ill-health or disability
- Families with children who have special needs or behavioural problems

## HOW CAN IT HELP?

Volunteers visit families in their own home (usually once a week for a few hours) and offer support.

Our volunteers help parents going through difficult times including:

- **Friendly support** through difficult times for as long as it is needed.
- **Understanding** that when bringing up children, problems are not unusual
- **Reassurance**, all parents can sometimes feel overwhelmed. You are not alone!
- **A listening ear** and a shoulder to cry on.
- **An extra pair of hands** volunteers are not baby-sitters or home-helpers but can offer you practical help with the children and daily routines.
- **Reduce isolation** access to groups in the community.
- **Emphasising** the positive aspects of family life.

Home-Start support is confidential. Personal information about you and your family is not disclosed to anyone outside Home-Start without your consent, except where there is a concern about the safety or welfare of a child.

You choose whether or not to accept support from Home-Start and can change your mind at any time. A volunteer will only visit on your invitation.



## WHO ARE THE VOLUNTEERS?

Home-Start volunteers are people from different backgrounds and vary in age, but all have parenting experience.

Our volunteers:

- Will visit you in your home and accept you as you are.
- Are carefully selected for their friendliness, practical approach and understanding.
- Have been approved and have all attended a course of preparation before being matched with families.
- Have gone through personal reference checks at enhanced level through Disclosure Scotland.

Many of our volunteers have been helped by Home-Start themselves.

## INTERESTED IN VOLUNTEERING?

All our volunteers will:

- Attend an initial preparation course prior to commencing work as a home visiting volunteer. This is an informative course covering many topics including child protection awareness.
- Will undergo PVG checks prior to volunteering.
- Be matched with a family that you'll get along with.
- Receive on-going support, training and development from the coordinator.
- Receive out-of-pocket expenses.
- Receive full support and supervision from the schemes senior coordinator and coordinator.