



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 our website or download our application form by snapping our QR code



We help families with children up to the age of 13, from any background through their most challenging times



HOME START

in East Lancashire

Registered Charity no 1106092

To find out more about Home-Start email

info@homestarteastlancs.org

Offices in

Nelson
01828 692536

Rawtenstall
01706 214621

Clitheroe
01200 443827



Because childhood can't wait

The earliest years make the biggest impact. Home-Start make sure that those years count so that no child's future is limited.

HOME START

In East Lancashire



Working alongside families

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

- Are you struggling with your mental health?
- Are you feeling lonely, or isolated?
- Are you struggling with coping with the demands of having a baby, children under 13 or twins/triplets?
- Are you finding it hard to cope because you or your child is ill or disabled?
- Has your family been affected by stillbirth, miscarriage or the loss of a child?
- Do you need practical help with things like budgeting or healthy eating?
- Do you have family members with inherited conditions?
- Are you worried about school-aged children with health or education issues?

- Would you like help to access local activities and support for parents and children?
- Are you feeling tired, unhappy and exhausted?

We work with families to build their strengths and use different support depending on what they tell us they need. This includes:

- Home-visiting
- Family groups
- Trips and outings

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

All of our volunteers undergo a thorough preparation course.

All our volunteers have parenting experience so they understand the challenges.

If you would like support, just ask!

“I am really grateful for all the help I have had from my volunteer and coordinator. We are not used to people actually caring about us and going that extra mile to help us” —Family

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

Info@homestarteastlancs.org

Rawtenstall office 01706 214621

Nelson office 01282 690536

Clitheroe office 01200 443827