

If you know of a family with a child/children under 5 who might benefit by having a weekly visit from Home-Start volunteer please ring to speak to one of the Home-Start Camden team for a **Referral Pack**

“It just takes the pressure off you for those hours every week.”

“The volunteer gives a variety of care to the child and company for you.”

(Comments from Home-Start families)

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Registered Charity no: 1086292

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Information on Home-Start Camden volunteers

Who are Home-Start Camden volunteers?

What do they do?

How can they help?



Volunteers are largely Camden residents who have had children of their own or have had parenting experience.

They are all ages (20's - 60+), from all backgrounds, cultures and from all religions.

They are trained by us over eight days to equip them with the skills necessary to visit a family in their own home. They have safeguarding checks done including the Disclosure and Barring Service (DBS).

What Home-Start volunteers **CAN DO**

- They can help to **keep appointments** by accompanying parents on difficult journeys with young children.
- They can 'be there' to listen to parents who are **isolated** or lonely or suffering from **depression**.
- They can **play with the children** while mum (or carer) has a rest or catches up with household chores or cooking.
- They can **guide parents** to what is available in their local community or help them to **access drop-ins** or support groups.
- They can help out on **shopping trips** if a parent is finding it hard to manage with several small children.
- They can provide **guidance on parenting issues** and help parents to enjoy their children.
- They can provide **regular (unpaid) weekly visits** for up to 4 hours a week They can provide support for a family at case conferences should this be requested (by the parent).

Home-Start Camden volunteers **DO NOT**

- Provide a babysitting service.
- Collect children from school.
- Do housework/cleaning or shopping.
- Share any information about a family to anyone but the Home-Start co-ordinator (if and when appropriate).
- Visit more than once a week
- Give out their address or phone number

But most of all, our volunteers are wonderful, caring people who wish to help families with young children who are going through a difficult time in their lives.

