

A quick guide to becoming a Home visiting volunteer

- You must be a parent or have parenting experience.
- As a home visiting volunteer you will support a family in their home for around two hours each week.
- You should be able to commit at least six months of your time to Home-Start.
- You should have a non-judgemental attitude and understand about the pressures of bringing up a family.
- You will have to attend our free Volunteer Preparation Course with other new volunteers before meeting your first family.
- Expenses are paid while you support a family
- You must understand that your support for families is completely confidential.
- You will have to undergo a DBS/ check at enhanced level.
- You will be supported by your local Home-Start during the time you are visiting families.

See www.hsbf/volunteering for more information about volunteering

We help families from all backgrounds through their most challenging times

To find out more about becoming a volunteer for Home-Start

visit: www.hsbf.org.uk Tel: 01344 860025

Email: office@hsbf.org.uk

Find us on  @HomeStartBF

 @homestartbrack

 homestartbracknellforest



HOME START

Bracknell Forest

Charity no. 1160447

Bracknell Open Learning Centre,
Rectory Lane, Bracknell. RG12 7GR



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There for parents when they need us most

A guide to volunteering for Home-Start

HOME START

Bracknell
Forest

Volunteer for Home-Start and make a difference to a family in your local community

.....your questions answered

What is Home-Start?

Home-Start Bracknell Forest is a voluntary home-visiting service. We recruit and train volunteers to help struggling families with young children. Our volunteers, who know about being a parent, support other parents by visiting them in their own homes for a couple of hours each week.

What kind of families would I be helping?

All kinds of families can find it hard to cope for all sorts of reasons, maybe because of the illness or disability of a child, parent's post-natal illness, multi births, no local family support, bereavement or loneliness. At Home-Start we support any parent with at least one child under five who asks for our help. Our supported families, like our volunteers, come from all walks of life.

Can my support and friendship really make a difference?

Yes. All parents know that those early years before school are vital in a child's life and at Home-Start we believe parents have the key role in creating a secure childhood for their children. It's just that sometimes they need a bit of help...your help.

As a volunteer what would I actually do?

Usually you visit a family in their own home, once a week for a couple of hours.. Volunteers support parents as they learn to cope, improve their confidence and build better lives for their children. Simple things make a big difference: listening, getting out of the house, or helping sort a problem a parent can't face alone.

Do I need qualifications to be a volunteer?

The only 'real' qualifications is experience of bringing up children. Friendliness and a caring attitude are essential as well as an understanding of the pressure of parenting. We value people who don't judge others; people who will respect the fact that they have been invited into a family's home; people who will treat a mother or father as an equal.

Do volunteers get any training?

Yes. The recruitment, induction, training and support of all our volunteers is really important. You will be supported during your training and throughout your contact with families. Home-Start's highly rated Preparation Course runs once a week for six weeks and includes sessions on child development, community resources, confidentiality, relationships and safeguarding children.

What would I get out of volunteering for Home-Start?

Knowing you have helped; a boost to your self esteem and confidence; even a foot on the ladder towards a job. See what Anne says in her story...

Can I help without visiting families?

Yes. We are always looking for people with skills or contacts to help us raise funds or be a trustee on our board.

Anne's Story...

Anne has been a volunteer for almost 20 years and here tells us why she does it.

"It all started when a neighbour told me about the Prep Course and I haven't looked back since. I really enjoy being able to help families with challenges such as Isolation, mental health and financial problems. It is wonderful to see families gain confidence and make progress."



**Because childhood
can't wait**