



This leaflet reflects changes to our services to comply with Covid-19 restrictions.

## **A quick guide to HomeStart**

### **Support for your family:**

HomeStart offers support to families with at least one baby or child under the age of five. Our services are free and it's confidential. Our volunteers are fully trained, carefully matched and are members of the PVG scheme.

### **Support at home**

One to one support is available for you if you'd like a bit of help to feel more confident about your role as a parent, or help to make connections in your local community. Support would normally be offered via visiting the home, but when Covid-19 restrictions require it, will be outdoors visits or remote support by telephone or video call. A trained volunteer or member of staff will listen, signpost services where appropriate, and help your family reach your goals. These might include:

- Building better relationships.
- Getting out of the house more.
- Becoming more physically or socially active.
- Finding and accessing online groups to meet other parents or to support your children's play and learning e.g. Bookbug, Peep.
- Making the best of low-cost or free resources including household items; Bookbug bags; Play@home; Save the Children's 'Emergency Response' resources.

## Groups

Groups are aimed at parents that want to share experiences or worries in a safe and confidential environment and learn from their peers. Our groups may include (area and resource dependent):

- Baby Massage (6weeks—12 months) - online when necessary due to Covid-19 restrictions
- Peep and other parenting groups—online when necessary due to Covid-19 restrictions
- Peep Progression: working towards SQA recognised qualifications

## Parenting programmes at home

If you aren't sure about attending a group or are not sure about what's on offer then we can do a one-to-one session with the activities for you to try them out. If you and your baby enjoy taking part then we can look at what's available for continuing in a group and explore options for you to get involved.

What our parents have been saying:

**“ Thanks so much for all your help, we really really appreciate it, especially at this time”**

**“The ‘Fun To Be One’ sessions were amazing and gave the feeling that I'm not alone in this time”**



If you think Home-Start can help your family then please get in touch with the office:

Tel 0131 564 1540 or email [help@hsew.org.uk](mailto:help@hsew.org.uk)

Alternatively if you want to ask about joining a group contact Nancy Tel 07833477926 or email [groupwork@hsew.org.uk](mailto:groupwork@hsew.org.uk)

If you'd like to try some Peep, Baby Massage or something else at home first then contact Magda 07833477828 or email [athomecoord@hsew.org.uk](mailto:athomecoord@hsew.org.uk)