

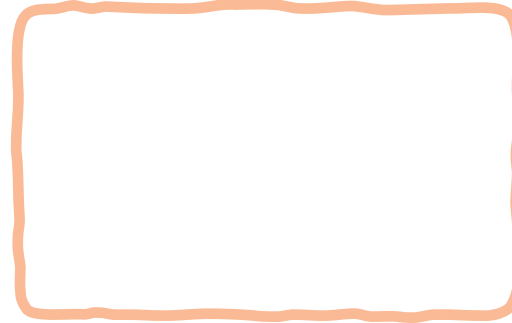
A quick guide to some of the support services Home-Start provides for families:

- A volunteer with parenting experience who offers tailor-made one-to-one home-visiting support regularly – usually on a weekly basis
- Emotional support to help parents find ways to manage and resolve problems
- Direct support to children, including playing, listening, having fun, establishing feeding routines, encouraging development and providing opportunities for outings and treats
- Practical help, perhaps with budgeting, nutrition and meal planning, cooking and making the home safe
- Drop-ins and family group work so parents can get out and meet others and become more involved in their own community
- Information and links to other organisations including health and educational services
- Attendance at meetings and moral support, to deal with family and children's issues particular to living in British Forces Germany
- Access to parenting advice and parenting skills training



To find out more about Home-Start

Contact your local Home-Start for an informal chat:



Visit our website to find out more and locate your local Home-Start: www.home-start.org.uk or www.bfgnet.de

Call the Director, Home-Start British Forces Germany: **05151 917 356**

Across the UK and with British Forces overseas thousands of Home-Start volunteers visit families at home each week, supporting parents in situations as diverse as isolation, bereavement, multiple births, illness, disability or who are just finding parenting a struggle. They provide non-judgemental practical and emotional support and help build the family's confidence and ability to cope. Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

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**Home
Start**
Support and friendship
for families

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**Helping Parents
BUILD better Lives
for THEIR CHILDREN**

a guide to the UK's leading
family support charity
operating in British
Forces Germany



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Home-Start... support and friendship for families

...what we do and how we do it

Supporting families in local communities

Every year Home-Start helps thousands of families in hundreds of local communities across the UK and with British Forces overseas. Parent volunteers offer support and friendship to other parents through home visiting, via family and specialist groups and through social events. Volunteers are recruited, trained and supported by paid staff in local Home-Starts, which are guided and supported by the national organisation, Home-Start UK. Home-Start works in partnership with statutory and voluntary organisations locally to help parents build better lives for their children.

Experience, commitment, trust

Home-Start has grown from one scheme in 1973 to hundreds of local Home-Starts now. All the expertise and knowledge gained over the years makes Home-Start what it is today – the UK's leading family support charity and an organisation valued and trusted by families and professionals alike.



Working preventatively with parents & children

Families need support for many reasons: perhaps they are struggling to cope with postnatal illness, a child's disability, family breakdown or bereavement or maybe they feel isolated and unable to connect with their local community. Whatever the reason, Home-Start provides non-judgemental practical and emotional support and helps build the family's confidence and ability to cope.

The day a family decides it no longer needs Home-Start support is a good day for Home-Start.

UK-wide network and in British Forces Germany

A key promise made to families by Home-Start is that wherever they live, they can depend on the same high quality service of support. Home-Start UK works with local schemes to support their work with families. Quality is maintained because all Home-Start schemes work to agreed quality standards and are reviewed according to Home-Start UK processes. Home-Start UK has experienced national and regional staff providing training, information, guidance and support for local Home-Start schemes.

A value-for-money service

In the UK each Home-Start scheme is an independent charity and local statutory sources are generally the key funders of Home-Start's core services for families. Home-Start BFG is funded by the MOD to operate as a charitable organisation with British Forces overseas. Each scheme is accountable to the Director, Home-Start BFG and works within the chain of command. Each operates within its local community as part of the welfare provision alongside Army Welfare Services, British Forces Social Welfare Service, health services and other professional organisations. Home-Start is highly regarded by both statutory and non-statutory services as a value-for-money, quality service, which provides support for families where they need it, how they need it and when they need it.



What we achieve for parents & children

Home-Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

Home-Start support helps:

- Reduce family isolation and increase social support networks
- Strengthen parent-child relationships
- Improve parents' physical health & emotional well being
- Develop and improve parenting skills
- Improve the home environment
- Improve children's health, well being and development
- Increase access to health, education and community services

“ Home-Start is a very impressive organisation...as it supports interaction between parents and children, which aids child development and increases children's self esteem. I want to congratulate Home-Start for all it is doing especially in nurturing children, who are our future. ”
Professor Lord Robert Winston