



Trained Home-Start volunteers visit families in their homes for a few hours once a week. Initial introductions with the family will be made by a Co-ordinator, with the aim of matching the family with a suitable volunteer if support is accepted.

Together we will agree a set of goals or outcomes for each family to reach. Volunteers will visit their family for an initial period of 12 weeks after which an assessment will be made as to whether further support is necessary. If so, this can be provided on a month by month basis for a further 12 weeks.

Volunteers Can Support Families:

- Feeling lonely or isolated to signpost to community activities and services
- Struggling with an ill child or child with additional needs
- Struggling with the emotional and physical demands of young children/multiple births
- With budgeting and healthy eating
- Struggling with preparing child for nursery or school
- By signposting to additional specialist support

Inappropriate Referral:

- Practical hands on support required.
- Specialist support required
- Youngest child about to start school (less than 3 months until term starts)
- Parent not in a situation to receive support (overwhelmed with support already in place, not engaging with current support, emotionally not ready)
- Babysitter needed
- Weekly cleaner needed
- Support to attend appointments only
- In the process of moving out of Wokingham Borough