

Home-Start Trafford, Salford & Wigan provides support and friendship for families who are struggling to cope. A wide range of situations may compromise optimal parenting, such as loneliness, mental ill health, disabilities, multiple children, and increasing poverty and debt, therefore support is provided to help prevent crisis and family breakdown.

We recruit, train and support volunteers who are parents from the local community, to visit families in their own homes for 2-3 hours per week in order to provide practical help and emotional support to families.

Please contact us to find out how you can help invest in local children



## Giving children the best start in life - parents supporting parents – a simple idea that really works!

- 1 We supported 219 families last year, from an army of 189 local parent volunteers
- 2 Over 80% of family's needs had either been met or partially met at the end of their Home-Start support
- 3 Volunteers also benefit from supporting families, 162 of our volunteers reported increased confidence, 144 reported increased life opportunities and 134 reported increased employment prospects.
- 4 Families and various professionals such as health visitors, and social workers complete written feedback questionnaires when support ends. Last year 94.2% of respondents felt that HSTS volunteer support had made a difference to the family. 83.3% of respondents reported that HSTS support had prevented the family needs from escalating.
- 5 *"Having depression is like having dark clouds hovering over you all the time. Home-Start for me was a chink in those clouds",* explained a mum from Trafford.
- 6 One mum who had fled domestic abuse said, *"Without the support from HSTSW I would have given up the fight and committed suicide"*

### How can you help us?

Next year we aim to work with 300 families, recruit and train at least a further 75 home-visiting volunteers, and fully develop a Home-Start service in Wigan and Leigh

#### Donations

- £1,500 supports a family for up to a year
- Adopt HSTSW as your local charity of the year
- Organise a fundraising activity such as a fun run or a quiz
- Encourage your staff to give one hour of one year's salary

#### Volunteer

- Help us attract more volunteers
- Provide training facilities. We usually run 4 or 5 volunteer preparation training courses a year lasting 6 short days and need a room for up to 20 prospective volunteers
- Help staff to volunteer, e.g. allow staff some paid time off for volunteering

#### Expertise

**If you can't commit to becoming a home-visiting volunteer, there may be other ways to help**

Can you help the trustees to strategically lead the charity?

- Do you have skills in marketing and/or social media?
- Could you guide our IT developments?
- Could you support us to find new corporate partners?

**If you have any other ideas of how you may be able to help please let us know!**

HSTSW has been in operation since 1999

HSUK, the national 'overseeing body' since 1973

Registered charity number: 1115320

Company limited by Guarantee England & Wales: 5578221

## Contact Us

T 0161 865 4222

M 07590 182494

E [Kathryn.eckersley@hsts.org.uk](mailto:Kathryn.eckersley@hsts.org.uk)

W [www.hsts.org.uk](http://www.hsts.org.uk)