

Everyone needs a friend.

If you would like to help us train and support more volunteers to become a friend of families, please fill in the form and set up a standing order or make a donation today.

£10 funds a volunteer's first visit to a family.

£30 will support a Home-Start family for one week.

£100 helps us train another volunteer to bring friendship and support to many more families.

Become a friend of Home-Start:

Our friends change people's lives. (minimum donation of £30 to become a friend for one year).

I would like to set up a standing order of:

£3 per month £30 per year

or a greater amount of £_____ per month/year

OR - I enclose a cheque for:

£30 or a greater amount of £_____

Or make an individual donation:

I would like to make an individual donation of:

£_____

please make cheques payable to:

Home-Start Sheffield

I would like to receive the Home-Start newsletter and understand my details will never be passed on to third parties.

Please gift aid my donation. I am a UK Taxpayer.

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Standing order account name: _____

Sort code: _____

Account number: _____



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

The **Sheffield Scheme** is an independent charity set up nearly 30 years ago and 1500 volunteers have **supported over 4000 families** in that time - an average of 250 families a year. Home-Start has around 100 well trained volunteers providing friendship and practical help to parents of under 5s all over the city.

Families are turning to us in ever-increasing numbers, over 41,000 children in Sheffield are considered to be vulnerable or in need.

Volunteers provide **non-judgemental practical and emotional support** to help build the family's confidence and ability to cope.

Home-Start has a proven, lasting, positive impact on the development of children and the health and welfare of the family.

Could you become a valued part of Home-Start's work? If so, we'd love to hear from you. Simply contact the office.

86 Upper Hanover Street
Sheffield S3 7RQ

Tel: **0114 278 8377**

Email: **enquiries@hssheffield.org.uk**

www.hssheffield.org.uk



Support and friendship
for families

Become a friend
of Home-Start

...so our volunteers can be a friend to Sheffield's most vulnerable families.

Doesn't everyone deserve a friend?



Please complete and return to Home-Start Sheffield, 86 Upper Hanover Street, Sheffield S3 7RQ

How can you help?

Every penny you donate helps fund Home-Start's direct work with families.

Everyone needs help at some time in their life... so please help us to make a difference to a child's life today.

We offer:

- A volunteer with parenting experience to visit parents with young children at home. The volunteer offers weekly support, friendship, and practical assistance.
- Emotional support to help parents find ways to manage and resolve problems. We encourage parent's strengths and emotional well-being.
- Direct support for children including playing, listening, having fun, establishing routines, encouraging development and providing opportunities for outings.
- Practical help with getting to appointments, doing the shopping, budgeting, nutrition and meal planning, cooking and making the home safe.
- Outreach and family groups so parents can get out, 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, especially in relation to dealing with case conferences or solicitors and court cases.
- Access to parenting advice and parenting skills training.

You can help Home-Start by:

Becoming a friend of Home-Start

Making a one off donation

provide a raffle prize

Taking part in a fundraising event

Holding your own fundraising event

Make us your business charity of the year

To find out more please visit our website www.hssheffield.org.uk

"Home-Start is wonderful! My volunteer helps me take my child out, plays with him while I clean the house and we always have a good chat.

I can't begin to explain how much of a difference it's made, it's like one minute you're all alone and then you're not alone anymore."

- Vicki, mum to three year old Jack who has disabilities.

"I had recently separated from my husband in a new area where I know no one and was diagnosed with post-natal depression.

Karen, my Home-Start co-ordinator has been fantastic. I can't believe that was me looking back. I don't wake up wishing to go back to sleep, things look so much better now."

- Natalie

"My partner has cancer. The recent birth of our daughter put a huge strain on me to continue caring for my partner whilst caring for our daughter.

Home-Start help has enabled me to have time to rest, time to catch up on household chores and given time for my partner and I to spend together.

This help has been fantastic and I struggle to find the words to express how important this has been, how much at really hard times I have held on knowing that whatever else, I will get a break."

- Kate

