



Just two to three hours a week can make a big difference to a parent and their children.

We work with families to build on their strengths and give them the support they tell us they need.

## Local services

We work with families in a range of ways and use the approach they think will give them the best support. This includes:

- Home-visiting support
- 'Home-From-Home' drop-in groups
- Workshops & parenting programmes
- Summer trips and outings

All our services are based around the principle that volunteers offer no judgement, just compassionate, confidential help and support.

## Working alongside families

Life-changing events can happen to anyone. All parents struggle at one time or another. That is why Home-Start Barnet, Brent and Harrow is ready to support families through their toughest times.

Home-Start volunteers support families with individual one-to-one home-visiting and a wide range of targeted support for parents and their children.

We work with families experiencing challenges including:

- Parenting challenges
- Poor mental or physical health
- Postnatal depression
- Isolation

# Volunteer with us

Because childhood can't wait.

**HOME  
START**  
Barnet, Brent  
& Harrow

**"The best part of  
volunteering and working  
with families has been the  
lovely relationships."**

Tam, Volunteer with Home-Start  
Barnet, Brent and Harrow

## About you

We are looking for people with a genuine desire to make a difference to a family's life. If you have the following time and skills, we would love for you to join our team:

- A can-do attitude
- Good listening skills
- The ability to have a non-judgmental approach
- The capacity to commit to three hours every week for at least a year

## What we offer

- An opportunity to help families
- Comprehensive preparatory training
- Ongoing support throughout, including regular supervision
- A way to build experience for future volunteering or employment opportunities

## To apply

Visit our "Volunteer with Us" page at [homestartbarnet.org](http://homestartbarnet.org)

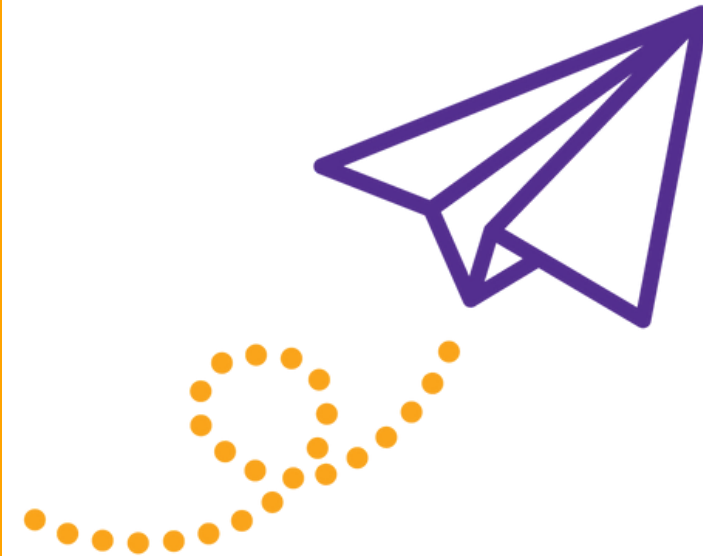


## As a Home-Start volunteer, you can make a direct difference to a family's life.

By spending time with a family, offering emotional & practical support, signposting or simply listening to the concerns of parents, you will be directly improving the lives of families and children in your borough.

We help families from all communities within our boroughs through their most challenging times.

To find out more about Home-Start Barnet, Brent and Harrow visit [www.homestartbarnet.org](http://www.homestartbarnet.org)



**HOME  
START**

**Barnet, Brent  
& Harrow**

Charity no. 1109550

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