



Do you have a couple of hours to spare each week to help a young family who are struggling to cope? Are you a kind, reliable, approachable person? If so, then why not consider volunteering for Home-Start?

Home-Start is a local family support charity that recruits, trains, and supports volunteers to provide friendship and support to families in their own homes once a week for a couple of hours. Being a parent with young children can be tough at any time, but in this current economic climate the pressures on families are even greater and for those already struggling to cope with illness, disability, isolation, bereavement or just the challenge of parenting, life can seem overwhelming.

Before being matched with a family volunteers attend our Preparation Course which is free, informal, fun and informative. We have a new course beginning this month.

If you are considering a job in Health or Social Care then volunteering with Home-Start can help you to get on that career ladder.

You don't need to be a super nanny to help parents with young children and with your help parents can gain confidence to manage on their own and give their children the best possible start in life.

Please give us a call or send an email and make a difference to a family in Luton. For further information call Home-Start on 01582 660061 or email office@home-startcentralbeds.org.uk.
Website: www.home-startcentralbeds.org.uk See us on Facebook at HomeStart CentralBedfordshire and follow us on Twitter at HomeStartCB