

HOME-START THANET

Contact:

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Starting Right Helping Families step into a healthier future.

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Website: www.homestartthanet.org.uk
Registered in: England and Wales
Patron: The Venerable Sheila Watson,
Archdeacon of Canterbury

A referrer's guide to

STARTING RIGHT



**A Pathway to
Health & Wellbeing**

Start with us at
Home-Start Thanet



THIS IS A FREE SERVICE

2013-2018

Contact us on
01843 609665 or email at
admin@homestartthanet.org.uk



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Starting Right Programme.

The Starting Right Programme is an early intervention programme of support available to Thanet families who have at least one child under eleven.

It focuses on all aspects of physical and emotional health and will raise parent's awareness to the importance of eating well, exercising more, reducing smoking and other addictive behaviours. We will also support parent's to attend health appointments

This support is offered into the family's home following a full assessment of needs which is undertaken by a staff member. Together with the family a bespoke package of support will be designed and followed through for an average time of 3-6 months.

We realise the links of low income and poor health outcomes and will therefore support and guide parent's to budget well, shop wisely and increase their intake of freshly cooked foods.

We will shop with families to encourage 'smart' shopping, show them simple and nutritious cooking ideas, help them to budget. By encouraging parent's to walk more and access local activities they will increase their own and Children's fitness and well-being.

We can signpost families on to a more specialist support if required.

Who can I refer?

- A family who has at least one child under eleven.
- Parents who have a lack of understanding of nutrition and subsequently have poor eating habits.
- Children having little or no nutritious food – overuse of processed foods.
- Parents and children who have weight issues due to poor nutrition.
- Parents who lack confidence in cooking or motivation to prepare freshly cooked foods.
- Families who need budgeting advice.
- Families suffering negative physical and mental health, due to lack of exercise and poor diet.
- Families who have low attendance at health and immunisation clinics.
- Parents, who smoke, drink or have other addictive behaviours.

What we offer:

- ✓ Initial assessment to understand the needs of the families.
- ✓ A bespoke support package offering support for 3-6 months, focusing on health and well-being.
- ✓ Regular support into the family home, focussed on health and well-being.
- ✓ Guidance with meal planning, budgeting and mealtime routine.
- ✓ Advice on cooking cost effective nutritious foods.
- ✓ Encouraging families to increase their daily activities.
- ✓ Signposting families to counselling, stopping smoking clinics, family planning advice, health clinics and CAB.
- ✓ Consistent evaluation of our service.

For more information or advice, or if you require a referral form, please contact us on 01843 609 665 or email us on admin@homestartthanet.org.uk