

What do we provide?

We offer a prompt and effective early help support service for a wide range of issues and concerns to local parents like you, in the comfort of your own home, to make sure you get the right help at the right time.

We are pleased to also offer more focused support as in the two focused programmes below:

Starting Right

Providing help and guidance on emotional well-being, budgeting, meal planning, nutri-

Big Hopes Big Future

This is a school readiness programme, but those parents whose children already in primary school can also benefit from it. It provides help with your child's progress & development by actively engaging parents in their child's early learning, establishing routines and boundaries, creating independence and encouraging capabilities.

tion, cooking, or help with getting fitter as well as support with your child's health and well-being.

We also offer group meetings/advice into local Primary schools.

After assessment we now offer one to one emotional support to individuals requiring a more in-depth therapeutic approach.

Our Staff Team

Sharon Lewis ~ Executive Manager
Sue Hunt ~ BHBF & SR Coordinator
Laurence Metayer ~ SR Coordinator
Karina Vogan ~ Senior Admin & Family Support
Plus a team of trained Mentors

How can I find out more about your services?

Contact us for an informal chat:

Home-Start Thanet
The Kent Innovation Business Centre
Thanet Reach Business Park
Millennium Way
Broadstairs
Kent
CT10 2QQ
Tel: 01843 609665
Email: admin@homestartthanet.org.uk
Website: www.homestartthanet.org.uk

Thanet Home-Start was launched after a period of hard work by people who realised the importance this service could bring to young families in the local community. We are actively seeking home-visiting Volunteers and Trustees.

Want to volunteer ?
You may not need support but would like to volunteer as a home visiting Mentor, or to become a Trustee.

Ring us now on 01843 609 665

Founded in Thanet
in 1987



A Guide to Home-Start Thanet Family Support Service

It is a FREE service



www.homestartthanet.org.uk

Everyone needs a bit of help sometimes...

Many parents need help, friendship, advice and support during those early years when children are young.

There is no rulebook for raising a family and sometimes it can seem overwhelming, particularly if your family is going through difficulties.

But if you can get the support you need when you need it, then day-to-day family life and your children's future can be so much brighter. We are part of a national charity with hundreds of schemes in local communities.

Home-Start has years of experience

We have been supporting families throughout Thanet for nearly 30 years by providing a free, confidential and non-judgemental service to local families who have at least one child under 11 years old.

We recruit and train volunteer Mentors - parents like yourself or individuals with parenting experience who have time to offer support to others. All our volunteers are carefully selected and interviewed so you can rest assured that your Mentor will be fully trained and carefully matched with you. They will also have undergone an interview and a DBS criminal record check to ensure they are suitable and safe to visit you.

We offer our families a FREE individual program of support, and this is how it works:

The Home-Start Coordinator will visit you and your family in the comfort of your own home, to find out what support and advice you feel you need.

This first visit will give you an opportunity to talk with the Home-Start Coordinator about the support you would like and need.

If you will welcome our support, a friendly Mentor will be introduced as soon as possible at a time convenient to you, following on with regular visits to listen and offer guidance, reassurance, as well as emotional and practical support.

Our aim is to give you advice and early help so you would enjoy being a mum or dad and feel better equipped to manage the ups and downs of family life.

How can I be referred?

You can ring or email us and self-refer. You can talk to your Health Visitor or to any other agency supporting you and ask them to make a referral to us.

**If you feel overwhelmed, call us
now on 01843 609 665. We
help parents with children
under 11 years old.**

You could benefit from our help if:

- You are feeling lonely or isolated in your community, have no family nearby and are struggling to make friends.
- You need support with your child's behaviour and building routines and boundaries.
- You need help with practical things like budgeting, cooking, understanding nutrition, switching to a healthier lifestyle.
- You would like to get to know what is available for parents and children locally but don't know where to go or don't have the confidence to find out or join in.
- You would like guidance with your pre-school child to help prepare them for school or nursery (potty training, sleep routines, separation anxiety).
- You are struggling with the emotional and physical demands of having a baby, young children, twins or triplets.
- You feel you would like support to increase resilience and confidence to cope with life and parenting challenges.

We can help you now !

Home-Start services are free and confidential. Home-Start Mentors will respect your privacy and never forget that you have invited them into your home. As with most organisations, we keep factual and statistical information. All information is treated as confidential and will only be shared with other agencies if we have concerns around you or your child's safety/safeguarding.