

Starting Right – Step into a healthier future.

Our Address:

Home-Start Thanet
Kent Innovation
Centre Thanet Reach
Business Park,
Millennium Way
Broadstairs
Kent CT10 2QQ

Tel: 01843 609665

Email: admin@homestartthanet.org.uk

The Team:

Sharon Lewis – Executive Manager
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Teresa Norton – Starting Right
Karina Vogan – Senior Administrator



THIS SERVICE IS FREE

Starting Right ~ Helping Families step into a healthier future.

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Working together we can help you offer the best start in life for your children – step into feeling healthier and fitter with us.

Contact: Home-Start Thanet
01843 609665

admin@homestartthanet.org.uk

Funded by:



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Centre, Thanet Reach Business Park,
Millennium Way, Broadstairs, Kent, CT10
2QQ

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Support and friendship
for families

Home-Start Thanet

A parent's guide to STARTING RIGHT



Eat Healthy, Be Active,
Love Life, Live Long

Start with us at
Home-Start Thanet.



2013-2018

A quick guide to our Starting Right programme

Our Starting Right programme is designed around family life and supporting parents just like you with their children's health and well-being. A member of staff will visit you in the comfort of your home at a time convenient to you, where together you will plan a package of support:

You may need guidance on budgeting, benefits, meal planning, or support with cooking.

We can support you and your children to improve your physical and mental health and wellbeing.

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.

How long will I be supported?

Generally we can support you between 3-6 months. We can also support and guide you to other services.

We will guide you every step of the way – we are here to support you and your family to make small steps to enhance your health and well-being.

If you'll answer 'yes' to any of these questions, we can help:

Struggling to plan a meal and cook on a budget?

Unable to or not motivated to cook healthy foods?

Feeling tired, having low moods or feeling overwhelmed due to your diet and/or lack of exercise?

Confused by all the advice about healthy eating and exercise?

Are your child/ren "fussy eaters"?

Do you need support with meal time routines?

Can't cook - won't cook!!

Want to stop smoking?

Do you need support with transport to shops, or support with attending appointments?

Need someone to talk to about healthy eating?

Everyone needs a bit of help sometime...

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 difficult times.



How can I be referred?

If you have at least one child under eleven we can send you a self-referral form – **just ring us on 01843 609665 or email admin@homestartthanet.org.uk**

You can also access our service by talking to your Health Visitor, Midwife, Family Liaison Officer, G.P Surgery, or Children's Centre.

