



Support and friendship
for families



LOTTERY FUNDED



What is Home-Start East Lothian?

Home-Start East Lothian is a free, confidential home befriending service for families with children under 5 years of age who live in East Lothian. We are one of 32 independent Home-Start schemes across Scotland and receive funding from East Lothian Council and the Big Lottery.

We recruit and train volunteer to help families with children. Our volunteers, who know about being a parent, support other parents by visiting them in their own homes for a couple of hours a week.

What kind of families would I be helping?

All kinds of families can find it hard to cope for all sorts of reasons, maybe because of the illness or disability of child, post-natal illness, bereavement or loneliness. At Home-Start we support any parent with at least one child under the age of 5 who asks us for help. Our supported families, like our volunteers, come from all walks of life.

As a volunteer what would I actually do and can I really make a difference?

Usually you visit a family in their own home once a week for a couple of hours. How you help is really down to the family - some might need to just chat..others may need more practical support with meal planning and cooking, reading to the children, going to the local park or sign posting to other services. Parents have a key role in creating a secure childhood for their children; it is just sometimes they need a bit of help ... *your* help.

Do volunteers need any qualifications and what training would I get?

The only real 'qualification' is an understanding of the difficulties in bringing up children. Friendliness and caring attitude are essential as well as an understanding of the pressures of parenting.

We offer a complete support package from the moment of application including pre visiting training, to help you find out more about Home-Start and what to expect in the role of a befriender along with support and supervision throughout the contact with the family. All out of pocket expenses both during the preparation course and whilst volunteering will be met by Home-Start.

What will I get out of Home-Start?

Knowing you have helped; a boost to your self-esteem and confidence; experience that may even help with future employment.

Want to know more?

Please contact Andy or Katy at Home-Start East Lothian and they will happily come and have a chat with you.

Home-Start East Lothian

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