

Could you help a mum-to-be through her pregnancy journey?

Home-Start is one of Greater Manchester's leading family support charities, improving the life chances of children in vulnerable families by improving parenting skills.

It recruits and trains local parent volunteers to offer emotional and practical support to families in their own homes who are struggling to cope- this is Home-Start's core work.

But across Greater Manchester Home-Start is involved in many projects, including Home-Start Pregnancy and Parenting Pals, funded by the Tudor Trust and in collaboration with the University of Salford's Midwifery team.

The project recruits and trains local volunteers to become befrienders and provide pregnancy and postnatal support to mums who are about to give birth.

The team at Home-Start are really keen and enthusiastic about this working in partnership with the University as it helps to professionally train local volunteers so that they are confident and able to offer invaluable support to isolated, expectant mums. It's an exciting opportunity for volunteers to gain new skills and experiences especially those that are considering a career in this field.

Dr. Jeanne Lythgoe, Senior Lecturer in Midwifery at Salford University, said: "The University of Salford are proud and privileged to be working in partnership with Home Start. The Midwifery department will help to prepare and support the Home Start Pregnancy & Parenting Pals (HSPPP) for their role, promoting health and psychological wellbeing throughout pregnancy, birth and early parenthood.

One mum supported by Home-Start said: "All new mums start off with the best intentions in the world. But sometimes life throws you challenges, and you're steered off- course. But to know that you have Home-Start, your volunteer, someone whose there to hold your hand, support you, but never judge you, it's just so invaluable. They got me back on track again, and I would not be the mum I am today if it were not for Home-Start."

The Home-Start Pregnancy and Parenting Pals project are now looking for volunteers to train for this exciting piece of work.

Training will take place in January 2018. To find out more about the project and to volunteer please call 0161 865 4222.

To find out more about the generic work of Home-Start, to become a home-visiting volunteer or to look at the range of ways in which you can support Home-Start across Greater Manchester, please visit www.gmhomestarts.org.uk