

## **Reaching out to families in need across Greater Manchester**

Recently there have been many stories in the press about mums who feel they are being failed by medical practitioners and mental health services. There have been several high profile reports out in the last few weeks alone highlighting the amount of new mums who are suffering in silence. Who, for instance, are not being supported with post natal depression, in some cases it has become so serious that new mum's are taking their own lives. This cannot continue; children need happy, thriving mums, so that they have the best possible start in life.

The voluntary sector has a very important, in fact crucial role to play in supporting parents who are struggling to cope.

Take Home-Start for instance. The charity was set up forty years ago, and since that time it has supported over one million children. By supporting parents in their own homes, through a network of trained parent volunteers, Home-Start often engages with families who have nowhere else to turn to.

This tailored made emotional and practical support is offered to families right across the UK, and here in Greater Manchester to nearly 500 families and almost 1,000 children.

Families turn to Home-Start for so many reasons. As highlighted in the press post natal depression is a common reason for needing our help. But we are there for any family needing support, from domestic violence and poverty through to multiple births and disabilities.

One mum supported by us said: "Home-Start helped me through one of the toughest times in my life and I can't imagine how it would have been without them. They gave me support, encouragement and reassurance and helped me to learn to laugh and enjoy myself and my family again."

Find out more about our work, getting support, or becoming a Home-Start volunteer, by visiting [www.home-start.org.uk](http://www.home-start.org.uk)