

## **Could you run for Home-Start Greater Manchester and help us to help even more local children?**

With the lighter nights almost upon us, it's the time of year when many people start to think about getting fit, and taking part in fundraising runs for charity.

With the Manchester 10k Run in May and the Great North Run in September, do you know someone who might want to fundraise for us, and help us to reach out and support even more children?

In the last year alone, we have supported over 1,700 children. But we know that thousands more children across Greater Manchester could benefit from our support, if we could recruit and train more local parent volunteers.

In an ideal world, a charity like Home-Start wouldn't be needed. But for many parents dealing with issues such as poverty, poor mental health and disabilities, means they cannot cope. And where parents can't cope, their children miss out. The impact of which can last a lifetime.

For £2,000 we can recruit and train ten new Home-Start volunteers to support parents and children inside their own homes. And for £1,500 we can ensure a child receives a visit from a Home-Start volunteer for an entire year.

Don't take our word for it that we make a difference to children's lives, this is what one mum had to say- "Before Home-Start, I had an empty shell of a child. He'd witnessed domestic violence, he'd seen me do nothing but cry, as I hit an all time low. I'm ashamed to say, but I isolated him from the outside world. So he struggled making friends and socialising. He was angry and scared, I felt like I had taken his childhood away. After Maggie came, our Home-Start volunteer, our world changed, almost instantly. Maggie gave me the confidence to leave the house, but she was there with me every step of the way. We'd go to the park, swimming, family groups... over time my son's face would light up as he saw Maggie walking down the street towards our house. He knew 'Maggie Day' was a day of fun. I cannot thank Home-Start enough for what they have done for me. They have helped me get my confidence back, to move forward and to be a better parent. But most of all, Home-Start gave my son his childhood back."

If you feel inspired by what you have read and want to help us recruit and train more volunteers like Maggie, please do consider a charity run for us this year. You can get in touch with us via our website- [www.gmhomestarts.org.uk](http://www.gmhomestarts.org.uk)