

Could you spare just a couple of hours each week to change a child's future?

Across Greater Manchester thousands of children are facing a tough future. There are many reasons for this; poverty, bad housing, a parent with poor mental health, the list is endless...

So, what can be done to intervene and create better life chances for these children? Our six Home-Start charities across Greater Manchester recruit and train volunteers with parenting experience to offer emotional and practical support to families in their own homes. Families who are struggling to cope with the daily issues that life throws at them.

Over the decades in which we have been working in local communities we have found that happier parents create happier children, in turn this paves the way for much brighter futures.

So how do our volunteers help families? What difference do they make and how can you get involved?

Home-Start works because it's confidential and non-judgemental. Parents accept our help because we are volunteer-led, which means that parents with difficulties feel confident in opening up and discussing their problems with their volunteer, often they find this more difficult to do with statutory organisations.

Our volunteers are as individual and unique as the families they support. Some are retired, some are young parents who are looking to enhance their career prospects, (and volunteering enables them to do so), some have grown up children and miss the company of smaller children. What they all have in common is the desire to empower a family and to get them back on their feet again.

One Home-Start volunteer said: "I've been volunteering for over 3 years now and I can honestly say it's changed my life. The support you get from the charity is incredible and it gives you the confidence to walk into a family's home and start that journey of support with them. No matter what background you come from, your age, gender... I'd say go for it- it's life changing!"

Please help us to change the lives of more children across Greater Manchester. To find out more about Home-Start, how to volunteer or details of your local Home-Start, please visit

www.gmhomestarts.org.uk