

## Calling all parents and grandparents across Greater Manchester

All seven of our Home-Starts are in urgent need of new parent volunteers. Home-Start volunteers are the bedrock of our family support, we could not help local families without them.

If you read our fortnightly column and ever think volunteering for Home-Start sounds like something you might be interested in, please, please pick up the phone. Over the coming months, we will all be running new volunteer training courses in communities across Greater Manchester.

We have volunteers who use our training and their Home-Start journey as experience to go on to further education, or change career, we equally have volunteers who simply have a couple of spare hours a week, whose own children may be at school, or grown up and our just wanting to use their own parenting experience to help other families who are struggling to cope.

There's no such thing as a typical Home-Start volunteer. Our volunteers come from all backgrounds and all walks of life; young, old, male, and female.

Here's what some of our existing volunteers say about Home-Start.

"At first I thought it wasn't for me, what could I offer? But during my training, I soon realised that all that was needed was the ability to listen, maybe be an extra pair of hands, and just be there for someone. That was four years ago, I have now supported six families ranging from a mum with twins, to a young mum with a physical disability. It's the best feeling in the world to walk away each week knowing you have made a small difference."

"Volunteering for Home-Start changed my life. I had suffered from low self esteem for years, when I was younger I had high hopes and aspirations, but gradually my self doubt ate away at me. But one thing I never doubted was my ability to be a good parent. So when I saw an advert for Home-Start, for once I thought, just maybe this is something I'd be good at. I did the initial training, supported my first family, then another, and another. I accepted all further training that Home-Start put on, it changed my life. Last year I started my degree in Early Childcare. I'd never have done this had it not been for Home-Start.

A mum supported by Home-Start said of her volunteer: "She's just the best person ever to come into my life. When she comes down the path and knocks on my door, I breath a huge sigh of relief, because I know for just a couple of hours I have the support I need to get me through the day. "

If you read these quotes and feel inspired and want to find out more, here's the numbers you can call to find out about your local Home-Start training course.

Home-Start Bolton 01204 362786

Home-Start Bury 0161 7636335

Home-Start HOST (Oldham, Stockport and Tameside) 0161 3440669

Home-Start Manchester North 0161 721 4493

Home-Start Manchester South 0161 945 6832

Home-Start Rochdale 01706 629651

Home-Start Trafford & Salford 0161 8654222