

Can you spare a few hours that could make a difference to a local child's life?

With research suggesting that volunteering improves your own happiness and emotional well being, there's never been a better time to lend a hand to local families.

All seven Home-Starts are currently looking for new home visiting volunteers. Can you offer your time for just a couple of hours a week to support a mum or dad who may be struggling to cope?

In an ideal world Home-Start wouldn't be needed. But for many parents the pressures of family life are simply too much to cope with alone. There are so many reasons for this including; poverty, illness, family breakdowns and parental isolation.

And this is where Home-Start steps in... by recruiting and training local parent volunteers to offer emotional and practical support to families in their own homes. For just a couple of hours a week, your own parenting experience could make all the difference to a family that is struggling to cope.

One local Home-Start volunteer said: "Home-Start helped me turn my life around and gave me my self confidence back. To volunteer for Home-Start and to help get a family back on their feet is a wonderful experience."

"My volunteer was the light at the end of a very dark tunnel. For just a couple of hours a week, I could be myself, let my guard down. She didn't judge me, she just listened. She was there for me, like no one else. The end result? A happier mum with happier children. I can't thank Home-Start and my volunteer enough." A local mum, supported by Home-Start.

In the last year alone, Home-Starts across Greater Manchester have supported nearly 500 families and almost 1,700 children. With your help, we can support even more. We want to see a day where every single local family that needs support can access Home-Start.

To be a Home-Start volunteer all you need is parenting experience, empathy and a non-judgmental attitude. Our volunteers come from all walks of life and have many different life experiences. Volunteers are fully trained, receive regular ongoing support and will have the knowledge that they are making a real difference to a family in Greater Manchester, and are part of the biggest network of parent volunteers in the country.

If you are interested in finding out more about the seven Home-Starts across Greater Manchester, and how to volunteer for us, please visit www.gmhomestarts.org.uk