



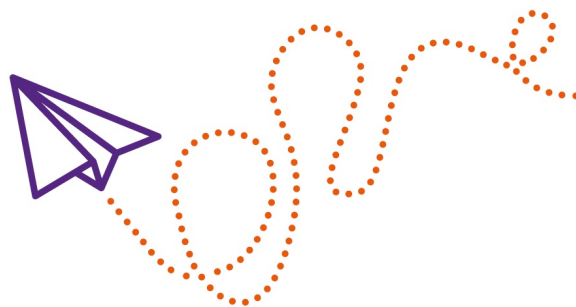
Parents supporting parents

Home-Start's volunteers work alongside families to give compassionate and confidential support, tailored to each family. Our volunteers are trained and given expert support from the local Home-Start in their community.

To find out more about volunteering for Home-Start visit
www.homestartomaghdistrict.org.uk

We help families from all backgrounds through their most challenging times

To find out more about Home-Start visit
www.homestartomaghdistrict.org.uk or
028 8224 0902



**HOME
START**
Omagh District

Charity no. NIC105732

MACCA Resource Centre, 21a Knockshee Park, OMAGH, BT79 7PH



Because childhood can't wait

The earliest years make the biggest impact: Home-Start make sure those years count so that no child's future is limited.

**HOME
START**
Omagh District



Working alongside families

Being a parent has never been easy. It can be lonely, frustrating, heartbreaking and overwhelming.

Life-changing events can happen to anyone. All parents struggle at one time or another. That is why Home-Start is ready to support families through their toughest times.

Home-Start volunteers support families with individual one-to-one home-visiting and a wide range of targeted support for parents and their children.

Home-Starts work with families experiencing challenges including:

- Poor mental or physical health
- Postnatal depression Bereavement
- Financial worries

Just two hours a week can make a big difference to a parent and their children.

We work with families to build on their strengths and give them the support they tell us they need.

Local services

We work with families in a range of ways, and use the approach they think will give them the best support. This includes:

- Home-visiting support
- Family groups
- Running trips and outings

All our services are based around the principal that volunteers offer no judgement, just compassionate, confidential help and support.

Being able to offer support, which I did not have, to other families gives me great satisfaction. I love the wee smiles and tight hugs I get from the children as I arrive, being a listening ear for the parent, doing fun activities with the children, or giving mum/dad 'me time'.

— Barbara

Contact us today to find out more about how Home-Start works with families

www.homestartomaghdistrict.org.uk/
028 8224 0902