



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.homestartdover.org.uk](http://www.homestartdover.org.uk)

## Embrace offers a weekly home visiting support service to families experiencing mental health issues and struggling with their child's behaviour and emotional well being

To find out more about Home-Start visit [www.homestartdover.org.uk](http://www.homestartdover.org.uk) or 01304 242314



**HOME  
START**  
Dover District

Charity no. 1102201

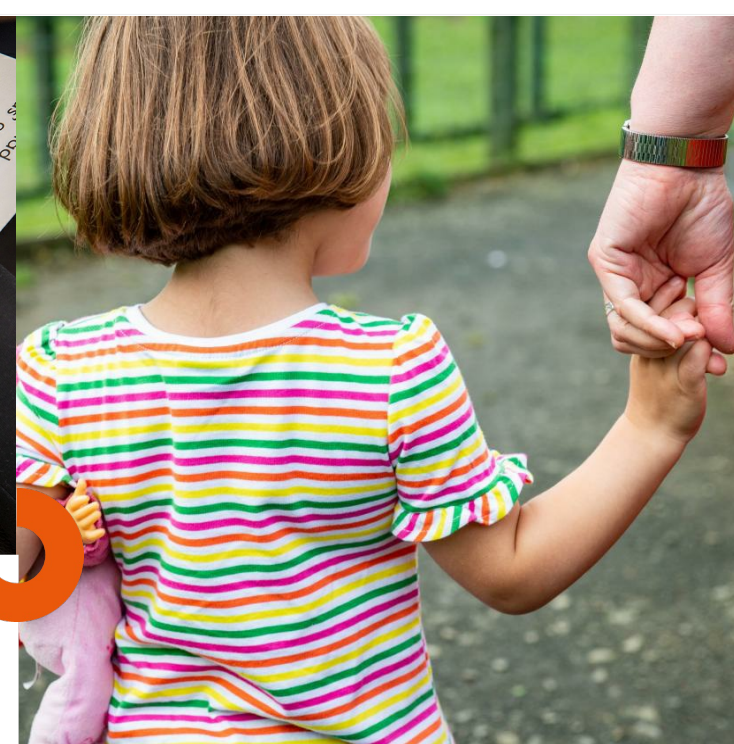
The Ark, Noah's Ark Road, Tower Hamlets, DOVER, CT17 0DD



## EMBRACE -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**  
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## 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 Dover District is ready to support families through their toughest times.

Through our Embrace Project our 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 health, stress anxiety and depression, loneliness and isolation.

- Children's emotional and behavioural difficulties such as Autism Spectrum Condition - even without a diagnosis and Children who are neuro diverse.

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.

"With the support of a Home-Start volunteer, I learned how to interact and play with my child, put boundaries in place, and create a safe and secure home. After Home-Start helped to change my life, I decided I wanted to become a volunteer for the charity".

— Louise

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

[www.homestartdover.org.uk](http://www.homestartdover.org.uk)  
01304 242314