

WE NEED YOU!!

**Help us to support families in your area.
Are you able to spare a couple of hours a week
volunteering for Home-Start Norfolk?**



We are looking to recruit and train parents to become part of our home visiting volunteer team.

Volunteers offer one to one support to families finding it hard to cope for a wide range of reasons. This could be due to multiple birth/children under 5, sleepless nights, isolation, loneliness, children's behaviour or just struggling with the emotional and physical demands of parenting.

Our volunteers offer friendly, non-judgemental and confidential support through weekly visits to a family in their own home.

To volunteer, we ask you to attend our free 7-session volunteer preparation course, (term time only).

Our next course starts on: Wednesday 31st October 2018, 09:30 to 14:30 at Drayton, Taverham and Hellesdon Children's Centre, School Road Drayton, NR8 6EP.

This course will run on consecutive Wednesdays up to and including Wednesday 12th December. Session 6 will be held on TUESDAY 4th December due to room availability.

If you are interested, or to find out about future training, we would love to hear from you.

Please contact us on: 01603 977040 or admin@homestartnorfolk.org