

Home-Start Colchester

Registered charity No 1116639

Company No 05706756

Home-Start Colchester is a registered local independent charity that was formed in 1996 and has since developed a team of fully trained and dedicated home-visiting volunteers/mentors and staff.

Home-Start Colchester is governed by a committee of trustees from different backgrounds, who volunteer their time to ensure the scheme operates in accordance with Home-Start Standards of Practice.

Home-Start schemes are rooted in the communities they serve. They are managed locally, but supported by the national organisation; this offers direction, training, information and guidance and ensures consistent and quality support for parents and children wherever they are.

To make a referral email:

Office@homestartcolchester.org.uk

Tel: 01206 865349



Contact Details

Home-Start Colchester
The Ark
Jack Andrews Drive, Off Gavin Way
Colchester
Essex. CO4 9FF

For a referral form, please contact:

Telephone: 01206 854625

Email:

Office@homestartcolchester.org.uk

Our referral form is also on our website:

www.homestartcolchester.org.uk

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Registered Charity No. 1116639

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BIH NRH CNHC Registered



Early Help



Coaching or Mentoring
For parents
Colchester & Tendring District

Early help intervention

We believe that family stability is the key to delivering the best outcomes for children and young people and at the heart of that stability are effective relationships, positive behaviour and social connectedness.

Our Early Help Service reaches out to parents when the first signs of difficulty appear providing a home-visiting service that offers bespoke Early Help mentoring or coaching to prevent early needs escalating.

Up to 12 weeks' support to include:

- Assessment of needs
- Key worker support
- Early Intervention
- A dedicated person to act as a role model or guide
- Solution focused approach
- Mentoring at home and in the community
- Individual coaching sessions

Project criteria

The FIF Coaching and Mentoring project will offer support for parents across North East Essex quadrant (**Tendring District and Colchester**).

We can support parents facing:

- Emotional distress
- Social isolation
- Relationship breakdown

*The service is targeted at providing early help. The parents being referred should not already be

What is Coaching and Mentoring?

Coaching - is outcome focused and is a method of helping others to improve, develop, learn new skills, find personal success, and achieve goals and to manage life change and personal challenges through the processes of questioning and reflection. Coaching commonly addresses attitudes, behaviors, and knowledge, as well as skills. Coaches will provide opportunity for individuals to think about their options, progress and success.

Mentoring - Trained adult mentors provide a positive role model or guide. Mentoring makes a real difference to mentees who find they are struggling, often at a time of change, and find that they need the dedicated support of another person to help them navigate their way through.



How it works

The service will begin with a skilled project leader visiting you at home. You will receive support to identify needs and identify the early help required to enable you to achieve positive changes, before increased difficulties appear, preventing escalation.

As well as receiving a key worker, the service delivery may include:

Mentoring - A fully trained and DBS cleared adult mentor carefully matched to provide both emotional and/or practical support.

Life Coaching - Will provide planned sessions to provide the opportunity for parents to build new skills to manage personal challenges and life changes.

Each offer is bespoke and provides a tailored mentoring and coaching journey.



Mentors are managed and supervised by their local Home-Start scheme which is in turn supported by Home-Start UK; a community resource with all the benefits of a strong national organisation.