

## Home-Start Colchester's Approach

Home-Start Colchester was originally set up as an independent charity to deliver a recognised Home-Start volunteer home visiting service across Colchester borough. The model of service duplicated a recognised successful intervention set up in the 1970's known as the Home-Start movement. The Home-Start model

of success at reaching positive outcomes resulted in the birth of 300 independent schemes across U.K and continues to grow worldwide.

Home-Start Colchester has since evolved their services to meet local need. Using the original model we have created bespoke mentoring projects shaped to meet local need and targeted at both parents, children and community needs.

**This project extends our age range and out reach into South Tendring.**

Our projects are designed and aimed to help families and communities who are most in need and hardest to reach. Families who face isolation, low self-esteem, those lacking family support, children who have a difficult life at home. Parents and children who lack self-confidence to seek help and support in the community or who face barriers to support. Families who suffer illness or disability and require assistance at difficult times; parents with poor mental health and its effect on their children. Families living in the most deprived areas on low income.



**LOTTERY FUNDED**

Support and friendship  
for families

## Contact Details

Home-Start Colchester

The Ark

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**Our referral form is also on our web-site:**

[www.homestartcolchester.org.uk](http://www.homestartcolchester.org.uk)

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## Home-Start Plus



**Support for families with  
children 0—11 years  
Colchester and Tendring**

# Home-Start Plus



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## Some examples of support on offer:

- Support to access community services, offering a practical hand, emotional support, guidance and information.
- Home coaching to increase parenting skills such as building better routines, and help with putting behaviour strategies in place.
- Support to build skills to further your employment opportunities.
- Mentor support for a child to improve skills.
- Play interventions for children who lack play opportunities..
- Emotional and practical support at home to reduce stress and increase your ability to cope.

The Home-Start Plus Project has been designed to offer a mentoring and befriending family support service to local families across both Colchester and South Tendring.

The project is in response to local needs and sits between current local ECC services, Family Solutions and Early Help services.

Designed to meet local families with children 0—11 years. We aim to bridge the need of families who require support but have not met Family solutions criteria or Early Help services.

## The project approach

Each family referred will be visited at home by an employed skilled Co-ordinator. A package of mentoring support will be designed tailored to the needs of each family/child accepted on the project.

Support will average from 3 months—6 months.

Q. Can I ask for support if I have had social care services.

A. Yes, if you meet the project aims we can still support you.

*The project can work alongside other organisations to form a package of support, but unable to accept referrals if it duplicates efforts.*

## The project aims to support the following outcomes:

Children suffering lack of play will be provided with play support reducing risk of play deprivation and its effects.

Parents will have increased skills and knowledge, resulting in improved parenting, coping and home management skills

Parents, children and volunteers will have improved social networks and opportunities resulting in gained aspirations and increased achievement.

If your needs do not meet our funded aims we maybe able to signpost you to other local services.

