

Home- Start Colchester

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 Approach

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.

Home-Start has a proven, lasting, positive impact on the development of children and the health and welfare of the family. Home-Start believes that children need a happy and secure childhood and that parents play the key role in giving their children a good start in life and helping them to achieve their full potential.



Contact Details

Home-Start Colchester
2 Thomas Court
East Street
Colchester
Essex. CO1 2TR

For a referral form, please contact:

Telephone: 01206 865349

Email: team@homestartcolchester.org.uk

Our referral form is also on our website:

www.homestartcolchester.org.uk

Home Start Colchester, a company limited by guarantee.
Registered in England & Wales. Company No. 05706756



Together



Family Support for military serving or ex
serving families with children 0-11 years

Colchester

Together project

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

The **Together** project is funded by The Royal British Legion and exclusively supports military serving and ex serving families with children under 11 years of age. Supporting both parents or children by offering emotional and practical support.

Each offer of support is tailor made to support individual need, so we initially come and visit each family referred or self referred at home to fully understand how the project can best support need.

The project will support parents by using both **volunteers and staff mentors**, which will provide a wider skills bank and enable the project to meet various levels of need.

We can offer weekly support visits for up to 6 months.

Colchester

We all need a little help sometimes, the Together project will support you through those difficult times!

Some examples of reasons you may require support.

- *You may be newly relocated and need some support to link to local services.*
- *You may need support due to multiple births or lack of extended family support.*
- *You maybe struggling with parenting and benefit from having home support or attending group support.*
- *You may have concerns around your child feeling isolated in the school holidays.*
- *You may be struggling with ill health and require support of another person to help you manage while you recover.*
- *You maybe struggling to attend medical appointments due to childcare.*



The project approach is flexible but can offer support in the following ways:

Group support:

- Groups for children at school holidays with an aim to build skills and reduce isolation.
- Parent groups designed to build parenting skills, provide social interaction and increased knowledge.

One to one support:

Bespoke to need, home visiting support.