

Home-Start is a voluntary organisation that offers support, friendship and practical help to local parents in their own homes.

We believe 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 us on **01224 693545** or email admin@homestartaberdeen.org.uk if you would like to volunteer.



Home-Start Aberdeen is all about families. Can you HELP?

As a home visiting volunteer you will:

- Offer support to a local family in their own home
- Receive training and ongoing support
- Help others develop their parenting skills
- Encourage families to engage with their communities
- Provide practical guidance on budgeting and household management
- Connect families with other relevant organisations and services.

Home visiting volunteers need only commit to providing support for as little as 2-3 hours per week.



Our charity shop at
101 George Street Aberdeen
always welcomes donations.

Telephone **01224 622390**

We can uplift your donations for you.

www.homestartaberdeen.org.uk



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Home-Start Aberdeen is all about families. DO YOU need HELP?

Your Home-Start Aberdeen volunteer will:

- Visit your family on a weekly basis
- Provide friendship and emotional support
- Interact with your children
- Assist with budgeting, nutrition and meal planning
- Help you explore your community
- Accompany you to appointments
- Access information on other organisations for you, such as health and educational services.

Families assisted by Home-Start Aberdeen must have a minimum of one child under the age of five.

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