



What people say about supporting Home-Start...

"If you are reading this and thinking about volunteering, then please go for it! Don't feel as though you need to be an expert or knowledgeable about any particular issues. I wasn't sure when I started volunteering if I could offer a family the support they needed, I'm just a mum after all, but I've realised that the most important skill you need is being able to show empathy and being there to listen and not judge."

- Sam, Volunteer, Home-Start Kettering Area

"Even if you think you have nothing to offer you'll be surprised how much you can contribute as a Trustee. If you have a good supply of common sense and a concern for the well-being of families, then there is a role for you. You will learn a lot, too".

- Chris, Trustee, Home-Start Kettering

"Being a Trustee with Home-Start has provided me with the opportunity to continue using my business skills and experiences in a really rewarding way without sacrificing any of the new lifestyle pleasures that retirement has brought".

- John, Trustee, Home-Start Kettering

"The most obvious reward is the sense of helping people. Being a volunteer can occasionally be emotionally draining, but there are also poignant moments... when a mother says she doesn't know how she would manage without you, it feels wonderful... I have found being a volunteer for Home-Start an extremely positive experience."

- Phillipa, Volunteer, Home-Start Kettering



To find out more about helping Home-Start

If you'd like to discuss the possibility of becoming a Volunteer or Trustee with Home-Start Kettering Area, we'd love to hear from you.



Please get in touch for an informal chat:



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**HOME
START**
Kettering Area

Needs you to become a
Volunteer, Fundraiser or Trustee

www.homestartkettering.org.uk

Registered Charity no: 1114030
Company no: 5709942



Home-Start is the UK's leading family support charity...

Home-Start Kettering Area has been in operation since 1994 and by 2019 had worked with 1,607 local families who were struggling to cope with a variety of other challenges.

We pride ourselves on being a lean, effective organisation. We employ only a full-time Manager and part-time Administrator who concentrate on running an excellent service, while all other tasks are undertaken voluntarily by our supporters.

Although very much locally based and supported we are affiliated to Home-Start UK who provide a number of back-up services including Quality Assurance.

We are fortunate to have a fantastic group of Volunteers, Trustees and Fundraisers already working with us, but we are always seeking more people to offer their time, skills, passion or resources.

- **Trustees** commit 8-10 hours a month to working in a variety of ways. This could include advertising, finances, social media or personnel management depending on the skills of the Trustee.
- **Volunteers** visit a family with at least one child under the age of five - usually for two or 3 hours a week for up to six months.
- **Fundraisers** create opportunities to bring in financial support for the work that we are doing.

Volunteering with Home-Start

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The early years are a crucial time in child development but can also be a difficult time for many parents who are struggling with challenges at home. Volunteers are there to support parents as they learn to cope, improve their confidence and build better lives for their children.

What are the benefits of volunteering?

You will receive full training, induction, and ongoing support. You'll also know you have helped a family in your community, have your self-esteem boosted and add a valuable experience to your CV.

What does a volunteer do?

Each volunteer is carefully matched with a suitable family. The help you provide will be decided by the family you have been paired with and may vary from week to week. Simple things make a big difference: listening, playing with the children, or offering practical and emotional support.

Who makes a good volunteer?

Friendliness and a caring attitude are essential, as is an understanding of the pressures of parenting. We value people who don't judge others; people who will respect that they have been invited into a family's home; people who will relate to a mother or father as an equal. Our volunteers do things 'with' and not 'for' their families.

Can I help without visiting families?

Yes! We need volunteers to run social activities and help to raise funds. If you can offer your time we'd love to hear from you.



Becoming a Home-Start Trustee

We're always looking for Trustees who can offer their time and skills to furthering Home-Start's goals.

What does a Trustee do?

Our Trustees ensure the resources of the charity are used effectively so Home-Start can operate at its full potential. Trustees carry out a wide range of duties and are responsible for making the charity effective, providing overall direction and managing funds. They attend a board meeting once every six weeks and may work on individual tasks in the interim.

Who makes a good Trustee?

Whether as an active retiree or a parent not returning to the workforce, Trustees come from all walks of life bringing their unique experience and individual skills. The skills that are most valuable are finance and fundraising, IT, communications and public relations. Most of all, common sense, flexibility, time, an understanding of the pressures facing parents today and a genuine interest in supporting parents in the community are the most important assets in a Trustee.

What are the benefits of being a Trustee?

Trustees are given a thorough induction, are invited to national training courses and events, have access to a Home-Start intranet full of information and guidance, as well as being part of a supportive team of fellow Trustees and staff. Trustees will get the satisfaction of knowing that they have helped to make a big difference to the lives of people in their local community.