

throughout the Deveron Valley area, serving Aberchirder, Banff, Huntly, Macduff, Portsoy, Turriff and surrounding areas.

Home-Start Deveron offers Toy Libraries, Stay and Play groups, Baby Buddies groups (for parents with children under 18 months), Twinkles (a group for parents with twins or more!), Baby Massage classes, Cooking with Confidence classes, parenting advice, financial guidance, one-to-one support and more.

Home-Start Deveron can help families with many issues, for example:

- living in rural and social isolation with
- inadequate public transport
- drug and alcohol abuse
- domestic abuse
- living with terminal illness
- coping with post natal depression
- coping with children affected with disability
- families finding parenting a struggle

As a volunteer what would I do?

Usually you visit a family in their own home once a week for a couple of hours. How you help is really down to the family itself. Some might need someone to talk to, others may need more practical support with meal planning and cooking, reading to the children, going to the local park or finding out about local services.

Can my support and friendship really make a difference?

The early years before children go off to school are vital and at Home-Start Deveron we believe parents have the key role in creating a secure childhood for their children. It's just that sometimes they need a bit of **your** help.



Do I need any qualifications to be a volunteer?

The only real qualification is experience of bringing up children. Friendliness and a caring attitude are essential as well as an understanding of the pressures of parenting. We value people who don't judge others; people who will respect the fact that they have been invited into a family's home; people who will treat a mother or father as an equal. Home-Start Deveron will provide an initial training course and ongoing support throughout.



"Thanks to my volunteer I have two hours of sanity without my year-old twins!"
(A mum supported by Home-Start Deveron)



Your complimentary
use period has ended.
Thank you for using
PDF Complete.

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

parents and children. What they get back is the satisfaction of knowing that they have helped make a real difference within their community. In many cases, being a Volunteer can enhance an individual's skills and knowledge, build confidence and provide many opportunities for personal development, as well as enhance your CV and employability.



What shall I do next?

If you would like more information about becoming a Home-Start Deveron Volunteer get in touch today.

Coordinator, Reena Thom
Email: rthom@homestardeveron.org.uk

Home-Start Deveron
5-7 Strait Path
Banff
Aberdeenshire
AB45 1AD

Tel: 01261 819964

www.deveronhomestart.org.uk



Join us on Facebook - search for Home-Start Deveron to keep up to date with all the news, views and events in your area.

Registered Company Number SC280867
Registered Charity Number SC026191



**Home-Start Deveron
are looking for
Volunteers to help
parents build better
lives for their children
in our local
communities...**

**...are you up to the
challenge...?**



"Home Start has helped me through one of the toughest times in my life and I can't imagine how it would have been without them. They gave me support, encouragement and reassurance"

(A mum suffering from post natal depression)