



# Home-Start Colchester

Home-Start Colchester is a local independent charity, established in 1993 to deliver family support. **During Covid—19** we have reshaped our offer and currently offer families in Colchester and South Tendring the following:

## 1. Befriending and Support

Home-Start Colchester continues to provide an essential Befriending Service to parents across Colchester and South Tendring currently via phone calls, emails and texts. If you are struggling and need someone to listen, to care and offer support, Home-Start is here for you.



## 2. Getting essential items to families in need:

Home-Start Colchester successfully applied and secured small grants to benefit families directly. We have created Essential goods bags bespoke to each family's requests

- Nappies
- Wipes
- Toiletries
- Cleaning items
- Games
- Books
- Snacks
- Toys



## 3. Help with completing forms or applying for benefits

We continue to support parents who may struggle to complete forms and applications.

#### 4. Crafts, fun activities and competitions on Facebook–

<https://www.facebook.com/homestartcolchester>



We can supply crafts, games and prizes, and promote local activities and initiatives. We can also deliver packs of materials to the family 's door when families have no transport.

#### 5. Online parenting programs with co-ordinators support



Parents are finding themselves in a unique situation of having their children at home and confined to the house. All these added stressors could interfere with how they interact with their children and put more pressure on their parenting.

More than ever, parents need support. We can provide a log on key for the

**Triple P online parenting courses.**

**Home-Start will also support you through the program every step of the way.**



## 6. Food– Distributing Foodbank vouchers and when needed we collect and deliver food to families.



Home-Start is working in partnership by distributing Foodbank vouchers to families. You can collect at our offices at The Ark, Highwoods or The Mill Old Rd Clacton.

We are also able if needed to collect and deliver food to your family home. We can often combined this with our essential goods to help families manage through these difficult times.

## 7. Reducing Parental Conflict

Home-Start is able to provide advice and guidance to support families with many issues. We currently deliver the Reducing Parental Conflict Program. In partnership with Tavistock Institute of Medical Psychology trading as Tavistock Relationships (Tavistock).



## 8. Personal parenting support

Our Co-ordinators are available to answer your questions around parenting. Just email the office at [Office@homestartColchester.org.uk](mailto:Office@homestartColchester.org.uk) and we will get back to you to discuss concerns and answer any questions.



## 9. Small grants for vulnerable families in need

### The charity has a small bursary to help families who need help in a crisis.

The Linda Steers fund was set up to help families struggling when there are no other grants or loans to help. We provide a grant between £10.00—£500. The grant offer is decided by the board and can be used for various items or situations to resolve difficulties for registered Home-Start Colchester's supported families.



## 10. Volunteering

We continue to recruit volunteers to support our charitable work. If you would like to be part of a local organisation committed to making a difference to local children., we would love to hear from you. Opportunities include mentoring, befriending, office, fundraising.



If we can help in anyway email : [Office@homestartcolchester.org.uk](mailto:Office@homestartcolchester.org.uk)