

I'm interested in becoming a volunteer, what should I do next?

If you would like to register your interest in becoming a Home-Start Glasgow South Volunteer or would like any further information, please get in touch in any of the following ways:

Visit Our Website: www.homestartglasgowsouth.org.uk

Email Us: theteam@homestartglasgowsouth.org.uk

Call Us: 0141 570 8735

"I have enjoyed helping and supporting the family, building their confidence and self-belief. I have learned lots from the family I support and I always feel appreciated"

Home-Start Glasgow South Volunteer



"Having my volunteer come to visit was really helpful after I had my second baby as I was struggling mentally and physically. Her weekly visits really made a big difference"

Family Supported By Home-Start Glasgow South Volunteer

Home-Start Glasgow South, Pollokshaws Burgh Hall, 2025 Pollokshaws Rd, G43 1NE

**HOME
START**
Glasgow South

Your experience
could be
someone's lifeline

Volunteer with us



"Volunteering with Home-Start Glasgow South has given me a great sense of achievement and purpose"

www.homestartglasgowsouth.org.uk



Registered In Scotland: 280861

Charity No: SC030131



Help us make a difference in your local community

Who are Home-Start Glasgow South?

Home-Start Glasgow South is a family support charity based in Glasgow South. We work with families, with at least one child up to the age of 8, who are struggling to cope with the challenges of parenting along with sometimes difficult personal circumstances.

What do our volunteers do?

Our volunteers visit families for 2-3 hours each week in their own home to provide practical and emotional support.

If a family is isolated, they may need support to go to a local group. An overwhelmed parent may need help to organise the household or it could be that mum or dad just need someone to talk to. A volunteer can make a big difference in a couple of hours a week.

Volunteering in the family home can also include **Perinatal Support** (Pregnancy - 2 years) and **English Tutoring**.

How will my volunteering make a difference to families?

The support and friendship you can provide is invaluable, and can help take away some of the stresses of day to day life, enabling parents to cope better with daily tasks and improve their confidence, giving their children the best possible start in life.



What can I gain from volunteering with Home-Start Glasgow South?

Volunteering to support families within your local community can be extremely rewarding. Not only can it boost your own confidence and self esteem, it can provide you with knowledge, skills and experiences as well as fulfilment and friendship. It can also help further career opportunities.



Can I volunteer to help without visiting families?

Yes. You can help us support families as a **Community Volunteer**, helping us raise awareness of the work we do and assisting us in raising funds.

From time to time, we may also have opportunities available to join Home-Start Glasgow South as a **Volunteer Trustee**.

Is there any training available to volunteers?

We provide a **free** course for all new volunteers which will ensure you are fully prepared to support families. We offer additional training opportunities to our volunteers throughout the year in areas such as Infant Feeding, Perinatal Mental Health and Understanding Autism.

The team at Home-Start Glasgow South are always here to provide support and guidance at any point in the volunteer journey.

Do I need any qualifications to join?

No. Your own experience as a parent or carer or relevant volunteering or work experience can be really beneficial to families.

We are happy to talk to you about how your experiences could help Home-Start Glasgow South.

