

Further information

<i>Volunteer activity</i>	Home-Start Volunteer
<i>What I do</i>	<p>I provide support, friendship and practical help to a family with at least one child under the age of 5 years old. This means that I visit a family with whom I have been matched and, depending on what they may need, I attend appointments with them, help out with getting to Children's Centres, playgroups, mother and toddler events and so on. Sometimes, I'm there to listen, other times, it's much more about finding out what is going on in the local area and signposting the family to other services that they may also need.</p> <p>What I do depends on what is needed by the family.</p>
<i>Time commitment</i>	2-4 hours per week, on the same day each week for at least a year (school holidays optional)
<i>Why I do it</i>	I am a parent/have parenting experience and understand the demands and difficulties that this sometimes brings. Home-Start enables me to use my own experience to help someone who needs it whilst giving me opportunities to meet new people, undertake further personal development and gain a great deal of satisfaction.
<i>Downsides</i>	There are many demands that families face and in a borough as mixed and diverse as Haringey, the demands may sometimes feel overwhelming. It is not possible to provide everything that a family may need.
<i>What to do next</i>	Contact Home-Start Haringey on 0208 352 4151/2/4 or email info@home-start-haringey.org and ask for an application pack. Complete and return and wait to hear details of the next preparation course.