

# Home-Start Approach



**[www.home-startcjc.com](http://www.home-startcjc.com)**

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Home-Start Colchester Jaywick and Clacton was originally set up as an independent charity to deliver a recognised Home-Start volunteer peer parent home visiting service. The model of service duplicated a recognised successful intervention set up in the 1970's known as the Home-Start movement. The Home-Start model of success at reaching positive outcomes for families resulted in the birth of 300 independent schemes across the U.K and continues to grow worldwide.

Across Essex 3 Home-Start schemes work in close partnership to offer Essex wide solutions. We also connect across borders such as Suffolk Home-Start.

Home-Start peer parent support has proven clear benefits to the wellbeing of mothers, fathers, partners and children.

(Jo Hermanns Universities of Amsterdam )



## Main Office

**The Ark Methodist Church  
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**Charity Number 1116639**

**Company No 05706756**

**the  
Tudortrust**



**HOME  
START**



## Home-Start Plus Project



**Support for local families with  
children 0—11 years.**

## Home-Visiting

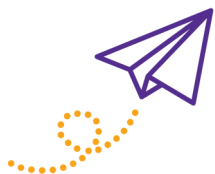


The core work of Home-Start is providing peer parent support in the home for children under 5.

The Home-Start CJC recruits and trains local volunteers who are carefully matched to offer peer parent support for families during difficult times. Home-Start Plus support is provided at Universal and level 1 and 2 on the Essex windscreen of need only. Our offer is preventative early help support.

Co-ordinators also provide bespoke parenting advice and guidance in the home or as part of a group

Home-Start wants to see a society in which all parents have the support they need to give their children the best start in life .



## Group activities



Home-Start Plus creates local activities to support the needs of local children with all activities are fully funded offering toddler groups 0—5 years and workshops 5—11 years

- Baby groups
- Toddler groups
- Forest school
- After school clubs
- Activities in the school holidays
- Parenting groups



## Extra Help



**The project supports families struggling financially.**

- Issues Food bank vouchers
- Distribute the Household fund for supported families
- Distribute Fare Share
- Dot, donate or take preloved clothes
- Christmas dinner in a bag
- Toiletries and essential goods given away
- Baby packs

We also deliver magical events at Christmas and Easter and invite supported families.

