



# Can you spare 3-4 hours per week to help a family with young children?

*Being a parent is hard for everyone and for some it can be overwhelming. With your knowledge and experience as a parent, you could be the vital support a family needs in their child's early years and make a big difference to their lives.*



It was like we were lost in the sea and Home-Start was the lifeboat – they saved us.

Our Prep Course will give you the skills to use your knowledge and experience to visit a family once a week for about 9 months and give a family the additional support they need to thrive and enjoy family life.

Our 6 session autumn Prep Course starts on:

**Wednesday 16 October 2024 in  
Guildford**

If you would like to find out more,  
Tel: **01483 511181** or Email: **office@hsguildford.org.uk**

