



Home-Start South & West Devon



Who are we?

We are a local family support charity who offer one-to-one befriending and mentoring support to local families with a child under 12 who are experiencing difficulties. Volunteers visit the family once a week for a couple of hours and offer practical and emotional support.

Our aim is to strengthen families emotional and financial resilience and to promote community engagement and vibrancy.

We are based in The Hub, Ridgeway, Plympton but offer support to families across the South Hams, Plymouth & Tavistock.

Whether you are a referrer, a family who would like support or a potential volunteer we would like to hear from you.

Turn over to read more about the work we do.

Home-Start South & West Devon a company limited by guarantee
Avon House, 163 Ridgeway, Plympton, PL7 2HJ Registered in England and Wales no. 5331020
Registered charity no. 1108077

Some family stories:

Hayley's story

I had just come out of hospital following a C-section. Having left an abusive relationship I was very down and bringing up the new baby and my two older children alone. I had no local family support. My volunteer was amazing. At first she just gave me time to build my strength back up, but as the weeks went by she began to help me rebuild my self-esteem. I don't know where I would be if it wasn't for her.

Rachel's story

After the birth of my 3 child I felt very down. My health visitor said I had postnatal depression. I was finding everyday tasks like feeding myself and the children incredibly hard. My husband was working long hours and I felt as though I was just going through the motions until he came home and I could hand the children over to him. When the volunteer arrived I didn't think it would make much difference but she just listened, helped out with the kids and was cheerful. I began to look forward to her visit and to make an effort that day. She was always encouraging and supportive and as I began to feel better she helped me think about the future. I wanted to lose weight and get a part-time job. A year on, with her help that is exactly what I have done! I feel like my old self again and I can be the mum I want to be.

Mike's Story

When my wife died leaving me with two small children it felt as though my world had fallen apart. I was grieving and was suddenly solely responsible for the children. My volunteer was a godsend. She was able to give me ideas and suggestions but also let me know when I was doing things well. I began to feel that I could do it and I was not completely alone. We will never get over losing her but my volunteer made me see that I can do it.

Volunteers all have parenting experience and are trained 1 day a week for 8 weeks before being matched to a family. They receive ongoing training and supervision.

Families are offered emotional and practical support once a week for up to a year (volunteers do not undertake cleaning, childcare or transport).

If you want to know more about us or about volunteering, need a referral form or would like to self-refer please call us on 01752 346039, email us on homestart.shpt@gmail.com or check out our website www.homestart-southhams.org.uk