

# CAN YOU HELP? HOME START

We need Volunteers!

Sutton



## Come and join our friendly team!

Are you a Mum, Dad, Nan or Grandad? Are you kind, good at listening and keen to help others? If so, you could help us support other parents who are having a tough time.

Sign up for our FREE Volunteer Preparation Course to:

- Learn how to support parents with children under 5
- Improve your own mental health and wellbeing
- Gain experience for your future career
- Make things better for other local families
- Meet new people and make new friends

FREE  
TRAINING

## Want to find out more?

Please email [admin@homestartsutton.org.uk](mailto:admin@homestartsutton.org.uk)  
or go to [www.homestartsutton.org.uk/volunteer](http://www.homestartsutton.org.uk/volunteer)

# Help us to improve the lives of local children



Being a Mum or Dad is never easy but some Sutton families are really struggling to cope at the moment.

If you could spare 2-3 hours a week to offer friendship and encouragement to other local parents you could make a real difference to their happiness and wellbeing.



## VOLUNTEER PREPARATION COURSE

Our next course is a Hybrid Course, combining e-learning modules (self-study) followed by 4 in-person sessions at Church of the Good Shepherd, Carshalton Beeches on the following dates:

Tues 20th, Thurs 22nd, Tues 27th and Thurs 29th June  
from 7-9pm

Visit [www.homestartsutton.org.uk/volunteer](http://www.homestartsutton.org.uk/volunteer) for full details of future courses.

For an application pack call 020 8647 6501