

Supporting local families in Crawley, Horsham & Mid-Sussex



**The earliest years make the biggest difference.
Home-Start makes sure those years count.**

The heart of our organisation is a team of highly trained parent volunteers. They provide support and friendship to families with young children, who are facing challenges such as mental health issues, bereavement, disability, multiple births and isolation.

The support we offered in 2023 - 2024

One to One Support

Families with children under five received weekly home visits from a trained volunteer who provided practical and emotional support to help parents to overcome the challenges they face.

Specialist Support

- 5 free Baby Massage courses training 26 parents.
- A Play and Connect Group for refugee mums and babies.
- Access to our Speech and Language specialist.

Group Support

During term time we ran 6 groups each week providing families with babies and young children with advice, encouragement, activities, play resources and the chance to offload.

For more information: www.homestartchams.org.uk

Telephone: 01293 416327 / Email: info@homestartchams.org.uk

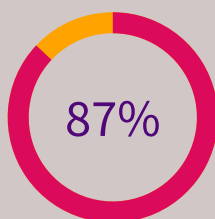
Registered Charity No: 1132506 / Registered Company No: 06986358



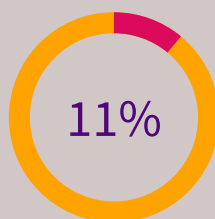
Our Impact

2023 - 2024

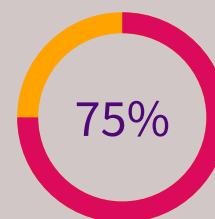
We supported 505 children across 292 families with the help of 65 volunteers, 11 staff members and 8 trustees.
64 families received one to one support.



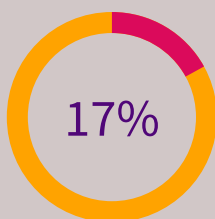
87% of supported families reported an increase in their ability to cope.



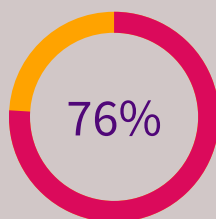
The number of families supported increased by 11% a total of 292



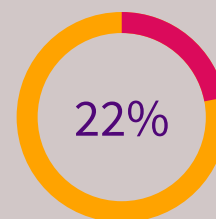
75% of home visited families lived with disability or mental health conditions



17% increase in families requesting help



76% of referred families cited isolation as an issue.



22% of supported families live in unsuitable accommodation



Home Visiting feedback

My volunteer showed me the reasons to do things, when all I was thinking was reasons not to do things. I have a better relationship with my child now. I cherish the time with her so much more and I can be the fun, happy Mum she deserves.



Our outcomes

The children supported by Home Start CHAMS get to socialise more and have parents with improved self-esteem who are more involved in their play and learning, better understand their developmental needs, know where to go for help and are feeling less isolated!



Group Feedback

Before Home-Start I was too anxious to leave the house without my husband. Now I feel like I can join groups and speak to other Mums without feeling really self-conscious or worrying about being judged. Without them I would be lonely and a lot less confident.



Our work with local families relies heavily on the support we receive through our local community from fundraising to volunteering. If you are interested in finding out more or are able to support the work we do in any way then please do contact us via our website: www.homestartchams.org.uk