

Home-Start Richmond, Kingston & Hounslow: Support for families is available

Home-Start is a local community network of expert staff and trained volunteers supporting struggling families with young children through their challenging times. Families struggling with post-natal depression, mental health, isolation, physical health problems, bereavement and many other issues receive emotional and practical support from us, helping them to regain their confidence.

While we're currently unable to support families in their homes due to the global pandemic, we have adapted and shifted our offering by supporting families remotely:

- Regular telephone support to families or weekly contact with families through phone/text/email
- Someone to talk to and for emotional support through these uncertain and isolating times
- Access to hardship funds available e.g. food banks and educational resources, signposting to local services for financial help and support
- Guidance and support around parenting
- Up to date information on local services
- Ideas and activities to keep children active at home

Click on this link to access services: [Home-Start](#)