

# Examples of Families in need of Home-Start Support

Amanda was a first time mum whose husband worked long hours. She often felt lonely and anxious

Jane's family lived far away and as she struggled with post natal depression she missed having someone to talk to on a regular basis

Tony had been left on his own with four under fives

Ritu had 3 children - her husband worked long hours and with one child with a learning difficulty and another with health problems she appreciated extra help, especially as English wasn't her first language

A mother of 3 under fives Jo was experiencing problems in her relationship with her partner and felt low and tearful

Sarah had two older children and after the birth of her third baby prematurely she found it difficult to get into a routine

Linda was new to the area and with one child and another baby on the way felt isolated

Sue felt overwhelmed with a 4 year old and the arrival of twins

**We are delighted when parents who received our support choose to become HOME-START volunteers themselves**