

**Fundraising
for**



**HOME
START**
Aberdeen



**A child's earliest
years really matter.**

Compassionate and confidential support for families in need

Every year Home-Start Aberdeen provides practical and emotional support to around 200 families with young children in Aberdeen.

We help them to create a secure and loving home environment where their children can grow up happy, healthy and confident, able to achieve their full potential.



Raising a family can feel overwhelming

We offer friendship and support when parents are struggling to cope with life. Our services include:

- One to one support from a volunteer
- Rising Stars Family Group
- Evening Stars Parent Peer Support Group
- Recipe for Life Healthy Eating Programme
- Perinatal Peer Support Groups



With your help...

Thank you for supporting Home-Start Aberdeen. Together we can continue to provide crucial support to families struggling with issues such as financial hardship, social isolation, illness and disability, mental health issues, bereavement and relationship breakdown.

The funds you raise will go towards...



**HOME
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Our Rising Stars

Rising Stars is our free weekly group for families where children can play and learn together, and parents can mix in a safe and nurturing environment. The group reduces isolation, encourages social interaction, helps to build stronger parent-child attachment, supports early learning and development through play, and increases parents' skills and confidence.



One-to-one support

Our trained volunteers visit local families weekly in their homes, offering friendly, practical and confidential help with:

- Setting routines / boundaries
- Being involved in children's early learning and development
- Confidence
- Physical, mental and emotional wellbeing
- Connecting with other families / the community
- Going to appointments
- Finding information on other organisations for parents



Perinatal peer support

More than 1 in 5 women experience mental health difficulties in pregnancy or during their baby's first year. Men may also be more vulnerable to mental distress and illness at this time.

Open to parents living in Aberdeen who are pregnant or have a child under one year old, these groups offer a nurturing space where parents affected by perinatal mental health issues can draw on their own experience to help each other.



Recipe for life

- Menu planning
- Budgeting and food shopping
- Practical cooking skills
- Using leftovers and reducing food waste
- Preparing and cooking foods for weaning
- Breastfeeding
- Achieving and maintaining healthy weights for children



Other ways to fundraise

- Donate through Just Giving to support our vital work
- Payroll giving – a quick and easy way for your team to give to Home-Start Aberdeen directly from their salary
- Play our Make a Difference weekly lottery today and help raise much needed funds to help Aberdeen families
- Give up #JustOneThing – give up one thing you love for a whole month and donate what you have saved



Volunteering opportunities

Help us make a difference to a family's life, by giving back to your community, overcoming challenges, sharing experiences, boosting your own and others' confidence and doing something deeply satisfying and rewarding with your spare time.

Find out more about volunteering here: [Volunteer - Home-Start Aberdeen](https://www.homestartaberdeen.org.uk)
([homestartaberdeen.org.uk](https://www.homestartaberdeen.org.uk))





Your support today will
help us to change
children's lives.



Thank you!

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