

"I was so happy with the support I received and loved my volunteer. My volunteer gave me the confidence, strength and strategies to be able to get out and about with my little ones, clean and open the curtains on the bad days."



"A year on from the support and it has helped me with many things in my life. I now feel much more "able". I am now renting a house, going to uni and my daughter is coming on amazingly. I feel confident as a single mother and generally more confident."



KOALA NORTH WEST

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FAMILY SUPPORT

**SUPPORTING CHILDREN
AND THEIR FAMILIES
WITHIN THE HOME
ENVIRONMENT**



THERE IS NO RULE FOR PARENTING

WHO CAN BENEFIT FROM SUPPORT?

Families who need support in one or more of the following areas:

Social isolation/feeling lonely

Poor emotional and/or mental health wellbeing

Managing children's behaviour

Difficulties with sleep routines

School readiness

Family bereavement

Disability/complex needs or ill health

New baby

Multiple birth

Difficulty with home management/routines



HOW WE CAN HELP?

We offer a free confidential home visiting service with trained mentors who volunteer their time for up to 3 hours per week. All our mentors have parenting experience.

Mentors can offer:

EMOTIONAL SUPPORT

A listening ear - someone to talk to who understands.

PRACTICAL SUPPORT

Mentors can support you to build routines within the home or with the children around school readiness, play or building resilience. They can also support you to attend appointments /children's groups/activities if you find it difficult to get out by yourself.

TRAINED STAFF

Trained staff can also offer courses on targeted support around parenting which can support you to manage children's behaviour.

OUR GROUPS

We have a number of groups which run throughout the year which families can also benefit from.

"THANKS TO THE SUPPORT I HAVE RECEIVED FROM MY MENTOR HELPING ME TO CONNECT AND PLAY WITH MY CHILD, I FEEL I HAVE A STRONGER CONNECTION WITH HIM, SOMETHING I FELT I WAS MISSING. THANK YOU!"

ALL YOU HAVE TO DO IS ASK...



WE HAVE BEEN SUPPORTING CHILDREN AND FAMILIES SINCE 2000.

If you would like our support you can contact us yourself via:



0151 608 8288



KoalaNorthWest

WHAT HAPPENS NEXT:

One of our Family Support Co-ordinators will contact you to arrange a home visit to discuss what support you need.