

Our services from April 2022

Bringing up Baby – Text Catch-Up for Mums and/or Dads with a new baby or under 12 month old. We know how difficult the first year can be. Our new fortnightly, text catch-up service keeps the door open to parents, giving them the opportunity to reach out for extra support should they find they need it. To receive the service we just need the mum or dads first name and mobile number and verbal consent emailed direct to our support coordinator – emmaflood.homestart@gmail.com



South & West Devon



Reducing Parental Conflict Programmes. These programmes are delivered by trained staff, digitally via Zoom. These internationally recognised programmes are aimed at supporting parents, both together and separated, to develop positive communication and problem-solving skills, to manage emotions and create more positive environments for their children. For separated/divorced – Triple P, Family Transitions, run as a rolling group programme and Within My Reach, delivered 1:1 with a couple (limited spaces)

Mellow Mums – Digital Coffee Mornings (and Navy Mellow Mums from April 22). Starting during the Pandemic our Mellow Mums 8-week programme offers mums, with a child under 2, who are feeling low the opportunity to get together. The weekly sessions are facilitated and aim to build a natural network for the mums, empowering them to continue the contact beyond the programme. This is a rolling programme.



One-to-one volunteer support both digitally and home and community based. Peer mentoring volunteers offer emotional support and friendship delivered digitally, in person or a mixture of both. Although our service has been traditionally home based, for many parents and volunteers digital is now the preferred method of support. With both, the volunteer is available weekly for up to 2 hours and for up to a year. They do not offer cleaning, childcare or transport.

Own My Life. This is a nationally recognised 12-week programme to support women who have experienced domestic abuse. The course is based on the principle that women are the experts in their own lives and uses a trauma informed approach. The courses are delivered digitally. It is followed by a peer led, 6-week Own My Group.

Some services are available in all of Devon, Somerset and Cornwall. To find out more or to refer for further details contact - homestart.shpt@gmail.com

