



# Supporting Families with Emotional Health and Wellbeing



## Home-Start Rochdale Borough

### SUPPORT

Home-Start offers weekly practical and emotional support for families with low to medium mental health difficulties. Weekly support at home, by telephone and within the community is provided for parents experiencing low mood, depression, anxiety, stress, phobia, poor self-confidence, alcohol misuse, relationship difficulties and those suffering the effects of living in poverty. Support is relaxed and informal, allowing time and space for parents to share their difficulties with our Emotional Wellbeing Support Worker and trained Volunteers.



Home-Start understands the challenges parents and carers may face if they are experiencing poor mental health and the impact this may have on their children. That's why early intervention is the key to supporting these families.



The Emotional Wellbeing Support Worker will help families manage their emotional wellbeing on a daily basis, improving their coping strategies and building on their confidence and strengths. Parent volunteers may also offer longer-term support if required.

### PARTNERSHIP WORKING

Home-Start support for the family complements the work of our partner agencies within the heart of the community at Early Help Level. So that families can access the best possible support when they need it most, we work collaboratively with services as Children's Centres, Parenting Support Team, Early Help Hubs, Thinking Ahead, Mind, Recovery Republic, Living Well, Freedom Programme, RCT, Turning Point, City Hearts, CAB and RBH.

### HOW TO ACCESS SUPPORT

Any agency in the voluntary or statutory sector can refer and we encourage parents to call us themselves to access support. The Support Worker will liaise with referring professionals when working with a family and keep them updated on the progress of support. Families must consent to a referral being made and be willing to engage with Home-Start Support.



**For further information or to request a referral pack**

**Please contact Ali Kirkpatrick  
Emotional Wellbeing Support Worker**



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