

## #earlystart

### PATHWAY TO BUILDING RESILIENCE!

This is an exciting new programme for young mums under 25, you should either be expecting a baby or have a baby/babies under the age of one.

The programme will run for four-eight weeks. The first four weeks of the programme will be informal discussion groups, one morning a week for approximately one and a half hours, where you can meet other ladies in a similar situation to yourself for a cup of tea and a chat. We will refund your public transport costs to the groups and we will cover topics such as:

- Self-care
- Independent living
- How to get professionals to listen to you
- Importance of routines
- Safe relationships
- What support is out there and where?

The four-week discussion groups will be held on Tuesday's at St. Andrews Methodist Church Slough, from 11:00 am – 12:30 pm and the start dates will be, 4<sup>th</sup> September, 6<sup>th</sup> November 2018, 22<sup>nd</sup> January, and 12<sup>th</sup> March 2019.

After the discussion group sessions, week five to eight will be pathway interviews where there will be the opportunity to see if Home-Start Slough can provide you further support or signpost to other services.

- a) join Home-Start's Family support group and become a supported family
- b) do a mini prep course to become Peer supporters for the following courses
- c) do a full prep course to become a visiting volunteer
- d) decide that you need more specialised support and be signposted or referred on to another service

If you think you would like to join us, please contact us by email to: [office@hsslough.co.uk](mailto:office@hsslough.co.uk) or ring **01628 661029** and speak to **Alison**. Or ask your Health Care Professional to contact us on your behalf by completing the slip below.

*I give my Health Care Professional permission to contact Home Start Slough on my behalf with reference to the #earlystart programme.*

Signed: .....

Date: .....

Print name: .....

Phone number: .....

Home Start Slough will hold contact information for our own purposes and for anonymised use with our funder. You can ask for this information to be destroyed at any time after the course has finished.

Supported by



**BritishRedCross**

Working together to tackle loneliness across the UK