

## Who are we?:

Home-Start Essex is a leading family support charity working across Essex to build the confidence and skills of parents/carers to achieve healthy and positive outcomes for children. Our work comprises a variety of free services, offering emotional and practical help to families experiencing difficulties. We work with families with at least one child under eight.

Support is free, confidential, and non-judgemental.

If you are a health professional working with a family and you feel that they could benefit from one of our support services, you can refer a family to any of our services by completing a referral form via our website:  
[www.home-startessex.org.uk](http://www.home-startessex.org.uk)

The Wellbeing  
Project is brought  
to you by



in partnership with  
and funded by

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TOGETHER

To find out more about  
Home-Start Essex visit our  
website:  
[www.home-startessex.org.uk](http://www.home-startessex.org.uk)

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Charity Number: 1170940



## Wellbeing Programme



Offering support to expectant  
parents, new parents, or parents  
with pre-school children within  
Mid and South Essex

Home-Start Essex is proud to present a new wellbeing programme, a Wellbeing service which supports parental mental health in partnership with other supporting agencies.



### OUR PACKAGE OF SUPPORT INCLUDES

- Wellbeing Family Groups
- Online Wellbeing groups
- 1:1 Therapy
- Telephone Befriending

### TELEPHONE BEFRIENDING

Our professionally trained volunteers offer weekly phone or video calls, providing friendship, guidance and a listening ear to help a family through a difficult time. Telephone Befriending enables families to access vital support in their own homes, to meet emotional needs, sign-posting, guidance and parenting support.



### WELLBEING FAMILY GROUPS

These groups are aimed at parents with babies or pre-schoolers who will benefit from extra wellbeing support. The groups focus on play, together with wellbeing support. Each group runs for 6 weeks and includes:

- Weekly wellbeing activities for the parents and children;
- Creche workers and volunteers on hand to help;
- Parents and children joining together and sharing activities;
- Opportunities to meet others to create a support network.



### WELLBEING ONLINE GROUPS

These are a therapeutic led programme for parents experiencing mental health difficulties like anxiety, stress or depression. Weekly sessions will provide a safe space to meet, share and support each other. The groups aim to support parents' wellbeing and mental health through providing relaxation and stress management techniques.

### 1:1 THERAPY

This service is for parents who would benefit from one-to-one therapy to focus on mental and emotional health. If you're looking for bespoke support with depression, anxiety, stress or other difficulties that are impacting your life, please get in touch to discuss how our confidential sessions could help you.