

Home Start Bromley

Home Start Bromley is a registered charity working in the London Borough of Bromley. Home Start believe that parents play the key role in giving their children a good start in life, however the charity recognise that parenting is a challenging and demanding role.



Home Start is here to support parents in this key role and provide the support and friendship they need. Their trained parent mentors are volunteers who are parents themselves or who have parenting experience, and they understand the challenges that parents face.

Services Home Start offer:

- 1-1 Volunteer Parent mentoring Home visiting/telephone befriending - they are taking family referrals and self-referrals.
- The Parents Meeting Place – a peer support group for parents to discuss a range of issues. This is now taking place on ZOOM every Thursday, so bring your coffee and log on.
- New Parent’s Club – An opportunity for new and expectant parents to meet/socialise and to get advice, information and guidance. This is now taking place on ZOOM every Monday.
- Parenting Programmes - to include the Circle of Security Parenting course, designed to help parents with practical tools to build attachment and security with their children.

The values which guide Home Start’s work are:

- The belief that “childhood can’t wait” – children deserve the best childhood
- That parenting is a challenging role, and the right support can promote the best outcomes for the parent and the child.
- Parents are the best people to provide a nurturing and positive environment for their children, with the right support.
- Peer to peer support is one of the most effective forms of support
- Local parents supporting local families – peer to peer support is the most effective form of support.



Testimonials:

'it was great to receive the support, at the time when we have been relying on one income and my husband being furloughed. It was a blessing that helped us feel supported during a difficult time during the pandemic;

'We are grateful for Home Starts Support over this period. Having my volunteer, she was so helpful and support. She has become one my friends.'



If you would like to know more about Home Start Bromley's work, visit their [website](#) or call 0203730680