



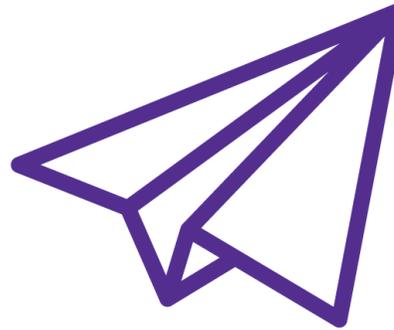
We're here for parents when they need us most

Our specially trained volunteers support mums, babies and families facing perinatal mental health challenges.

All our services are based around the principle that volunteers offer no judgement, just compassionate, confidential help and support.

We help families from all communities within our boroughs through their most challenging times.

To find out more about Home-Start Barnet, Brent, Enfield and Harrow visit www.homestartbarnet.org



**HOME
START**
Barnet, Brent,
Enfield & Harrow

Charity no. 1109550

Stephens House, 17 East End Road,
FINCHLEY, N3 3QE



Perinatal Health Coaching

If you are a mum-to-be, or have recently had a baby (up to 1-year old), our Perinatal Mental Health Coaches can offer you support.

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START**
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Working alongside families

Having a baby is a life-changing event that can sometimes bring mental health challenges to both mum and the wider family. Home-Start Barnet, Brent, Enfield and Harrow works to support mothers and mothers-to-be as they face these challenges.

Our trained Perinatal Health Coaches provide support during this time by offering one-to-one home-visiting coaching sessions.

These sessions aim to:

- Reduce feelings of isolation and increase social networks
- Support mothers to attend antenatal appointments
- Help prepare the home for baby's arrival
- Offer emotional support to mum and the wider family

Just two to three hours a week can make a big difference to a mum-to-be or new mum.

Our approach

We work with families in a range of ways, and use the approach they think will give them the best support.

Our Perinatal Health Coaches often work closely with midwives, GPs, and health visitors who may already be part of mum's support network.

All our services are based around the principle that volunteers offer no judgement, just compassionate, confidential help.

“I would like to say a big thank you for being so open hearted and generous. Your continued support means a lot for me and my family.”

Maryam*, mother who worked with Home-Start Barnet, Brent, Enfield and Harrow

How to work with us

If you are working in a professional capacity with a family and would like to refer them to us, please visit the "Refer someone else" page on our website.

If you would like to refer yourself to our services, please visit the "Refer yourself" page on our site. We welcome self-referrals and one of our Family Services Team will be in touch with you to discuss how we can best support you and your family.



To read more and contact us:



homestartbarnet.org