



WE'RE HERE FOR YOU!

**HOME
START**

Royston, Buntingford &
South Cambridgeshire
Registered Charity No. 1105385

Home-Start Royston, Buntingford & South Cambridgeshire are reaching out to local families with children aged 9 or under, who might want some extra support to reduce anxiety and loneliness, through the uncertainty of this pandemic.

We can offer support for families in Royston, Buntingford and their surrounding villages, and the SG8 villages of South Cambridgeshire, who are experiencing difficulties such as:

- Parents feeling isolated and lonely
- Expectant or new mums struggling to establish routines and keep connected with others
- Parents and children feeling anxious and worried about the effects of the pandemic
- Parents struggling to juggle everything that is being asked of them right now
- Financial worries



You can ask for help by:

- emailing us - admin@hsrsc.org.uk
- making contact via our website www.hsrsc.org.uk
- calling us on 01763 262262



One of our co-ordinators will contact you to discuss your needs and the best way that we can support you.

We can offer help like:

- Regular supportive phone, video or face to face contact from a member of staff or trained volunteer
- Signposts and information about other services that might be able to provide help and assistance
- Share ideas for activities to support your child's learning and development
- Access to our family support groups where you and your children can meet other people, make friends and build a network of support, reduce feelings of loneliness and isolation and improve well-being and mental health

Get in touch today to see how we might be able to help you and your family through this extremely challenging time.

**We're there for parents when they need us the most,
because childhood can't wait.**

