

VOLUNTEERING IN A LOCAL FAMILY PROJECT

Do you have, or do you know someone who has, an hour or so a week to spare? Local projects, programmes and groups throughout Caerphilly County Borough are crying out for volunteers in different capacities. Do you have experience or understanding of the difficulties and stresses of raising children? Can you offer a listening ear or do you have telephone, office or administration skills?

Homestart is a voluntary organisation offering support, friendship and practical help to families at home to children of five and under, who feel extremely overwhelmed by the stresses of family life. Workshops on post natal depression and literacy problems – crèche available.

Tel: Caerphilly Borough East

(01495) 22 05 00

Tel: Cwm Rhymni

(01443) 87 52 20

Parent Network gives parents a voice. Supports families of children with special needs.

Tel: 01443 875 444

Right from the Start is a parenting programme available for all new parents. Providing visits to families at home on a voluntary basis. They can start their visiting from pregnancy until the child begins school. Supporting parents enabling them to have the confidence to understand their growing baby's needs as well as the needs of the parents and other family members.

Tel: 01443 87 94 26

SNAP – Special Needs Advisory

Project offers information, advice and support to families of children who have, or may have, special educational needs. Snap gives parents a voice whilst encouraging partnership.

Tel: 0845 122 86 73