

"Thank you for being
there at the other end of
the line"



Westminster
Kensington & Chelsea
Hammersmith & Fulham

Support for Families During Coronavirus

Please see below for the services we are currently offering to families.

We can support any family with a child under 5 or who are expecting a baby.

Weekly wellbeing calls from a volunteer befriender:

- Trained and DBS checked volunteer bidders will phone or video-call families each week, offering confidential, non-judgemental, emotional support, and support to link them in with other services.
- This can be offered short term (for a few weeks or the duration of lockdown) or long term, when phone calls will move to home visits when safe to do so.

Weekly Bump-Start befriending calls:

- This is an extension of the above befriending/wellbeing calls specifically for pregnant women/families with a newborn. The support may include encouragement to access ante and postnatal care, preparing for birth, encouraging/preparing parents and siblings with caring for and bonding with the baby.
- Support can be long or short-term, as above.

Weekly one-to-one therapy sessions:

- Therapy sessions over the phone or via video-call, supporting parents to cope with issues such as anxiety, depression, conflict and the pressures of parenting;
- Short-term - for the duration of lockdown;
- Long-term - phone calls will move to face-to-face sessions at a local accessible venue (e.g. children's centre) when safe to do so.

Short-term support from a staff member:

- Support will include emotional support, help to access emergency support services (e.g. for essentials/food), and referring and linking to other support and advice services.



CONTACT US VIA:

admin@hswestminster.co.uk
www.homestartwestminster.co.uk

Registered Charity No. 1109568