

Starting Right – Step into a healthier future.

Contact Sharon Tait or Ros Harvey at:

Home-Start Thanet

Kent Innovation Centre
Thanet Reach Business
Park, Millennium Way
Broadstairs

Kent
CT10 2QQ

01843 609665

admin@homestartthanet.org.uk

The Team:

**Sharon Tait – Scheme Executive
Manager**

**Sue Hunt – Family Advice/Starting
Right**

Donna Langridge – Family Advice

**Laurence Metayer – Family Advice /
HSSF**

Ros Harvey – Starting Right

Mel Willson – Administrator

Other services we provide:

**Family Advice Worker Service (multi
agency working to support families)**

**HSSF (Help & Support for Separating
Families)**

Starting Right ~ Helping Families step into a healthier future.

Working together we can help you offer the best start in life for your children – step into feeling healthier and fitter with us.

**Contact: Home-Start Thanet
01843 609665**

admin@homestartthanet.org.uk

Funded by:



2013-2018

Registered office: Kent Innovation Centre,
Thanet Reach Business Park, Millennium
Way, Broadstairs, Kent, CT10 2QQ

Company No: 07194840

Charity No: 1136708

Website: www.homestartthanet.org.uk

Registered in: England and Wales

Patron: The Venerable Sheila Watson,
Archdeacon of Canterbury



Home-Start Thanet

A parent's guide to

STARTING RIGHT



A Pathway to Health and Well-being.

Start with us at Home-Start Thanet.



THIS IS A FREE SERVICE

A quick guide to our Starting Right programme

Our Starting Right programme is designed around family life and supporting parents just like you, with their children's health and well-being.

A member of staff will visit you in the comfort of your home at a time convenient to you, where together you will plan a package of support.

You may need guidance on budgeting, benefits, meal planning or support with cooking.

You may want to get physically fitter or need support with your children's health and well-being.

How long will I be supported?

Generally we can support you between 3-6 months. We can also support and guide you to other services.

We will guide you every step of the way – we are here to support you and your family to make small steps to enhance your health and well-being.

Do you feel like this?

Struggling to meal plan and cook on a budget?

Unable to or not motivated to cook healthy foods?

Can't cook - won't cook!!

Confused by all the advice about healthy eating and exercise?

Feel tired due to your diet and/or lack of exercise?

Have low moods due to your diet and/or lack of exercise?

Are your child/ren "fussy eaters"?

Want to stop smoking?

Do you need support with transport or support to shop, support with attending appointments?

Need someone to talk to about healthy eating?

If yes to any of these – We can help!

Everyone needs a bit of help sometimes...

Many parents need help friendship, advice and support during those early years when children are young.

There is no rulebook for raising a family and sometimes it can seem overwhelming, particularly if your family is going through difficulties.



How can I be referred?

If you have at least one child under five, we can send you a self-referral form just ring us on 01843 609665 or email admin@homestartthanet.org.uk

You can also access our service by talking to your Health Visitor, Midwife, Family Liaison Officer or G.P Surgery

But if you can get the support you need when you need it, then day to day family life and your children's future can be so much brighter

