



Support from Home-Start Cymru

About us

Home-Start Cymru is a voluntary organisation committed to promoting the welfare of families.

Together, with our trained volunteers, we work alongside families offering compassionate and confidential support, tailored to each family.

We run services across the majority of local authority areas in Wales offering emotional support as requested by families.

At Home-Start Cymru, we are here to support families with what matters most to them.

How we help

We offer support to parents and carers in a number of different ways:

- Home visiting
- Community support
- Peer support
- Group support
- Targeted support programmes

Working directly with families, we are able to;

- give parents the tools to cope with life's challenges and improve their wellbeing.
- strengthening relationships with parents and child/ren,
- Improve families' physical and emotional health,
- connect parents and their families to the local community to ensure they never feel isolated or alone,
- help reduce stress from family conflict,
- explore the benefits of positive parenting.

If you would like more information about our support, please get in touch at:

✉ info@homestartcymru.org.uk

Gan weithio'n uniongyrchol gyda theuluoedd, rydym yn gallu;

- rhoi'r offer i rieni ymdopi â heriau bywyd a gwella eu lles, gan gryfhau perthnasoedd â rhieni a phlentyn/plant,
- gwella iechyd corfforol ac emosiynol teuluoedd,
- cysylltu rhieni a'u teuluoedd â'r gymuned leol i sicrhau nad ydynt byth yn teimlo'n unig neu'n ynysig, helpu i leihau straen oherwydd gwrthdaro teuluol,
- archwilio manteision rhianta cadarnhaol.

Os hoffech ragor o wybodaeth am ein cefnogaeth, cysylltwch â ni yn:

✉ info@homestartcymru.org.uk



Elusen Gofrestredig : 1105577 Rhif Cwmni : 5199118

Amdanom ni

Mae Home-Start Cymru yn fudiad gwirfoddol sydd wedi ymrwymo i hyrwyddo lles teuluoedd. Gyda'n gwirfoddolwyr hyfforddedig, rydym yn gweithio ochr yn ochr â theuluoedd gan gynnig cymorth tosturiol a chyfrinachol, wedi'i deilwra i bob teulu. Rydym yn rhedeg gwasanaethau ar draws y mwyafrif o ardaloedd awdurdodau lleol yng Nghymru gan gynnig cymorth emosiynol yn unol â chais teuluoedd.

Yn Home-Start Cymru, rydyn ni yma i gefnogi teuluoedd gyda'r hyn sydd bwysicaf iddyn nhw.

Sut rydyn ni'n helpu

Rydym yn cynnig cymorth i rieni a gofalwyr mewn nifer o wahanol ffyrdd:

- Ymweliadau cartref
- Cefnogaeth gymunedol
- Cefnogaeth gan gymheiriaid
- Cefnogaeth grŵp
- Rhaglenni cymorth wedi'u targedu



Cymorth gan Home-Start Cymru

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