

A word about our volunteers...

Flintshire Community Parent Volunteers come from all walks of life and have a wealth of experience to offer.

All volunteers are parents themselves

Before qualifying as a volunteer, they attend a comprehensive training programme.

All volunteers have a full enhanced Criminal Records Bureau Check (CRB)

A quick guide to The support you will receive from us...

- ✓ Confidential support from one parent to another
- ✓ See how far you have come with the Home Visiting Booklet
- ✓ Grow in confidence and take control of your life
- ✓ Improve life for you and your family
- ✓ Help to access support offered by other organisations

Flintshire Community Parents

Parents Supporting parents for positive change..

Flintshire Community Parents was formed in the Autumn of 2001 as part of the Sure-Start programme of services for families with young children.

This partnership continues to work effectively with statutory and voluntary organisations in Flintshire to provide a holistic service to families countywide.

Flintshire Community Parents is now a stand-alone independently funded project with our own constitution, and partnership board.

Research commissioned in 2006 and published in 2008 states :
'Community Parents have a particular role to play in reducing social isolation, enabling parents to build their confidence and sense of self worth and assisting them to access other services. They also promoted healthier lifestyles, enabling parents to reduce the stress associated with parenting and assisted them to support their own children's early learning and development.'

Flintshire Community Parents
The Westwood Centre
Tabernacle Street
Buckley
Flintshire
CH7 2JT
01244 545021



A Guide to Support for Parents From Flintshire Community Parents...

Friendly informal support for parents to enable them to make choices and decisions that are right for them...



Who are Flintshire Community Parents?

Flintshire Community Parents is a voluntary organisation based at The Westwood Centre In Buckley. There are 7 members of staff supporting a team of Home Visiting Volunteers.

What do we do?

In its simplest form its about sharing ideas, one parent to another in a friendly and informal way, but with focus, direction and purpose.

Support from a Community Parent provides the opportunity to talk freely about how we are feeling.... About the good times and the bad! With support everyone can enjoy the experiences that parenthood has to offer.

Who can have a Community Parent Volunteer?

The project is open to anybody within the Flintshire area. You just have to be a parent or carer of one or more children regardless of age or circumstances.

What's in it for you?

- Confidential support from one parent to another helping you to improve life for you and your family...
- Help if you feel isolated
- Support to improve your feelings of self confidence, self esteem and well being
- Help to access other organizations that can provide specific support
- Help to access further education if that's what you would like to do

How do I get a Volunteer?

The simplest way is to call 01244 545021 ask for Community Parents and refer yourself or you can be referred by someone like your midwife, health visitor or doctor.

What happens then?

A Development Worker from Community Parents will visit you at home or at a place of your choosing to provide you with some information about the Project, and to ensure that you are happy that the support is right for you. She will also show you the home Visiting Booklet and ask you to sign a consent form enabling us to hold your information on file in a secure place.

If you decide to accept the service, you will be linked with a volunteer who will contact you by phone and arrange a visit to introduce herself. Following this she will visit you for about an hour every fortnight
You and your volunteer will decide when and where you will meet.

What happens when visiting ends?

When you decide that you no longer need the one to one support of a volunteer Flintshire Community Parents are always available at any point in the future.
All information that has been shared is confidential and will not be passed on to any other organisation.



"She came to talk to me.. About me, not the kids or anyone else. I felt as though I had someone to confide in"



"It was great that I could talk things through in confidence. She never judged me."

It was good to know that I am not the only one who finds things difficult from time to time"

