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 families

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

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

Why volunteer with us?

There are so many good reasons for volunteering with Home-Start Cymru.

Here are just a few:
- learn valuable new skills
- meet interesting people and make new friends
- make a positive impact on your local community
- increase your confidence and self-esteem
- build up an impressive CV and improve job prospects
- make a difference
- **have a massive amount of fun.**

As a volunteer, you will support families with individual one-to-one home visiting or remotely, through weekly contact and a wide range of targeted support for parents and their children.

You will work directly with families 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.

Skills, experiences and qualities required:
- Listening skills
- Interpersonal skills
- Sensitivity to the needs of others
- Knowledge of other languages is desired.

Our skilled Volunteering Team will provide you with the vital training that is required before we match you with a family.

An enhanced DBS (Disclosure Barring Service) check is required for this role. It's free for volunteers.

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

volunteering@homestartcymru.org.uk

HOME START Cymru

Registered Charity: 1105577 Company Number: 5199118

HOME START Cymru

Gwirfoddoli gyda Home-Start Cymru.

Amdanom ni

Mae Home-Start Cymru yn sefydliad gwirfoddol sydd wedi ymrwymo i hyrwyddo lles teuluoedd. Ynghyd â'n gwirfoddolwyr hyfforddedig rydym yn gweithio ochr yn ochr â theuluoedd, gan gynnig cefnogaeth tosturiol a chyfrinachol ar gyfer anghenion unigryw bob teulu.

Rydym yn cynnal gwasanaethau ar draws y rhan fwyaf o ardaloedd awdurdodau lleol yng Nghymru, gan gynnig cefnogaeth emosiynol mewn ymateb i ddymuniadau teuluoedd. Mae Home-Start Cymru yma i gefnogi teuluoedd gyda'r hyn sydd bwysicaf iddynt.

Sut rydym yn helpu teuluoedd?

Rydym yn cynnig cefnogaeth i rieni a gofalwyr mewn sawl modd gwahanol:

- Ymweld â'r Cartref
- Cymorth Cymunedol Cymorth gan un â phrofiad o sefyllfa tebyg
- Cymorth Grŵp
- Cymorth o bell drwy modd electronig
- Rhaglenni Cymorth wedi'u Targedu

Pam ddylech wirfoddoli efo Home-Start Cymru?

Mae cymaint o resymau da dros wirfoddoli gyda Home-Start Cymru - dyma ychydig ohonynt:

- Dysgwch sgiliau newydd gwerthfawr:
- Cewch gyfle i gwrdd â phobl ddiddorol a gwneud ffrindiau newydd
- Cewch effaith gadarnhaol ar eich gymuned leol
- Gwelwch tyfiant yn eich hyder a'ch hunan-barch
- Ychwanegwch tuag at eich CV trawiadol a gwellwch eich rhagolygon gwaith
- Cewch gyfle i wneud gwahaniaeth
- Cewch llawer iawn o hwyl.

Fel gwirfoddolwr byddwch yn cefnogi teuluoedd wrth ymweld â'r cartref ar sail un-i-un neu o bell drwy modd electronig, trwy gysylltu yn wythnosol a thrwy modd eang o gymorth wedi'i dargedu i rieni a'u plant.

Byddwch yn gweithio'n uniongyrchol gyda theuluoedd i:

- 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.

Dymunir gwybodaeth am Ieithoedd eraill.

Bydd ein tîm gwirfoddoli medrus yn rhoi'r hyfforddiant hanfodol sydd ei angen arnoch cyn i ni eich paru â theulu. Mae angen gwiriad DBS (Gwasanaeth Gwahardd Datgeliadau) o'r safon uchaf ar gyfer y rôl hon. Mae'n rhad ac am ddim i wirfoddolwyr.

Os hoffech fwy o wybodaeth am ein gwirfoddoli, cysylltwch ar:

volunteering@homestartcymru.org.uk

Elusen Gofrestredig : 1105577 Rhif Cwmni : 5199118

Volunteer with Home-Start Cymru