

Quick guide to being a Community Coach

Home-Start Barnet is always looking for experienced capable people who are willing to train as a Community Coach. Our Coaches provide vital help and support to people during crisis, experiencing life changing events or who would like to make a real change in their life, but lack the know-how or confidence to make it happen.

All Home-Start Community Coaches receive extensive initial training followed by on-going additional training to include:

- Safeguarding
- Communication skills
- Stress in families
- Domestic Violence
- Values and Attitudes
- Positive behaviour management
- Special Needs
- Depression
- Life Coaching
- Drugs and alcohol
- Benefits and housing

All Community Coaches receive regular support and supervision whilst volunteering with Home-Start Barnet.

Home-Start Barnet also offers:

- One to one volunteer home-visiting support for families with children under 5
- Home from Home Family Group at Grahame Park Community Centre (Thurs & Fri 10am to 12)
- Parenting programmes including Family Links, Incredible Years, Share Plus and SFSC
- Family Outings
- Safer Families Domestic Violence Women's Support Group
- Therapeutic Play project
- Healthwatch Barnet

For more information please contact
admin@homestartbarnet.org
or visit
www.homestartbarnet.org



Home-Start Barnet
Avenue House
17 East End Road, Finchley
London N3 3QE
0208 371 0674

Home-Start Barnet Registered Charity No: 1109550, Limited Company No: 5379764

Home-Start Barnet Community Coaching Project



What is Home-Start?

Home-Start is a national charity with schemes in hundreds of local communities. We recruit and train volunteers to help local families. Many of our volunteers are parents themselves, and support other families in the family's home.

What is the Community Coaching Project?

Home-Start Barnet has been funded to provide a Community Coaching service by the London Borough of Barnet. This is a borough wide project supporting Barnet residents who are experiencing multiple disadvantages resulting in a chaotic lifestyle, and may benefit from a period of support to resolve issues and achieve goals. We offer up to 12 sessions, in the home, with the aim of working with the strengths of the individual or family and identifying ways to raise aspirations and improve life opportunities. Trained volunteer Community Coaches act as mentors, guiding the individual or family in one-to-one sessions using life coaching techniques.

The aim of the Community Coaching project is to equip people with a skill set they can use to resolve problems for themselves, and to integrate them into the local community.

Could I apply to have a Coach?

The project is aimed at individuals 25 or under, or families who have children 25 or under living at home.

The criteria for support can include individuals who are experiencing multiple disadvantages. This could include drugs & alcohol misuse, housing, debt, non engagement with mainstream services, marginalization due to poor social skills, parenting issues.

Our clients must be Barnet residents.

How can I access this service?

You can "self-refer" or you can be referred by a support agency working with you. Application forms can be downloaded from the Home-Start Barnet website www.homestartbarnet.org and then you can email the form back to us at admin@homestartbarnet.org. Or if you don't have access to the internet you can ring us on 0208 371 6074 and we will post an application form out to you.

If you aren't sure if the service is right for you, just pick up the phone and talk to us

Everyone needs a bit of help sometimes...

Comments from families/individuals that have previously benefitted from Community Coaching:

"My Community Coach was just what I needed, a little lift and encouragement."

"Without the support of Home-Start Barnet, we would never have been able to move forward and achieve as much as we have now"



"Home-Start Barnet helped get my business plan together and helped with my housing problems and now I'm a chef at the London 2012 Olympics"

