

Help for Your Family



Across Carmarthen, Llanelli and the Gwendraeth Valley, Home-Start Extra volunteers visit families at home each week, supporting parents in situations as diverse as isolation, bereavement, illness, disability or who are just finding parenting a struggle.

Our volunteers provide non-judgemental, practical and emotional support and help build the family's confidence and ability to cope. If you have at least one child aged 0-11 years, we can help. **Contact us to find out more!**

Volunteering for Home-Start Extra



Home-Start Extra recruit and train volunteers to help families with children aged 0-11 years. Our volunteers, who have experience of parenting or looking after children, support other parents by visiting them in their own homes for a couple of hours a week.

After attending our free Volunteer Preparation Course with other new volunteers, you will have the skills to offer support and friendship to families, as well as receiving ongoing support and training from Home-Start Extra. Volunteer expenses will be reimbursed. **Contact us for an informal chat and more information.**

Home-Start Extra

44 Station Road, Llanelli SA15 1AN. Tel: 01554 752363

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Registered in England and Wales.



Help

i'ch Teulu Chi



Ledled Caerfyrddin, Llanelli a Chwm Gwendraeth, mae gwirfoddolwyr Home-Start Extra yn ymweld â theuluoedd yn eu cartrefi bob wythnos, gan gefnogi rhieni mewn sefyllfaoedd mor amrywiol ag unigedd, profedigaeth, salwch, anabledd neu'r rhai sy'n ei chael hi'n anodd magu plant.

Mae ein gwirfoddolwyr yn rhoi help a chefnogaeth ymarferol ac emosiynol heb farnu, gan helpu i fagu hyder y teulu a'i allu i ymdopi. Os oes gennych o leiaf un plentyn rhwng 0 ac 11 oed, gallwn ni helpu. **Cysylltwch â ni i gael gwybod rhagor!**

Gwirfoddoli

i Home-Start Extra



Mae Home-Start Extra yn recriwtio gwirfoddolwyr ac yn eu hyfforddi i helpu teuluoedd â phlant rhwng 0 ac 11 oed. Mae ein gwirfoddolwyr, sydd â phrofiad o fagu plant neu ofalu am blant, yn cefnogi rhieni eraill drwy ymweld â nhw yn eu cartrefi eu hunain am awr neu ddwy bob wythnos.

Ar ôl bod ar ein Cwrs Paratoi Gwirfoddolwyr rhad ac am ddim gyda gwirfoddolwyr newydd eraill, bydd gennych y sgiliau i gynnig cymorth a chyfeillgarwch i deuluoedd, a byddwch chi hefyd yn cael cymorth a hyfforddiant parhaus gan Home-Start Extra. Bydd costau gwirfoddolwyr yn cael eu had-dalu. **Cysylltwch â ni i gael sgwrs anffurfiol a rhagor o wybodaeth.**

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Rhif Elusen Gofrestredig 1113572. Rhif Cwmni 5687455. Cwmni cyfyngedig dan warrant, cofrestredig yng Nghymru a Lloegr.

