



**RECRUITING
FAMILY SUPPORT
VOLUNTEERS
NOW**

IS THIS YOU ?

Do you have great communication skills ?

Do you have parenting experience ?

Do you have 2-3 hours a week to make a difference to a local family ?

Would you like to help a local family to improve their health and well being by becoming more active ?

Find out more:

0116 279 5062

info@homestarthorizons.org.uk

www.homestarthorizons.org.uk

**HOME
START**



Active Families Project

This is an exciting new project with a very simple aim – to encourage families with children aged 5 to 15 years, across Leicestershire to become more active together, to move more and sit less.

Being more physically active improves our physical, emotional and mental well being and good habits formed at a young age are likely to continue for a lifetime.



Help families to become more active together.

Join us now.

**Brought to you by the Leicestershire
Home-Start Partnership.**

As a volunteer you will:

- ◇ GAIN ACCESS TO FREE, HIGH QUALITY TRAINING
- ◇ LEARN NEW SKILLS
- ◇ ENHANCE YOUR WELLBEING
- ◇ MAKE NEW FRIENDS & CONNECT WITH YOUR COMMUNITY
- ◇ CHANGE THE LIVES OF THE FAMILIES YOU SUPPORT.



LOTTERY FUNDED



**SPORT
ENGLAND**



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING



**Leicestershire
County Council**