



10<sup>th</sup> October 2020  
Solent Mind and Home-Start Hampshire

Leading Hampshire mental health charity Solent Mind are joining together in a partnership with Home-Start Hampshire, a local community network of trained volunteers who support families with children aged 0-11 years through challenging times. This partnership will work to ensure that families receive the mental health support they need and deserve.

Solent Mind currently supports over 25,000 people each year through a comprehensive network of Wellbeing Centres, talking therapies, specialist recovery-focused services and a helpline for people across the Solent region. While Home-Start Hampshire supports in the region of 500 families each year through a combination of 1-1 home-visiting support and family support groups, including a dedicated wellness group. Home-Start Hampshire is also continuously training new volunteers to meet demand for services and has recently introduced remote training in response to the current public health crisis.

The aim with this partnership is to make sure families supported by Home-Start Hampshire have access to the mental health support they need by allowing the exchange of expert knowledge between the two organisations to create a comprehensive support service for all family members.

Solent Mind Chief Executive, Kevin Gardner says: ***"We have a vision and determination to support young families across the southern regions of Hampshire so that children grow up with prospects, not problems, in nurturing resilient families. This new partnership with Home-Start and the possibilities of what we can achieve together is a brilliant step towards that goal."***

Already the two organisations have put together a bid for Comic Relief funding that, if successful, would see the implementation of a family liaison worker who would work closely with families not only to show them the most appropriate mental health service available to them, but also to help remove any mental or physical barriers that may make it harder for them to seek help.

Home-Start Hampshire Chief Executive, Mo Tutty says: ***"We are delighted to be embarking on this new partnership with Solent Mind. We share a clear vision of the support families should be able to access to ensure the best possible start in life for their children and know that together we can make that vision a reality. We believe that through this partnership we can have a positive and significant impact on the lives of families across our community."***

## **ENDS**

Notes to Editors overleaf:

We are Solent Mind, Hampshire's leading mental health charity.  
[communications@solentmind.org.uk](mailto:communications@solentmind.org.uk)

Home-Start Hampshire, There for parents when they need us most...because childhood can't wait.  
[Amy.williams@hshants.org.uk](mailto:Amy.williams@hshants.org.uk)



## NOTES TO EDITORS

Suitable for immediate release.

For further quotes and a range of free images, please contact:

Kate Blake, Solent Mind Communications and Engagement Team Leader: 07717 376467

[communications@solentmind.org.uk](mailto:communications@solentmind.org.uk)

[Our Signposting Resource Pack](#) contains flyers, graphics and suggested social media content for health care professionals.

**Solent Mind:** We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support. We offer a range of vital services that aim to improve mental wellbeing and we campaign to raise awareness and understanding of mental health issues. We're here so that no one in our diverse community has to face a mental health problem alone.

[www.solentmind.org.uk](http://www.solentmind.org.uk)

[Facebook](#), [Twitter](#) & [Instagram](#)

### **Homestart Hampshire:**

Home-Start Hampshire is a volunteer led organisation supporting families across the county who are experiencing challenging times.

Through their network of trained volunteers, Home-Start Hampshire supports families struggling with issues including post-natal depression, isolation, physical health problems, bereavement and many others. As well as home-based peer-to-peer support, Home-Start Hampshire also runs family groups and social events for families in order to give children the best possible start in life.

Home-Start Hampshire's approach is as individual as the people they are helping. No judgement, it is just compassionate, confidential help and expert support.

[www.home-starthampshire.org.uk](http://www.home-starthampshire.org.uk)

Fundraising & Communications Officer [amy.williams@hshants.org.uk](mailto:amy.williams@hshants.org.uk) / 07736282501

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