

The next training course will run:
Mid to Late summer 2025

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Do you have some time to volunteer
and support a local parent-to-be
or a parent of a baby / toddler?



So what is the Sure STEPs Project

It is a Peer Support Volunteer programme across Tower Hamlets which aims to help support parents-to-be and parents of babies & toddlers make a better start to their family life.

In 2013 The All Party Parliamentary Group produced a report called "The 1,001 Critical Days" which highlighted the importance of pregnancy and the first two years of life in being crucial to every baby. Difficulties in this early stage in life can lead to problems as a child grows, both at home, at school and in making and keeping friends.

We know that parents-to-be and parents are the most important people in a baby's early life, so it is better for everyone concerned if parents can be supported to help their baby make the very best start.

Whilst many people are able to create an environment for their baby that is free from significant difficulties including stress, there are some parents-to-be and parents for whom life is not so straightforward. Difficulties can get in the way of them being able to give their baby the best start in life.

The SureSTEPS project has been created to provide informal and friendly support to those in need at the time in theirs and their baby's life when they are feeling vulnerable.

How could I be involved?

We are looking to recruit a group of dedicated & committed local people - those who have already been parents or a carer of a child themselves, willing to support parents-to-be & parents in the local community. These people will be called **Peer Support Volunteers**

A 7 session core training course (held within the school day), with additional top up sessions throughout the year, will be provided so potential Volunteers will be equipped with the background knowledge of what is involved in providing support in pregnancy and during the first 2 year of life; as well as extending own personal skills!

Interested? Then ask for an application form, complete and return it to Toyhouse

The next training is **TBC: mid to late summer**

Having completed the training Peer Supporter Volunteers will need to commit 2-4hours per week to support the parent with whom they are matched. Regular ongoing support will be provided, both individually and with other Peer Supporters, so volunteers will also need to come to supervision meetings.

Whilst **Peer Supporters** will give their time as **volunteers**, an Oyster Card will be provided for travel connected with the project + a basic mobile phone so you can keep in contact