



Sophie's Journey

Prepared to Support



THE CHALLENGE

Sophie experienced difficult times in her own life when she lacked support. She wanted to turn those personal challenges into a positive purpose by helping other local families navigate their own hardships.

THE TURNING POINT

- Confidence Boost: Gained the essential self-belief and skills required to safely work out in the community.

THE TRIUMPH

- ★ Community Ready: Feeling fully prepared to support families through difficult times.
- ★ Empowered Volunteer: Building strong personal confidence through specialised training.
- ★ Team Contributor: Joining a fantastic local network to deliver vital family care.

QUICK PROFILE

- Family: New volunteer in training
- Status: Newly qualified Home-Start Volunteer

KEY SKILLS

- Community Outreach
- Empathetic Family Advocacy
- Crisis Peer Support

"The course has given me the confidence to feel prepared whilst out in the community."