

Get help for your family - or lend a hand

Home-Start North Somerset is looking to recruit parents to provide vital voluntary support to families across the locality.

**Home
Start**
Support and friendship
for families



The charity helps families where at least one child is under the age of five and are experiencing difficulties which could include depression, bereavement, financial troubles, living with the disability of a parent or child or simply needing the advice and support to manage behaviour and provide play and stimulation for their children.

Co-ordinator Deb Jefford explains: "We recruit and train volunteers to offer friendship and practical support as well as an understanding ear.

"They are supported by Home-Start co-ordinators to accompany the family on their journey into a position where they feel able to cope alone."

The charity has secured funding from the National Lottery to train an additional 15 volunteers per year for the next four years.

Volunteers will develop a relationship with the family and support them to use the services available within the community and encourage the parents' strengths and emotional well-being for the ultimate benefit of their own children.

If you feel you could benefit from the services of Home-Start or want to find out more about how you can volunteer to help give children in North Somerset the best possible start in life call 01934 419396 or email homestart.ns@googlemail.com

HOMEOPATHY CORNER



By Bev Nickolls

For advice about homeopathy call 07792 783713

Anna Bailey asks: I have a 5 month old baby who suffers terribly with wind. He wakes every 1 1/2 hrs through the night writhing around. You can hear the gas bubbling in his belly. Any ideas?

Firstly, it is important to look at any changes that may have occurred. When did these symptoms start? Did the pains coincide with any changes in feeding? Introducing formula milk or changes in formula can cause a reaction and giving solids early can also cause discomfort. If you have eliminated any dietary or medical cause then there are natural remedies to help.

Homeopathic kits are available with a large section on suitable remedies for colic. There is also information on remedies on Mum's Diary's website.

Baby massage can also help ease discomfort. Make circular movements clockwise and cycling movements with baby's legs. I would advise attending a class and talking to a homeopath.

Diane Corns says: My 9 year old son suffers from persistent coughing especially after sport. He has been diagnosed with childhood asthma but I don't like giving him permanent steroids. Could homeopathy help?

Homeopathy can work well in a complementary way, to allow you to reduce medication, with the support of your GP. This would need to be an individual remedy prescribed by a Registered practitioner and after a full consultation. As Patrick Nolan found. Patrick said: "When I was 8 I was

diagnosed with asthma following months of persistent coughing. Initially preventative inhalers worked and I didn't have any major problems for a few years. However, when I was 13 the cough reoccurred and the doctor prescribed me with strong steroid based drugs. For a while these drugs kept on top of the coughing but the following year the coughing yet again reoccurred and I was reluctant to go back to higher strength steroid drugs so my parents suggested homeopathy.

"I've had two remedies and initially the symptoms changed and worsened, but with persistence and Bev's encouragement the second one put a stop to all symptoms of coughing. I now continue to use homeopathic treatment and I'm off inhalers completely."



Patrick

Baby massage classes in Weston-super-Mare

- Run by experienced baby massage tutor at Bella Vista Hotel
- Enjoy bonding with your baby and learn a skill for life
- Reduced rates for Mum's Diary readers!

Please contact Bev Nickolls for details 07792 783713
info@westonwellbeing.co.uk
www.westonwellbeing.co.uk

