



## Struggling with young children during social distancing?

Our trained parent-volunteers can check in with you by phone, text or Zoom as a listening ear and to offer information and support with any issues that you and your family might be facing due to COVID19 pandemic

Contact us today to find out more

**hses.org.uk**  
**07395 791374**

Charity no. 1108855  
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**HOME  
START**  
East Sussex