



European Workplace
Health Promotion
Standard

Bronze award 2025

Home-Start Cymru

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Organisational Description

Home-Start Cymru is a Welsh charity dedicated to giving children the best possible start in life by supporting families through challenging times. We work across communities in Wales to provide tailored, compassionate support that strengthens family relationships, builds resilience, and creates safe, nurturing home environments.

At the heart of our work is a network of trained volunteers who offer emotional and practical support to families with young children, alongside our experienced staff. Our volunteers come from a wide range of backgrounds and bring empathy, understanding, and a non-judgmental approach to every family they support.

We are proud to be part of the Home-Start UK network, a trusted and long-established movement of local support rooted in communities.

Why is health at work important to us?

At Home-Start Cymru, we know that the wellbeing of our people is essential to the success of our mission. As an organisation that supports families through life's challenges, we are equally committed to supporting the wellbeing of our staff and volunteers as we fully acknowledge that the issues affecting the families we support are systemic and can affect anyone – including our staff – at any given time.

Additionally, because of the nature of the services we provide, it is essential that we create a culture in which people feel that their job is not only what they do, but also an integral part of who they are, and to do so, we believe it is essential not only to provide basic compliance with health and safety, but also an emotionally safe and supportive working environment.

We believe that a healthy and supportive workplace enables our team to bring their full selves to work, sustain their passion, and deliver the best outcomes for families. We are dedicated to creating a culture of care, where support is provided across all the key areas of wellbeing —physical, mental, and emotional.

Investing in health at work means investing in the heart of our service: our people, because when our team thrives, so do the families and communities we serve.