

## Volunteer Role: Family Wellbeing Volunteer - Edinburgh

**Thank you for your interest in becoming a volunteer with Children First. We are delighted that you are considering offering your time and energy to help improve the lives of Scotland's children and families.**

### About Children First

Children First is Scotland's national children's charity. We stand up for every child because all children should have a safe childhood. We protect children from harm and support them to recover from trauma and abuse through our national and local services. We help children, their families and the people that care for them by offering emotional, practical, and financial support.

We give children hope and a safer, brighter future.

### About Edinburgh Family Wellbeing Service

Edinburgh family Wellbeing services provide a range of services across Edinburgh City. Our support is based on a model of emotional, practical and financial support which ensures that we can support individuals and families holistically. We know that each of these areas can impact and compound which can limit parents/carers capacity to respond to their children needs. We support children and families in a range of ways including whole family support, one to one support and groupwork.

### What will I be doing?

It helps us to be most responsive when volunteers are trained to support children and families in different ways. We explore what will be the best fit for families, yourself and the service from the roles below at interview and during training and induction.

**Edinburgh Family Support Partnership - Umbrella Hubs** – a collaboration between Children First, Edinburgh Community Food, City of Edinburgh Council, Barnardos, Citadel Youth Centre and Safe Families. Support for families is available across the city at pop up community Umbrella Hubs where we build relationships with families and offer flexible, quick and non-stigmatising support without the hassle of filling out referral forms or being placed on waiting lists. As a volunteer with the Umbrella Hubs you will be involved in a range of activities including:

- Providing a warm welcome for families coming into the hub
- Explaining to families about what is available for them at the hub
- Starting a conversation with families about their needs and gathering initial information
- Introducing families to staff from Children First and partner organisations
- Telling families about organisations, resources, activities, events etc that are available in the local area
- Attending community events alongside staff to promote the hubs and connect with families
- Supporting staff with the set up before the hub opens and tidying up at the end
- Contributing to reviewing the session with staff and any written recording as appropriate

The Hubs are located in the south west, south east, north west and north east areas of Edinburgh and currently take place in the locations below although the exact locations may change depending on need. We will talk to you about the best fit for you at interview and during training and induction.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Gilmerton	Leith	Portobello		Burdiehouse Sighthill
PM	Oxgangs		Royston /Wardieburn	Currie	Craigmillar

## **What will I be doing? (cont)**

### **Space to Grow Groups**

Space to Grow offers free early help for children in the north east of Edinburgh aged 8 to 13, so that they can feel happier, supported, healthier and safer. Volunteers will support Children First staff at workshops and drop ins for children focusing on helping them to understand and deal with their feelings and build strong relationships. You would work alongside Children First staff to create a warm and welcoming environment for children and young people attending group sessions. This could include:

- Welcoming children and young people when they arrive and helping them to settle in and feel comfortable
- Providing support and encouragement to children and young people during the session to help them participate in activities and build their confidence.
- Helping Children First staff with the practical elements of running the session, e.g. set up before the group starts, preparing drinks/snacks and tidying up at the end
- Contributing to reviewing the session with staff and any written recording as appropriate

Currently the service focuses on supporting children in the north east of Edinburgh however it may offer support in other areas depending on need.

In addition to the above we ask all our volunteers to keep in regular contact with Children First staff and take part in relevant meeting such as support meetings and training sessions which may take place at our office in Bruntsfield.

## **What training and support will I get?**

- We provide our volunteers with all the training and information they need to carry out their role effectively and confidently.
- Before starting to volunteer you will need to successfully complete our Initial Volunteer Training which consists of approximately 21 hours of trainer-led group learning and some self-study in between training sessions.
- While volunteering Children First staff will always be on hand to provide any support you need.
- You will also be provided with regular, ongoing support and supervision by a named member of staff.

## **How could I benefit from volunteering?**

Volunteering with us is more than just giving us your time, we want you to gain from it as well. It is a great way to build confidence, meet new people, boost your wellbeing and make a real difference to children and families. It can help you develop new skills and knowledge and build valuable experience that can be useful to you both personally and professionally. We will take time to get to know you and understand what you want to achieve and, where we can, offer you opportunities to develop in the role.

## **Will it cost me anything?**

We believe that volunteering shouldn't cost you anything and you will be able to claim for out-of-pocket expenses for travel and other costs incurred while volunteering.

## **What do you need from me?**

- No qualifications necessary and full training is provided
- Some knowledge/understanding of issues affecting children, young people and families
- Good communication skills with children, young people, families and Children First staff
- Able to build positive relationships with children, young people, families and Children First staff and partner organisations
- Some knowledge of the local area you are volunteering in would be helpful but not essential
- We ask all our volunteers to share Children First values, be reliable and committed and be keen to learn and help others grow too.
- Volunteers are required to be members of the PVG Scheme for this role. This will not cost you anything and we will support you to apply.

## **How much time will I need to give?**

We ask you to commit to volunteering for 2-4 hours a week for at least a year. In addition to this we ask that you can attend meetings/training as required (this would be no more than once a month).

**Interested and want to find out more? Please get in touch, we'd be more than happy to have a chat and answer any questions you have.**

**[volunteer@childrenfirst.org.uk](mailto:volunteer@childrenfirst.org.uk)**