

Volunteer Role: Outdoor Activity Family Wellbeing Volunteer – Bide Oot

Thank you for your interest in becoming a volunteer with Children 1st. We are delighted that you have chosen to offer your time and energy to help improve the lives of Scotland's children, young people and families.

About Children 1st

At Children 1st our ambition is for every child in Scotland to be safe, loved and well with their family. As a charity we offer emotional, practical, and financial support to help families to put children first and campaign to uphold the rights of every child. We support the whole family when they need it, for as long as they need it. We offer help to prevent families reaching crisis point, to keep children safe and to support children and families to recover from trauma and harm.

About the service/department

Children 1st Bide Oot works alongside families from all over Scotland offering opportunities to support their wellbeing through spending time in the outdoors. In partnership with Ardroy Outdoor Education Centre we provide families with the chance to try new skills, sports and activities together during a residential weekend. When families return from a residential trip we offer family activity sessions their local area to encourage them to spend time outdoors in their local community. We understand how important community connections can be to family wellbeing and these sessions provide families with opportunities to socialise and spend time with like-minded people while trying activities such as forest walks, beach combing, cook outs, archery, climbing, watersports, hill walks, foraging and bush craft.

General Purpose of Role

To support the work of Children 1st Bide Oot staff in helping families to improve their wellbeing and build their confidence by:

- Encouraging and supporting families to participate in family activity sessions in their local area.
- Advocating for the benefits of spending time outdoors
- Supporting families to be more active and build relationships with other families in their area

Key Tasks

You would work alongside Children 1st staff to enable children, young people and their parent(s)/carer(s) to participate as fully possible in in family activity sessions in their local area. You would build positive relationships with families and provide support before and during the sessions in a range of ways. The way that you do this will depend on the individual needs of families and the type of activity and could include:

- Providing practical support for families to get to and from local activities either by driving them or accompanying them on public transport.
- Connecting with families via phone before a group activity to provide encouragement and support to attend and help to alleviate anxiety and build their confidence.
- Welcoming families on arrival at a session and helping them to settle in and feel comfortable
- Providing support and encouragement to children, young people and parents/carers during the session to help them participate in activities and build their confidence.
- Providing one to one support to a child or young person or parent/carers if appropriate to enable them to participate in activities at a level they feel comfortable with.
- Helping Children 1st staff with the practical elements of running the session, e.g. preparing tea/coffees/snacks and setting up equipment.
- Contributing to reviewing the session and any written recording as appropriate.
- We ask all our volunteers to keep in regular contact with Children 1st staff and take part in relevant meeting such as support meetings and training sessions.

There may also be opportunities to take part in residential outdoor sessions for those who are interested. We would discuss this individually after you started volunteering.

Training and support

- Volunteers are provided with all the training required to fulfil their role effectively and confidently.
- Before starting to volunteer you will need to successfully complete our Initial Volunteer Training which consists of 21 hours of trainer-led group learning and some self-study in between training sessions.
- Volunteers are also given regular, ongoing support and supervision by a member of staff.

Specific requirements

- No qualifications necessary and full training is provided
- Interest in spending time outdoors
- Full driving licence and access to a suitable vehicle is desirable
- Knowledge/understanding of issues affecting children, young people and families
- Good communication skills with children, young people, families and Children 1st staff
- Experience with families and/or children is desirable
- Volunteers are required to be members of the PVG Scheme for this role. Children 1st will support volunteers to apply for this and there is no cost to the volunteer.

Core requirements for all volunteer roles

- A positive and realistic commitment to volunteering role
- An understanding of, and commitment to, the values of Children 1st
- Sensitivity to the needs of others
- A self-assured and positive outlook
- Responsible and accountable
- A desire to learn and help others to learn

Time commitment

4-8 hours a month (evenings and weekends) for at least three months. If you would be interested in offering more time than this we would be more than happy to chat to you about it.

Out-of-pocket expenses

Volunteers are able to claim reasonable out-of-pocket expenses for travel and costs incurred as part of the volunteering role.

Responsible to:	Service Manager
Location:	We currently run family activity sessions from our services in Edinburgh, Mid Lothian and East Lothian.