

**Volunteer Role: Family Wellbeing & Befriending Volunteer - Midlothian**

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**

The Midlothian Family Wellbeing service is funded to support families impacted by substance use, poor mental health and address the impact of poverty amongst other challenges. The service also supports children in kinship care placements and their families. We aim to support stronger family relationships; greater connection with local communities, increase children's safety within their home and helping children to express their feelings, have a voice and know their rights.

**General Purpose of Role**

To support the work of Children 1st staff in helping families become more resilient by:

- building relationships with a child, young person or parent/carer
- helping reduce isolation and promote a sense of belonging by encouraging children, young people and parents/carers to engage with their wider communities
- building on identified strengths to increase self-esteem and confidence in individuals
- assisting parents/carers to provide a safe and nurturing environment for their children

**Key Tasks**

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.

**Parent Mentoring**

You would develop a trusting 1 to 1 relationship with a parent/carer with the aim of helping them to increase their confidence and self esteem. What you do together will be based on individual needs and interests and could include activities such as:

- Providing support and encouragement to help a parent/carer to build connections and take part in activities in the local community.
- Supporting a parent/carer to identify their goals and to find opportunities to move towards these.
- Providing support to help a parent/carer attend appointments
- Offering regular opportunities for social contact for a parent/carer

**Befriending**

You would build a positive 1 to 1 relationship with a child or young person and provide them with opportunities to take part in fun activities together and support them to increase their confidence and self esteem. The role will involve:

- Organising and undertaking regular activities with a child or young person, either in their own home or out in the community
- Involving the child or young person in deciding what activities you will do together
- Creating opportunities for a child or young person to experience new activities and develop their interests.
- Supporting a child or young person's personal and social development

## Key Tasks (cont)

### Group work

You would work alongside Children 1st staff to create a warm and welcoming environment for parents/carers and/or children and young people attending group sessions run by the service. This could include:

- Welcoming group members on arrival
- Supporting group members to participate in the group and activities

All Family Wellbeing Volunteers will:

- Keep in regular contact with Children 1st staff
- Record all interactions with parents and families in line with Children 1st's recording procedures. Volunteers will be supported by Children 1st staff to do this.
- Take part in relevant meetings such as support meetings and training sessions

### Training and support

- Volunteers are provided with all the training required to fulfil their role effectively and confidently.
- All Family Wellbeing Volunteers 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
- 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

We ask our volunteers to commit to giving between 2 and 6 hours per week for at least a year.

### 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.

<b>Responsible to:</b>	Service Manager
<b>Location:</b>	Dalkeith