

Family Wellbeing Volunteer – North Ayrshire

Do you want to make a real difference to the lives of children and families in North Ayrshire? Do you want to learn new skills, gain experience and become part of a friendly and supportive team? If so, please get in touch, we'd love to hear from you.

Children First is Scotland's national children's charity. We stand up for children, keep them safe and support them to recover from trauma and abuse through our national and local services.

Our North Ayrshire Family Wellbeing Service supports families affected by alcohol and drug problems across North Ayrshire, including the islands. Our team works with specialist addiction services to ensure families stay safe, connected and stay together if safe to do so and to reduce drug and alcohol-related harm. A large part of our work is providing group work and events/ sessions locally in Irvine and on an outreach basis across North Ayrshire and the islands.

Volunteering with us is a fantastic opportunity to make a real difference to the lives of children and families in North Ayrshire.

"I would say if you're thinking about volunteering, just go for it. Everyone has something to bring, and it can lead you to places that you might not have thought about or even thought possible." (Children First Volunteer)

What will I be doing?

We know that safe, supportive and trusting relationships are an essential part of building families' confidence, resilience and wellbeing. Our volunteers build relationships with families in the following ways:

- **Befriending:** you would build a positive 1 to 1 relationship with a child or young person and supporting them to take part in a range of activities within their community and to build their confidence and self-esteem. What you do together will depend on the interests of the child and could include taking them to a local park, art and craft activities, attending events in the community and much more.
- **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 promote good mental-health and well-being. What you do together will be based on individual needs and interests and could include support to attend activities in the local community and help with attending appointments.
- **Supporting Family Wellbeing:** you'll form a trusting relationship with parents/carers and their children and provide support for the whole family within their home and out in their community. How you spend your time will be different for each family but could include encouraging play, helping with routines and practical tasks, joining them in community activities and assisting with appointments or events.
- **Supporting groups and one-off events:** you will support Children First staff at groups, events and outreach opportunities for children, young people, parents, carers and whole families. You will play a key role in helping everyone feel welcome, included and able to express themselves. You'll work alongside experienced staff to create a safe and supportive environment where children and young people can build confidence and enjoy positive experiences

We will explore further what families need and the skills and qualities you could bring to one of these roles at interview and during training and induction.

Please see the volunteer role description attached below for more details.

What training and support will I get?

We provide a comprehensive introductory training course that will equip you with the skills and knowledge that you need. Our next training course is likely to start the w/b 20th April 2026 (exact dates TBC) and will run from the Children First base at Cheviot Way Bourtrees Hill Irvine North Ayrshire KA11 1JU

On successful completion of the initial training you will become part of a friendly and supportive team and will be provided with ongoing support from a named member of staff. You will also be able to claim reasonable travel and other costs so you're not out of pocket while volunteering.

"The support during and after the training is second to none. I would really recommend joining Children First as a volunteer." (Children First Volunteer)

What will I get from volunteering?

Volunteering with us is more than just giving us your time, we want you to gain from it as well. Volunteering is a great way to build your confidence, learn new skills, meet new people and make a real difference to children and families all while enhancing your wellbeing and gaining valuable experience. 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.

What do you need from me?

You don't need to have any specific previous experience or formal qualifications and full training is provided. We are looking for people with some understanding of issues affecting children and families who have good communication skills and can build positive relationships. The nature of the role means that we need volunteers to be age 18 or over.

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 for this.

We ask you to commit to volunteering for 2-4 hours a week for at least a year and to be available weekdays after school during term time and/or evenings and weekends. In addition to this we ask that you can attend meetings/training as required.

What do I need to do next?

If you would like to find out more about the role or have any questions please get in touch via volunteer@children1st.org.uk - we'd love to hear from you.

To apply please complete the application pack below and return to volunteer@children1st.org.uk and we will be in touch about next steps.

Closing date Mon 20th April 2026