

## Volunteer Role:

## Family Wellbeing Volunteer – North Ayrshire

**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, young people parents/ carers 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 our North Ayrshire Service

We offer trauma informed and recovery focused whole family support to families impacted by alcohol and drug problems across North Ayrshire including the islands. This support is both preventative as well as more acute for families impacted whether in active addiction or in recovery. The team works closely with our North Ayrshire Alcohol and Drug Partnership's specialist addiction services to ensure families can be safe, stay together if safe to do so and feel better connected to one another and their communities as well as reducing drug and alcohol related deaths in North Ayrshire. A large part of our work within this service is providing group work and events/ sessions locally in Irvine and on an outreach basis across North Ayrshire and the islands.

### 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. The activities will take place in different locations in North Ayrshire

#### Befriending

You'll build a positive one-to-one connection with a child or young person through doing fun activities together and helping boost their confidence and self-esteem. This could involve:

- Planning and doing regular activities with the child or young person, either at their home or out and about in their community.
- Involving the child or young person with choosing what you do together
- Supporting them to try new things and develop their interests
- Supporting them with their personal and social goals

#### 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:

- Creating opportunities for play and informal learning
- Support with establishing a family routine and help with practical tasks.
- Spending time out and about with the family in the local community accessing activities & resources.
- Supporting them to get to appointments/groups/events

#### Parent Mentoring

You'll develop a trusting one-to-one relationship with a parent or carer and help to boost their confidence and self-esteem. What you do together will depend on their needs and interests and could include:

- Encouraging them to get involved in activities in their local community
- Helping them set and work towards personal goals
- Supporting them to get to appointments/groups/events
- Offering regular opportunities for social contact

## What will I be doing? (cont)

### 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. Working alongside staff you will help to create a warm and welcoming environment and this could include:

- Welcoming children, young people, parents, carers and families when they arrive and helping them to settle in and feel comfortable.
- Providing support and encouragement to children, young people, parents, carers and whole families during sessions to help them participate in the activities.
- Helping Children First staff with the practical support for sessions e.g. planning for sessions, sourcing materials, setting up the sessions, preparing hospitality and tidying up following the session.
- Contributing to reflecting on and reviewing the sessions and helping to contribute to recording the work as appropriate.

In addition to the above we ask all our volunteers to keep in touch regularly with Children First staff, record all contact with families following Children First's guidelines (staff will help with this) and part in relevant meeting such as support meetings and training sessions.

## 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 by a named member of staff.

## 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.

## 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.

## 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
- The nature of the role means that we need volunteers to be age 18 or over
- 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 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.

**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)**