

Volunteer Role:

Family Wellbeing Group Volunteer - Renfrewshire

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 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 Renfrewshire Abuse and Trauma Recovery Service

We are a multi-agency support service providing therapeutic support to children and young people (aged between 5 and 18) and their families who have been affected by domestic and /or sexual abuse. We provide the opportunity for children to develop trusting relationships, to express themselves and to work towards making sense of their experiences. Our work also helps families understand how to support their children and keep them safe from further harm.

What will I be doing?

You will support Children First staff at groups, outdoor activities and holiday programmes for children and young people. Working alongside staff you will help to create a warm and welcoming environment and 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 sessions to help them participate in the activities and to increase their confidence.
- Helping Children First staff with the practical set up of the sessions eg. set up the sessions, prepare snacks and tidying up following the session.
- Contributing to reflecting on and reviewing the sessions and completing any recording 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.

The groups and activities will take place in different locations in Renfrewshire including Renfrew, Paisley and Johnstone.

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 time during term time and more flexibly during the day in school holidays. 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