

Volunteer Role:	Family Wellbeing Volunteer - Glasgow
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 the Glasgow Family Wellbeing Service Children First have been working alongside families in Glasgow for over 20 yrs. We support families facing challenges such as substance misuse, domestic abuse, poverty, mental health issues, neurodiversity/additional support needs, a background of asylum seeker circumstances, refugee and migrant populations. We offer relational, trauma-informed support tailored to each family's needs. This includes one-to-one and group support, intensive or drop-in sessions, delivered in schools, homes, our community hub, or other local settings. We also run holiday activity programmes and collaborate in community events with partner organisations. Our projects span the city with our main office and community base located in Pollok (South Glasgow).	
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. 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 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 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	

What will I be doing? (cont)

Supporting groups and one-off events

You would work alongside Children First staff to create a warm and welcoming environment for children and young people and/or parents/carers attending group sessions and one-off events (e.g. community family events/fun days or activities during school holidays). You'll help make the group sessions welcoming, fun, and run smoothly. This could include:

- Welcoming people when they arrive and helping them to settle in and feel comfortable
- Providing support and encouragement to people during the session to help them join in with activities and build confidence.
- Helping Children First staff with the practical elements of running the session, e.g. setting up, preparing drinks/snacks and tidying up at the end
- Supporting families to get to and from events/activities, removing barriers to participation
- Contributing to reviewing the session with staff

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.
- You will also be provided with regular, ongoing support and supervision 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
- 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?

The minimum requirement we ask for is usually 2-4 hours per week for a minimum of 6 months, however we can be flexible around this and can discuss this further with you on an individual basis.

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