

Volunteer Role:	Peer Support Volunteer (Men's Group) - Midlothian
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 Midlothian Family Wellbeing Service The Midlothian Family Wellbeing Service supports families affected by challenges such as substance use, poor mental health, poverty and social isolation. This volunteer role is based in our Men's group which offers male family members impacted by the alcohol and or substance use of a loved one a safe and welcoming space to meet others and enjoy time together in a relaxed and supportive environment. The group helps people build connections, reduce isolation and feel part of their local community.	
What will I be doing? As a Family Wellbeing Peer Support Volunteer, you'll work alongside Children First staff to help create a safe, welcoming and trauma-informed environment where everyone feels respected, listened to and supported. You'll help make the group sessions welcoming and run smoothly and may be involved in: • Welcoming people when they arrive and helping them feel comfortable and included • Building positive relationships with the men in the group and encouraging participation • Offering individual support and encouragement during sessions to help people build confidence and understanding of alcohol and substance use. • Supporting Children First staff with practical tasks such as setting up the room, preparing refreshments and tidying up afterwards. • Helping remove barriers to participation, including supporting people to attend group sessions where appropriate. • Sharing ideas and feedback with staff to help develop and improve the group We ask all of our volunteers to stay in touch with Children First staff and take part in support meetings, training and other relevant sessions when needed.	
What do you need from me? You don't need any qualifications for this role and we will provide full training. We recognise the value of lived experience and the unique insight it can bring and support will be provided to help you use your experience safely and appropriately within the role. You'll be someone who: • Has lived experience of alcohol and or substance use and/or supporting a family member through these experiences and feel ready to use their experience positively to support others • Has an understanding of some of the challenges that children, parents and carers may face • Can communicate well and build positive relationships • Is compassionate, non-judgemental and respectful of different life experiences • Shares Children First's values and commitment to supporting children and families • Is dependable and able to keep in touch with staff about their availability. • Is willing to learn, reflect and develop in the role • Is aged 18 or over As this role involves working with families, volunteers are required to join the PVG Scheme. There is no cost to you and we'll support you through the application process.	
What difference will I make? By volunteering in this role, you'll help the men in the group feel welcomed, supported and less isolated. Your encouragement, understanding and lived experience can help people build confidence, develop supportive relationships and feel more connected to their community. Together, we'll help create opportunities for families to thrive.	

What training and support will I get?

We'll make sure you have the training, guidance and support you need to feel confident and prepared in your role. As part of this, you'll be asked to take part in the following learning opportunities:

- Before you begin volunteering, you'll complete approximately eight hours of Initial Volunteer Training to help you feel confident and prepared for the role.
- During your first few months of volunteering, you'll attend two additional training sessions to build on your learning and develop your skills.

You'll also receive support from a named member of Children First staff, along with opportunities to reflect on your volunteering experience and access ongoing learning and development opportunities throughout your time with us.

You'll be volunteering alongside Children First staff and will never be expected to do this alone. We'll support you to use your experience safely and positively in a way that feels comfortable for you.

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 while making 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. You'll have the opportunity to use your lived experience in a meaningful way, helping others while recognising the strengths, resilience and insights you have gained through your own journey. We'll take time to get to know you and understand your interests and goals and, where possible, support you to develop within your volunteering role.

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 much time will I need to give?

Building trusting relationships takes time, so we ask that you can commit to the role for at least 12 months. The Men's Group currently runs fortnightly on Monday evenings and you will normally be needed between 6.00pm and 9.00pm, including time for setting up and clearing away after sessions.

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