

Volunteer Positions

Autism and ADHD Support

Family Action Swaffham Health Champions is looking to recruit: **Health Champion Volunteers**

The Health Champions are part of Family Action, Swaffham. The Health Champions project aims to support families of children who are on the waiting list for assessment for, or has suspected Attention Deficit Hyperactivity Disorder (ADHD) or Autistic Spectrum Disorder (ASD).

We understand that having a child with additional needs can be physically and emotionally draining. Having to navigate support agencies, schools, and financial support, as well as managing challenging behaviour can have a big impact on the family.

The project aims to offer support to families living in the West and Breckland areas, where a child is waiting for ASD or ADHD assessment or who has recently been diagnosed. It is based on a 'Social Prescribing' model which is a non-medical method of providing help to patients. The aim is to link families with support in the community which could mean; Meeting other families with similar challenges, providing information, providing support to access other specialist services or accessing activities in the community. The work hopes to;

- Help parents develop confidence and capacity to manage their child's condition and support their healthy development
- Address the needs of siblings who may be taking on a 'young carer' role
- Support the child who has been diagnosed with ASD/ADHD with practical and emotional support
- Support the whole family to access local activities that will help improve and maintain emotional and mental wellbeing – this could be family days out, physical exercise classes, volunteering opportunities or finding education or training classes.

The Health Champions are trained volunteers who support families during this hard time. This support is in the form of home visits, information sharing and signposting, supporting access to groups and outings, and delivering parenting support courses and coffee mornings.

We work closely with specialist voluntary and statutory services to widen the scope of support available to families at a time when they might be under great stress. Part of this is working alongside Norfolk Community Health and Care NHS Trust (NCH&C) to deliver the Positive Behaviour Support Course (PBS). This three week course was designed by NCH&C to provide information and support to parents and carers of a child who is awaiting assessment for ASD and/or ADHD. Following relevant training, two Health Champion volunteers deliver each course. The course location rotates between Swaffham, King's Lynn and Downham Market.

We are looking to recruit volunteers to be matched with families, co-facilitate the PBS course, and assist in the running of information sessions and coffee mornings.

We can offer you:

- Experience within the Health and Social Care field
- An induction into understanding Autism and ADHD
- Experience of assisting with case work
- Access to in - house training
- 6 week Health Champion training
- Regular Supervision
- Support to co-facilitate sessions for parents/carers
- Awareness/Experience in Mental Health Issues
- Domestic Abuse Awareness
- Wellbeing Awareness
- Partnership working with statutory and other third sector agencies
- Team work
- Peer support/ Peer support groups
- Experience of supporting/facilitating service user involvement

Role Description

1. Support service users to access support in the community i.e social groups, trips and courses, accompanying service users to appointments
2. Support service users in the management of challenging behaviour. i.e sharing strategies and techniques
3. Support project coordinator to set up and facilitate groups, information sessions and coffee mornings
4. To abide by all health and safety procedures in place within the houses and bring any health and safety concerns to the attention of staff.
5. To maintain accurate, relevant records in accordance with Family Action policies and in accordance with Family Action Data Protection Policy.
6. To work in accordance with Family Action's Equal Opportunities Policy in relation to tenants, staff, students and volunteers
7. To work in accordance with safeguarding policies and procedures alerting staff to any safeguarding concerns.

You can offer us:

Person Specification

1. Ability to commit to a minimum of 2 hours per week.
2. Basic understanding or experience of ASD and/or ADHD.
3. Ability to work as part of team and also on a one to one basis with service users
4. Ability to empathize and empower service users
5. Ability to uphold Family Action values of respect, empathy, equality and self determination.
6. Ability to follow Family Action's confidentiality and data protection policy.
7. Ability to follow Family Action's safeguarding policy and procedure.
8. Ability to keep accurate records
9. Basic knowledge of computing
10. Willingness to undertake training and induction
11. Willingness to take part in regular supervision
12. Must be 18 years or over

Other Information

- A DBS check will be required which will be paid for by Family Action.

This volunteering opportunity offers the chance for individuals to develop their knowledge and skills around social care, child development and mental health and will be especially valuable for those wishing to pursue paid work in the social care/supported housing industry.

Please e-mail the attached application form to Natalie.Webb@family-action.org.uk or telephone Natalie on 01760 720302 if you would like to know more.