

# Volunteer Befriender

## Grantham Family Befriending Service

A social prescribing project for families with a child in Key Stage 1 (age 5 – 7 years) whose behaviour is at risk of escalating and who may be at risk of exclusion from school.

Having a child who can display challenging behaviour and who is at risk of exclusion from school can make being a parent feel overwhelmingly challenging and it can impact upon every aspect of family life.

This project recognises the confusion that parents might feel if they believe that their child displays some of these behaviours. During this uncertain time, they may feel overwhelmed, isolated or unsure about the next steps.

*Social prescribing is a non-medical method of providing 'treatment' or support for families. The aim is to work with families to understand what is important to them and to support them to identify their goals, and to offer them help to achieve them.*

## An introduction to the volunteer role

Volunteer Family Befrienders offer support and guidance to families who are experiencing difficulties in managing their child's behaviour. This could include boundaries, family routines, communication and trust.

Volunteer Befrienders will support families to identify their own support needs and to agree the next steps going forward. Support will be based on what parents have said they felt would help them and may include peer or one to one support, courses, workshops, events, coffee mornings, sharing rooms.

## Time Commitment required

Hours can be flexible. We will ensure an appropriate match between a Volunteer Befriender and a family and to agree times that suit both.

Volunteer Befrienders will be required to commit to a minimum of 2.5 hours per week.

## Family Action

Family Action has a strong and successful history of building stronger families. Our values and behaviours define us and underpin all the work we do. We are:

- People focused

- Reflect a 'can do' approach
- Strive for excellence in everything we do
- Have mutual respect for everyone we work with, work for and support through our services

## Job role

Volunteer Befrienders will link families with other support in the community. This could mean:

- Linking families with others who have similar challenges
- Offering emotional support to families
- Helping to identify ideas and strategies to enable families to support their child and to build the relationship their child
- Supporting families at meetings with schools and other agencies
- Helping families to understand why their child behaves in the way they do.

**Each family is different so support is planned to suit specific needs.**

## Person specification

- An interest in or experience of working with families to promote their personal development, self-esteem and resilience.
- An interest in or experience of working with families to support positive outcomes for children and young people.
- An interest in or experience of using skills to engage hard to reach families and those who may be resistant to change.
- An understanding of good-enough parenting and awareness of risk factors to children and adults with emotional/physical/mental health/substance misuse issues.
- An understanding of or an interest in learning more about challenging behaviour and the impact this can have on families.
- Sensitive to the needs of others.
- Good communication skills.
- An awareness of the impact of disadvantage and social exclusion and a commitment to promote inclusion and equality of opportunity for all.
- Ability to evidence Family Action's values at all times (see above).
- To be reliable and punctual.
- To report and record contacts with service users
- To ensure you have an understanding, appropriate to your role, of relevant policies and procedures (including Safeguarding; Equality and

Diversity; Health & Safety; Lone Working; Data Protection & confidentiality) and to comply with these procedures at all times, including reporting any concerns arising.

- To attend supervision and training relevant to the role and to demonstrate a willingness to learn and grow as part of professional development.
- A commitment to volunteer for a minimum of 2.5 hours a week for a minimum of 6 months.

## Terms:

- This position fits within the exception for charities under the National Minimum Wage Act and therefore carries no salary or other financial remuneration.
- Reasonable travel expenses will be paid as well as appropriate out-of-pocket expenses.
- Hours are flexible to suit the volunteer and family supported.
- Positions are flexible but the usual minimum commitment would be 2.5 hours per week for a minimum of 6 months.
- Training and regular supervision and feedback will be provided

## How to apply:

We welcome applications from all sections of the community.

For an informal chat or for more information or if you require an application pack, please contact:

Sally Grieff, Service Manager. Email: [sally.grieff@family-action.org.uk](mailto:sally.grieff@family-action.org.uk)

## Closing date:

We welcome applications at any time.

Completed application forms should be sent to [sally.grieff@family-action.org.uk](mailto:sally.grieff@family-action.org.uk) or posted to: Sally Grieff, Grantham Family Befriending Service c/o Lincolnshire BOSS, Room 52. Autumn Business Park. Dysart Road. Grantham. NG31 7EU.

Appointments are subject to Family Action receiving an enhanced disclosure from the Disclosure & Barring Service and two references, which we consider acceptable.