

Volunteer with Family Action!



**Building
stronger
families**

Projects in County Durham: The Bridge Young Carers Service, Active Families & Holiday Hub

Family and Young Carer Support Group Volunteer

Location: Active Families sessions are delivered in Bishop Auckland, young carer and Holiday Hub opportunities are county wide.

How you can help us: By volunteering in this role you will make a difference to the lives of young people and their families by providing support, encouragement and advice. By helping to deliver support and activity sessions you will be able to work with families and young people directly, whilst also building capacity within the team, ensuring staff can work with those who need it most.

Opportunities to take part in:

- Weekly Active Families sessions to support families to become more active together
- Holiday Hub – school holiday family activity groups
- Support the Young Carer Ambassadors group to advocate for other young carers
- Support young carers in peer group sessions and forum events

This role would suit people who:

- Would like to volunteer regularly with Family Action
- Have experience of, or an interest in, working with young people and families
- Are passionate about improving outcomes for young people and families
- Can demonstrate commitment, reliability and consistency
- Are good communicators and relationship builders
- An interest in physical activity, cooking and positive wellbeing
- Are understanding of the, often complex, needs of young carers and families
- Are willing to gain an understanding (appropriate to your role) of, and comply with, all relevant Family Action Policies and procedures

What's in it for you?

- The opportunity to help build resilience and improve outcomes for young people and families
- Gain experience in delivering group work sessions and develop new skills
- Becoming part of a dynamic team in a national organisation
- Access to training and development opportunities for personal progression

Why volunteer with Family Action?



Training and support you will receive:

- Access to our standard e-learning package, giving you a great basic introduction to topics such as Safeguarding and Equality and Diversity.
- Face-to-face training to ensure that you are fully equipped with the knowledge and skills needed for this role.
- Regular meetings with your supervisor to discuss any challenges you are facing, and celebrate your progress in the role.
- Ongoing support from your supervisor and the wider team.

Additional information:

- Although we don't require a minimum number of hours that you will have to volunteer each week, we do ask that you are reliable and let us know in advance when you can help
- You will need to provide two references and have a full DBS check
- Travel expenses will be subsidized

If you are interested in finding out more please call **0191 3832520** and ask to talk to Philippa or Claire, or email ActiveFamiliesDurham@family-action.org.uk