

<b>Volunteer Role</b>	<b>Hampshire Healthy Families Community Volunteer</b> <b>(This role is available during the day, Monday – Friday, 9.00am-5.00pm only)</b>
<b>Location</b>	Various locations in Hampshire (Basingstoke, East Hampshire, Eastleigh & Romsey, Fareham & Gosport, Hart & Rushmoor, Havant & Waterlooville, New Forest, Winchester & Andover)

Barnardo's is passionate about creating safer childhoods, stronger families and positive futures. We believe in children regardless of their circumstances, gender, race, disability or behaviour. Our purpose as a charity today is to **transform the lives of the UK's most vulnerable children.**

**Service information:** The Hampshire Healthy Families service work together with Southern Health NHS Foundation Trust and their Health Visiting Team, helping families build healthy futures for their children aged 0-5 years. We aim to provide better outcomes for children and families within the heart of local communities. We promote strong attachment and healthy child development through **positive activities, play** and **outreach.**

The Hampshire Healthy Families service **is looking for enthusiastic and creative volunteers** to support project staff and health visitors in the delivery of services and activities to children, parents and carers. There are a variety of exciting opportunities - if you are interested in applying we will explain the different activities available and look at what interests you the most to determine the best role for you.

**The Role:**

Barnardo's work with Health Visiting Teams across eight areas in Hampshire. Each area runs a variety of community based programmes, led by a Barnardo's Community Health Development Worker (CHDW), who is supported by a cohort of volunteers.

We have different opportunities available within the **'Hampshire Healthy Families Community Volunteer'** role:

**Group and activity support:**

We are looking for volunteers to support project staff and health visitors deliver services and activities to children, parents and carers. You could:

- Help run a Ready Steady Mums group (social walking group);
- Promote the Five to Thrive approach to families, and help support workshops

designed for new/first time parents;

- Support the HENRY programme (Health Exercise and Nutrition for the Really Young), promoting a healthy start in a child's life;
- Help run health road shows and other relevant activities provided by Healthy Families that promote healthy outcomes for children across Hampshire.

**Child health clinic support:**

You will support health visitors and families during clinic sessions – e.g, breastfeeding clinics, baby and child 'weigh and play' clinics, etc. You will be expected to:

- Support the health visiting teams to create a welcoming, friendly and safe environment for families;
- Set up and help run safe play activities;
- Help to ensure Health and Safety requirements for the sessions are met;
- Actively promote key public health messages (resources & appropriate training given where required).

**Peer befriender:**

Peer befriender volunteers will support parents, carers and families in the community who may find it daunting to access health services, groups and activities in their local community. For example, you may meet someone outside a toddler group, clinic etc, and go into the activity/group with them. This role will enable the family to access community groups.

Volunteering with Barnardo's is a great way to help vulnerable children and support families. Volunteers help us extend and enrich our work by bringing a diversity of skills, experience, community knowledge and service opportunities. In return, volunteers have the opportunity to enhance their existing skills and gain new experiences.

**Would I be right for the service?**

Do you have:

- A desire to volunteer with children and adults;
- Good listening skills with an empathetic approach;
- Patience and strong relationship-building skills?

Are You:

- Willing to take direction from project staff and health visitors;
- A 'people person' who can be open and encouraging;
- Non-judgemental and flexible in your approach;
- Willing to volunteer a minimum of one 3 hour session per week;

- Able to travel around your local area and willing to help others access different services within their community, often by public transport;
- Willing to provide an online summary of what you have done each time you volunteer (this usually requires access to a computer or smartphone);
- Happy to provide satisfactory references and for Barnardo's to complete a DBS check before you start your role?

**What support or training will I get?**

With the support of the Volunteer Coordinator you will be guided through the first few weeks with us by completing a full Barnardo's volunteer induction, and then receive on-going support throughout your time with us. You will receive:

- Full volunteer training: including Safeguarding, Equality and Diversity, and Professional Boundaries;
- Access to additional training via our Volunteer Academy;
- Regular supervision and support from the Volunteer Coordinator;
- Support from the Hampshire Healthy Families team whilst you are volunteering.

We will reimburse reasonable expenses (travel costs, parking, etc.) on a regular basis. A receipt will be necessary in order for you to claim. Car insurance will need to state 'Business Use' in order to claim car mileage expenses.

If you have any queries please contact:

Hampshire Healthy Families  
Maria Clarke, Volunteer Coordinator  
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