

EPEC Volunteers

An EPEC (Empowering Parents Empowering Communities) Parent Group Leader Volunteer uses the skills and knowledge they have as a parent to deliver sessions to groups of other parents.

What does an EPEC Parent Group Leader Volunteer do?

- Deliver group sessions to parents
- Organise refreshments
- Manage the register
- Set up the room
- Distribute course materials



Food Club Volunteers

A FOOD Club Volunteer supports the FOOD (Food On Our Doorstep) Club that run from several of our Children's Centres and also some community buildings.

It's a partnership we've got with Family Action, Fare Share and the local councils, helping to get healthier, affordable food to families, as part of the work to improve the home and community food environment. It's a great way to gain confidence, support other families and improve your communication skills. If you're thinking about working in retail or hospitality, it could be a great chance to gain some experience.

What does a FOOD club Volunteer do?

- Support setting out the food for that week's FOOD Club
- Run the FOOD Club alongside staff (Family Action and Children's Centre Service)
- Offer information and support to families
- Take payments (contactless where possible)



For more information

- Ask a Children's Centre Service member of staff in your local centre.
- Go to our webpages www.nottinghamshire.gov.uk/childrenscentreservice
- Call us on **0300 500 80 80**
- Email us: CCenquiries@nottsc.gov.uk

D6P/01/22/8604

Nottinghamshire Children's Centre Service

Getting ready for work through volunteering

A great way to dip your toe into the world of work is through volunteering. We've got lots of exciting opportunities in the Children's Centre Service.

We really value our volunteers, who are an integral part of the service we offer to families. There are a number of volunteering opportunities within the service.

“I had so much help and guidance as a volunteer and I truly felt part of the team. Volunteering gave me lots more confidence and I feel I can achieve anything.”



...giving children the best start

Why volunteer?



People volunteer for many reasons, which include:

- Gaining confidence
- Giving something back to their local community or making a difference
- Work experience
- Meeting new people and socialising
- Learning new skills
- Work experience
- Taking on a new challenge
- Having fun



Our Children's Centre Service volunteer opportunities

Admin Volunteer

An Admin Volunteer answers the telephone, covers reception, does typing and other office roles. This is a great way to improve your administrative skills, with the possibility of gaining a qualification.

What does an Admin Volunteer do?

- Support Reception at busy periods in the Centre.
- Meet and greet families
- Filing, pulling together evaluation packs, answering the phone, photocopying group resources (for targeted interventions)

PHEW (Parents Health and Emotional Wellbeing) Group Volunteers

A PHEW Group Volunteer works with a Children's Centre staff member to run a small support group specifically for families who are finding being a parent difficult, or who may be feeling anxious, have low mood or be feeling lonely. The PHEW groups are open to families with children aged under 5, with many of them having little ones under aged one.

What does a PHEW Volunteer do?

You'll need to like being with families with young children, be friendly and able to give a listening ear.



Breastfeeding Peer Support Volunteer

A Breastfeeding Peer Support Volunteer is a mother who is breastfeeding or was recently breastfeeding, who supports other mums to help them keep breastfeeding for longer. It's a great way to gain confidence, support other mums, and improve your communication skills.

What does a Breastfeeding Peer Support Volunteer do?

- Run BABES breastfeeding support groups alongside staff
- Offer information and support to breastfeeding mums within a group setting
- Offer telephone support to breastfeeding mums



Early Years Volunteer

An Early Years Volunteer leads on volunteer-led sessions for all families with children aged under five years, such as Stay and Play, and Under 1s groups.

This is a great opportunity to increase your confidence and gain experience of running play sessions. It's also possible to use your volunteering to gain a qualification.

What does an Early Years Volunteer do?

- Helps plan and set up sessions.
- Spends time in sessions interacting with children and talking to parents.
- Helps to clear up at the end of sessions.
- Leads and supports on Talking Walks, modelling strategies that support children's communication and language development.



We are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and we expect all staff to share this commitment and undergo appropriate checks.