

Community development volunteer

Community development volunteers play a pivotal role in helping to build a strong, supportive local network. You'll help create opportunities for families and individuals to engage in the community and access vital services.

Responsibilities may include:

- promoting the family hub's services to local residents
- building relationships with other organisations to strengthen community ties
- assisting with outreach efforts to ensure the family hub's services reach those who need them most
- attending community groups/organisations to promote the Family Hub Network and engage families
- attending local events to promote the Family Hub Network i.e. community fun days, nursery/school open evenings.

Parental Health and Emotional Wellbeing (PHEW) volunteer

A PHEW group volunteer works with a family hub 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 younger than one-years-old. You'll need to like being with families with young children, be friendly and able to give a listening ear.



EPEC volunteer

Empowering Parents, Empowering Communities (EPEC) is a series of parenting groups focused on the different stages of child development from birth to adolescence, with more specialist groups for parents and children with additional needs, such as ADHD and Autism. EPEC combines parent-led groups with training, supervision and support provided by parenting specialists. As an EPEC volunteer you will use the skills and knowledge you have as a parent to deliver sessions to groups of other parents. You will also receive support and supervision from a qualified parenting support specialist.

How to get involved

Becoming a volunteer at a family hub is easy and rewarding! Here's how you can get started:

1. **Reach out:** Contact your local family hub to enquire about available volunteer opportunities.
2. **Complete the application:** Fill out a volunteer application form and provide references.
3. **Complete a DBS check with us** (there is no charge for this).
4. **Attend an induction and training:** You'll receive the necessary training and information to ensure you feel confident in your role.
5. **Start volunteering:** Begin your volunteering journey, making a positive impact in your community!

Parent/carers panels

Would you be interested in being part of your Family Hub Network parent/carers panel?

This is where parents/carers work together with local service leads and partners to help design and evaluate family support services.

For more information or to apply, contact your local family hub.



Nottinghamshire Family Hub Network



Volunteer at a family hub: Make a difference in your community!

Volunteering at a family hub is a rewarding and impactful way to give back to your community. It's a fantastic opportunity to support families, help children thrive and build a stronger, more connected neighbourhood.

Whether you're interested in offering practical support or assisting behind the scenes, there are various ways to get involved!



**Helping families get the right
support at the right time**

Why volunteer at a family hub?

Volunteering comes with numerous benefits, both for you and the families you help. Here's why it's worth considering:

- **make a positive impact** - you'll directly help local children and families get the right help, at the right time
- **gain valuable skills** - volunteers develop new skills in areas like communication, teamwork and problem-solving
- **meet like-minded people** - volunteering connects you with a network of individuals who share a passion for community and helping others
- **boost your wellbeing** - helping others is proven to improve mental health and wellbeing, increasing feelings of fulfilment and purpose
- **enhance your CV** - volunteering adds valuable experience to your resume and may open doors for future employment opportunities.



What do
volunteers
do?

Types of volunteering

When it comes to volunteering in a family hub, there are two main approaches you can take: being assigned to a **specific volunteering role** or helping as a **general volunteer**.

General family hub volunteer

As a general volunteer, you're usually available to assist in a variety of tasks. Your role may involve:

- helping with **general tasks** like setting up rooms, cleaning, or preparing spaces for events
- providing **assistance wherever needed**, such as greeting families, offering a friendly presence, or directing people to where they need to go
- **supporting staff and specific roles**, like offering help with sessions for children and families, helping maintain the garden, or providing general support for ongoing programmes
- **ad hoc volunteering**: Being flexible and available for unexpected needs, such as filling in for another volunteer or assisting with one-time projects or events.

Being a general volunteer requires adaptability, as you'll be taking on various tasks based on the needs of the family hub at any given time.

Breastfeeding peer support volunteer

As a breastfeeding peer support volunteer, you'll assist new mothers with breastfeeding and provide reassurance and practical guidance during their breastfeeding journey. You'll:

- help to run our BABES breastfeeding support groups
- offer one-on-one support to mothers in a friendly, non-judgmental way
- provide information about breastfeeding techniques, positioning, and common challenges
- create a supportive environment where mothers feel confident and empowered in their feeding choices
- receive training in breastfeeding and maternal support.

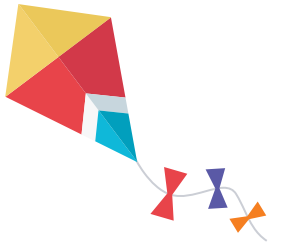


Early years volunteer

Early years volunteers are key to supporting young children's development and creating a positive, nurturing environment for their early learning.

Your tasks will include:

- supporting with sessions for families with children aged under five years such as Stay and Play and our Under 1s groups.
- assisting with play and educational activities that help children explore and learn.
- spending time interacting with children and parents, encouraging their social, emotional, and cognitive development.
- helping with the preparation of resources for activities and play sessions.



Admin volunteer

If you prefer working behind the scenes, an admin volunteer role could be ideal for you. You'll help ensure the smooth running of the family hub by:

- assisting with general office tasks like filing, photocopying and scheduling appointments
- supporting on reception at busy periods
- filing, pulling together evaluation packs, answering the phone, photocopying group resources (for targeted interventions)
- providing friendly assistance to families by answering questions and directing them as needed.

