**Essex Family Support Service.**

**Family Mentor Volunteer**

**Role Advert / Description**

Could you help families improve their health and wellbeing in your local community?

We are looking for volunteer mentors (aged 18+) to work with Community360 and the Essex Child and Family Wellbeing Service to engage and inspire families who need support. You would be enabling families and children (aged 8-19) to take part in new activities, develop new skills and build their confidence.

Why would you want to volunteer for this role?

* Support parents, children and families to make positive lifestyle choices
* Enable families to recognise their achievements and positive behaviours, so as to build confidence and skills
* Help those who are having difficulties to access wider support services and activities
* Encourage families to find solutions to challenges and to be better connected in their local community

As a Family Mentor volunteer you will:

* Learn new skills
* Meet new people
* Make a difference to families
* Be part of a team and support the local community

At this current time, volunteers will not be expected to travel to support their families.

Volunteers will be required to deliver support to families through phone calls.

Volunteers will be provided with a comprehensive induction and training programme.

This role may include evenings and weekends.

Volunteers will be made aware of, and be expected to adhere to, safeguarding policies

Volunteers should provide support for a minimum of once a week for a minimum of a ten week period.

Skills

Skills and Qualifications needed - Commitment, reliability and resilience; A desire to help others; Be empathetic and respectful of others' situations; Confidentiality; Interpersonal skills.

Applicants must be able to attend training courses before participating.