

# Parent Champion



We offer community-based support for parents across Hillingdon.

This is a volunteer project that focuses on supporting the well-being of parents who are going through particularly challenging times with their teenage children, who for several reasons may be at risk of exploitation. Parents whose children may be vulnerable and on the periphery of becoming involved with the criminal justice system can find it really challenging because of the stigma and judgement they experience and need support to navigate their way through the myriad of social services available to them.

This programme takes a different approach to other parent support programmes and relies on peer-to-peer support, which we know fosters trust far quicker than from official organisations.

Parent champions are volunteer parents who understand local cultural needs and are trained to offer support and guidance.

We are looking for parents or carers who may have gone through a similar experience and wish to give back; you may have worked previously with families on a professional basis, or you may just have a heart to help your community. Either way, you will be familiar with the agencies, organisations, and general barriers to accessing support in the borough of Hillingdon within a particular marginalised community. If you are as passionate about parents as we are, we want to hear from you.

**Main purpose of the role:**


As one of the team of Parent champions, your role will be to befriend and act as a non-judgemental ally for two families who need support. By listening and passing on key positive parenting principles you will build a healthy relationship with these individual families, who will over time feel increasingly empowered, confident, and competent in their parenting skills.

**Commitment required:**

- Flexible hours to suit you
- 3 hours per week
- Daytime, evening, or weekend
- Predominantly from home and communicating with parents either via telephone or online
- Minimum period 3 months

**Benefits for you:**

- Satisfaction of knowing that you are making a valuable contribution to the lives of families whose children are at risk of exploitation
- An opportunity to use your existing skills as well as developing and learning new ones
- An opportunity to develop experience for CV and references
- Support from the Brilliant Parents Volunteer Co-ordinator to further develop your skills, build confidence, and discuss next steps for personal goals
- Opportunities to meet and interact with a wide range of people

<p><b><u>Role responsibilities:</u></b></p>	<p>You will be fully supervised, supported and trained to provide the following activities:</p> <ul style="list-style-type: none"> <li>• To actively listen and create a safe space for the parent to “off-load” their feelings</li> <li>• To befriend families to support them to become more pro-active and aware of their children and their children’s activities.</li> <li>• To share positive parenting principles as and when required</li> <li>• To make regular weekly contact with the families to monitor progression on a one-to-one basis either by phone, online, in community settings (such as community centres or parks) or in the family home, COVID-19 permitting</li> <li>• To provide information to the families about activities available for the whole family</li> <li>• To help families to overcome barriers to communicating with their child’s school</li> <li>• To help families understand the social care system</li> <li>• To encourage parents to talk to other parents and professionals about their needs and challenges</li> <li>• To encourage parents to take part in any parent support groups to share their experiences</li> </ul>
<p><b><u>Skills/ attributes required:</u></b></p>	<ul style="list-style-type: none"> <li>• You are a parent or carer</li> <li>• Understand the confidentiality requirements</li> <li>• Reliable</li> <li>• Non-judgmental</li> <li>• A willingness to learn</li> <li>• Preferred 1 years’ experience of working with families, however not essential</li> </ul>
<p><b><u>Training and support given:</u></b></p>	<ul style="list-style-type: none"> <li>• Training is provided on an ongoing basis</li> <li>• Supervision is provided for 1 hour every 4 weeks</li> <li>• Out of pocket expenses reimbursed</li> </ul>
<p><b><u>To apply for this role:</u></b></p> 	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.h4all.org.uk">www.h4all.org.uk</a> and download or print an application form OR Email <a href="mailto:volunteerhub@h4all.org.uk">volunteerhub@h4all.org.uk</a> to request an application form to be sent to you by email or post.</li> <li>• Email your completed form to <a href="mailto:volunteerhub@h4all.org.uk">volunteerhub@h4all.org.uk</a> OR Post your completed form to H4ALL, Volunteer Development Team, Key House, Yiewsley, UB7 9BQ.</li> <li>• Call 07395 282825 to speak to a member of the volunteering team.</li> </ul> <p>An H4ALL application form <b><u>MUST</u></b> be completed <b><u>IN FULL</u></b>.</p>