



SUPPORT 4 PARENTS

**Have you ever thought...
If only I knew then what I know
now..?**

Now you can help in a really practical way.

We're looking for volunteers to work in a structured way with families in your area who are struggling to parent their children.

If you are interested in working with families and have experience in looking after children, you can make a difference.

If you can spare about 3 hours a week, we'll train you in how to pass on your precious skills and knowledge and we'll support you in doing a really worthwhile job.

**Want to know more?
Telephone Barnardo's Support 4 Parents for
an informal chat on 0783 3400461**

Or email nina.loader@barnardos.org.uk



WOULD YOU LIKE TO HELP FAMILIES WITH YOUNG CHILDREN?

Being a parent is the most important job we will ever have but also the most difficult, with long hours, new challenges every day and no training. No wonder that sometimes parents could do with a helping hand. Barnardo's helps these families with young children by offering support from trained volunteers.

- **What will I do as a Volunteer?**

Volunteers help in many different ways – they may help their family to begin to get out and make new friends at a local Children's Centre or Mother & Toddler group. The family may need help because of illness or disability or they may need support to help sort out financial problems or get their children into better routines and encouraging good behaviour.

- **Why should I get involved?**

Parenting is not easy for anyone but some families are faced with extra problems that make coping with day to day problems difficult. Your help and support can help a family to move forward and make changes so that life is a little better and less stressful for children and parents. This would also enable you to gain valuable experience if you are planning to take up a career working with children and families.

We will pay your expenses and provide full training and support.

- **Am I the right kind of person to enjoy this work?**

If you are warm, supportive, reliable and non-judgemental and know what family life is like with young children, then you are the person we are looking for.

- **How many hours a week will I have to volunteer**

Volunteers visit the family once a week for 2-3 hours for a time-limited period. This is following a 6 week initial training course of one morning a week. The project asks for at least one year's commitment.

- **How do I find out more?**

Please either telephone 01494 568955 or email

nina.loader@barnardos.org.uk

or visit our website www.barnardos.org.uk

