

Early Evening Specialist Volunteer

About Home-Start Essex

Home-Start Essex is a local independent charity that supports parents and caregivers across Mid, South, and West Essex to give children the best possible start in life. We offer compassionate, confidential, and non-judgmental support to help families feel less isolated, build confidence, and manage the challenges of parenting.

Our experienced staff and trained volunteers provide tailored support, across a number of services.

We work alongside families in their communities, building trusted relationships and helping them develop the strength and skills they need to nurture their children.

Purpose of Role

To provide support to families during the often hectic after-school to early evening period. This time of day can be overwhelming for parents, and your presence can make a real difference.

In this role, you'll help families:

- Manage end-of-day routines such as mealtimes, homework, and bedtime preparation
- Create a calmer, more structured environment during a busy part of the day
- Build confidence in establishing and maintaining positive routine.

You can offer support through:

- **Weekly home-visiting:** Providing hands-on support in the family home
- **Weekly telephone befriending:** Offering encouragement, advice, and a listening ear by phone/video.

What We Offer - Training & Support

All Early Evening Specialist Volunteers complete a Preparation Course before starting their role. This includes:

- **8 e-learning modules** to complete at home, ideally before online sessions
- **Online face-to-face sessions** to build on the e-learning (format and number of sessions may vary)

In addition, you will be required to complete Home-Start's online Healthy Happy Homes training. The training covers Sleep Routines, Healthy Eating, Budgeting, Neurodiversity & Play.

You will be supported every step of the way by a Family Support Co-ordinator, who will help you ensure families receive the right guidance and support.

You will also have the chance to attend ongoing training sessions throughout the year, as well as regular peer support sessions.

Our training is designed to equip you with the confidence and knowledge to make a real difference.

Benefits for you

Volunteering with Home-Start Essex is a rewarding way to give back and grow personally. You'll:

- Make a real difference in the lives of local families
- Build confidence and gain valuable experience
- Boost your wellbeing through meaningful connection
- Meet new people and make lasting friendships
- Join volunteer support groups and social events
- Develop transferable skills in Sleep Routines, Healthy Eating, Budgeting, Neurodiversity & Play, that can be applied in various settings, including future employment.
- Feel part of a supportive, community-minded team
- Give your time and gain so much in return.