

Family Support Group 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.

How You Can Help

Family Support Group Volunteers play a key role in creating warm, welcoming spaces where parents and children can connect, grow, and feel supported.

We run a range of groups including:

- **Family Support Groups** where parents and children bond through play and shared experiences
- **Wellbeing Groups** and **Mothers in Mind** for mental health and emotional wellbeing
- **SEND Groups** for families of children with special educational needs

As a Group volunteer, you will support our staff by getting involved in group activities, engaging with children in play, and helping to create a relaxed, friendly environment where parents feel safe and supported. Your presence enables parents to fully benefit from the group – whether that is finding support from other parents, learning coping strategies, or simply taking a moment to breathe.

What We Offer

Training & Support

All Family Support 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)

You will be supported every step of the way by a **Family Support Co-ordinator**, who will offer regular one-to-one support and guidance.

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 can:

- 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 skills & knowledge that can be applied in used in various situations and including future employment
- Feel part of a supportive, community-minded team
- Give your time and gain so much in return.