

# Bright Beginnings Volunteer



**Role location:** Community locations in Southampton

**Day and time commitment:** Typically 2 hours per week – happy to discuss days and times

**Responsible to:** Youth Worker – Information and Advice (Bright Beginnings)

**Disclosure and Barring Service Check (DBS):** Enhanced DBS – Child and Adult Barred List

**Essential driver?:** No, but must be able to independently travel – reasonable expenses (agreed in advance) related to the role covered

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Here at No Limits, our mission is **to empower children and young people to reach their full potential through information, advice, counselling and support.** Our people are key in supporting us to achieve our aims and your role in this is outlined below.

We particularly welcome applicants from diverse backgrounds and those with experiences similar to the children and young people we help and support. We are committed to creating a diverse environment where people can be their authentic self, experiences and opinions are valued, and we all are open to learn from each other.

## About the role

Bright Beginnings provides one-to-one support to vulnerable young parents (17 to 25 years old), helping them to be the best parent they can be and to give their children the best possible start in life. As a Bright Beginnings Volunteer, you will be paired with young parents who are pregnant, or who have children under 2 years old, and are isolated, have little support from their family, or have no dependable adult figures in their life.

You will be supporting young parents with issues they are struggling with, particularly concerning their health, parenting role and their child's health, including:

- Supporting them to develop positive relationships with their bump / baby / toddler
- Helping them to navigate their way through processes, meetings and paperwork relating to their child's health
- Providing advice on the physical care of their child
- Supporting them with accessing community resources
- Encouraging them to engage with and use services to meet their own practical, emotional and health needs

## About you – knowledge, skills and experience

To apply for this role, we are looking for someone with the following skills and qualities:

- ✓ Be a parent / guardian or have had significant experience with children under 2 years old
- ✓ Understanding and genuine interest in young people, supporting them to take control of their lives
- ✓ Non-judgmental, patient, and welcoming attitude
- ✓ Good communication skills, with a willingness to listen and learn
- ✓ Committed, trusted and reliability
- ✓ Ability to role model and maintain healthy professional boundaries

Please include on your application form other relevant knowledge, skills and experience which can be from work, volunteering, education or personal experience. We value growth and may make recruitment decisions where not all essential areas are met, but you're able to show an ongoing commitment to learning and development.

## Main duties and responsibilities

- Meet with the young parents you have been matched with on a regular basis, offering help and support with anything they may be struggling with
- Engage with young parents in a supportive, transparent and non-judgemental way
- Take part in any briefings led by the Youth Worker, including discussing any issues and safeguarding concerns
- Be approachable and provide a listening ear when necessary
- Only discuss and offer support and signposting when you feel confident in doing so, making sure you do not make promises you / we cannot keep – escalating to the Youth Worker, as appropriate
- Make sure the appropriate and right documents and forms are completed in a timely manner, and shared with your Youth Worker
- Raise any safeguarding concerns with the Youth Worker at the earliest opportunity

## General

- Work in an impartial, confidential and non-judgemental way – raising any concerns immediately with the Youth Worker
- Keep up-to-date with relevant news, information and guidance provided by No Limits
- Read and abide by No Limits' policies and guidelines, particularly safeguarding and confidentiality
- Attend and participate in regular training, meetings and 1-2-1 reviews
- Complete any monitoring, referral and / or other forms to a high standard, and as required