

What Volunteering Can Offer you

Rewarding. Being offered thanks can give you instant satisfaction, but knowing that your help and time will make a difference to other people will reward you for a lifetime.

Skills. Gaining new and expanding on current skills. New skills can be applied consistently to aid with both personal and professional growth.

Work experience. Any time and experience gained from volunteering can be added to your CV as a useful asset for future employers to review.

People. Meeting new people and developing new relationships is a highlight that goes hand in hand with volunteering.

Families InFocus (Essex) is a registered charity no. 1062311 & a limited company registered in England & Wales no. 3287829

FAQ

Will my expenses be paid?

Mileage will be reimbursed at 45p per mile, and other related expenses are paid.

How much time will I need to commit?

There is no commitment to how many hours you offer to us. With the activities and events we offer, we can be flexible to how and when we could use your time to make a difference to our families.

What if my current situation changes?

We can adapt the hours you volunteer, or change the sessions you volunteer for if changes arise. A break from volunteering is always possible.

We always appreciate time, why not share yours with us?

Families InFocus (Essex)

Lancaster House, 140 Mildmay Road
Chelmsford
Essex CM2 0EB

Tel: 01245 353575

Email: helpline@familiesinfocusessex.org.uk

Website: www.familiesinfocusessex.org.uk



FAMILIES INFOCUS (ESSEX)

Supporting families of children and young people with disabilities and special needs

Volunteers Make a Difference

About Us...

We are a leading independent parent led registered charity providing holistic support to families of children with disabilities and special needs (aged 0 to 19) across Essex, who require advice, information and support, particularly at times of change, challenge and crisis.

Our service is accessible to all families from Essex whatever their background, as long as at least one child or young person in the family between the age of 0 to 25 has a disability or special need.

We aim to give caring, practical and confidential support whilst empowering families, in a non-threatening way, to consider the choices available to them and make the best use of available services.

Our services are seen as essential, invaluable and tailored to meet the needs of our families in an accessible, proactive and positive way.

Where could you help as a volunteer?

Families InFocus does not just offer advice to it's families, there are a variety of events and activities which provide entertainment and fun as well as respite care. Whether you have a lot of time or just a little, there are a number of opportunities where we could put your time to good use.

You can make a difference!

Drop-ins and Befriending...

Our Drop-Ins (at various locations in Essex) offer parents or carers somewhere to meet, make new friends, and to share experiences and support. Pre-school children are very welcome. Volunteers can help by making tea and coffee, chatting to parents and entertaining the children with creative and fun activities.

Siblings Group...

These sessions allow siblings of special needs children to have some time away from the family group. Volunteers can help by setting up the session, interacting with the children and encouraging them to take part in the activities available.

Activity Club...

This club is run each Saturday in Chelmsford and is for the whole family. Volunteers are needed to help run the sessions through both supervision and entertainment for the children during the hours of the club.

Events/ Outings...

The volunteers for these events can help to supervise the children during these day/ night time events, and by just having fun.

Become a Trustee...

Want to help influence the way in which we are run? Then you may be interested in becoming a Trustee. We welcome and currently have members from a variety of backgrounds and experience, all with a desire to do the best for our families. Training is available.

Fundraising...

Fundraising is an integral part of any Charity and we are continually searching for new ideas for both small and large scale events. A sub committee of volunteers coordinates this.

PR...

If you prefer a more active role as a volunteer, promotional leaflets need to be distributed to localities.

The setting up, supervising, and promoting local displays is essential to developing awareness of Families InFocus.

Others...

Newsletters are distributed bi-monthly; this can be a very busy time for mail outs.

There are also other opportunities to provide support in Administration.

Childcare experience/ qualification desirable but not essential. Must be over 18. Some training will be provided. All volunteers are required to complete a Criminal Records Bureau check at our expense.