

Volunteering With FSW – Frequently Asked Questions

• Why volunteer with FSW?

You should volunteer if you feel passionate about helping families. For some this may be a step into a longer-term commitment to this work; for others it will be a more short-term, life-enriching experience. You may be looking for an opportunity during a gap year; following your period of professional training but before you embark on your career path; or you may be looking for a new direction. We are confident that volunteering with FSW will be a positive, rewarding experience for you and for those you help.

• What will I gain from being a volunteer?

Volunteering with FSW will help you to gain new knowledge, new abilities, learn and improve yourself as well as allow you to serve the community. You may also feel satisfaction from playing a positive role in someone else's life and if you're looking for work, you will gain valuable work experience for your CV.

• What kind of work can I be involved in?

Depending on your individual skills and experience you can be involved in a variety of activities such as:

Policy formation and management - for example, serving on boards and committees;

Practical tasks—building maintenance, gardening, decorating, helping at events and with families alongside our professional staff

Administration—filing, recording, bookkeeping;

Publications—newsletters, website updating;

Fundraising—special events where the possibilities are endless!

• Do I have to be a practising Christian to volunteer?

No. Our work is neutral and open to people of all faiths or none. Our work is faith based in that it is done according to Christian principles and ethos. Also, since the initial establishment of Family Support work in 1898 we have maintained our links with Diocese of Chichester where many of our long standing supporters are church members but this is not a requirement in order to volunteer.

• What training and support is available?

New volunteers will take part in an Induction Programme that will include a CRB check and though FSW is an independent charity it works within a framework of Government welfare regulations. The Induction Programme will ensure that all new volunteers acquire the necessary awareness and skills to work with FSW. There may also be opportunities for further training depending on the location and nature of the role.

• ***What about expenses?***

Should you wish to, FSW will refund legitimate out of pocket expenses such as travelling, parking and postage costs while volunteering with us.

• ***What age do I have to be?***

In general there is no minimum or maximum age limit as long as:

- you are able to make a useful contribution
- there is no minimum age requirement for the role, and
- the activities are suitable for your age and not detrimental to your welfare or education.

If you are under 18, your parent or guardian must give permission for you to volunteer and if you are under 16 you must be supervised by an adult and not left alone. We can't always provide supervision so this may restrict younger people to volunteering with their parent/guardian. There is no upper age limit. Older volunteers are welcome to stay for as long as they can carry out their work effectively and providing they are not putting their, or others', health and safety in jeopardy.

• ***Can I volunteer if I have a disability?***

Yes. There are disabled volunteers or people with limited mobility supporting the work of FSW in all kinds of roles. If you have particular concerns, please talk to us about them.

• ***How do I get started?***

Take the first step and contact our full time Volunteer Co-ordinator, David Dickson. We can then talk to you informally and arrange a time to discover how your skills can make a difference in somebody's life. There is also a small download on our website called "Volunteer Registration" explaining the process.

You can contact our Volunteer Co-ordinator, David Dickson at:

Knowles Tooth Centre,
Langton Lane,
Hurstpierpoint,
West Sussex,
BN6 9EZ,

Telephone: (01273) 832 533,

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