

# What do volunteers actually do?

Being a parent, whatever your personal circumstances and wherever you live isn't always easy. Add in the stress of financial worries or illness and without the support of family and friends the stress can easily become overwhelming.

In these circumstances a volunteer can provide a positive approach working alongside our professional staff.

## What do volunteers actually do with families?

**Practical help** – this may be providing a break so you can have some “me” time, giving you help with play ideas, thinking through different ways to manage behaviour, organising household tasks, give you a hand with shopping, outings and trips.

**Talking** – sometimes just being able to share what is on your mind without being judged and knowing it won't be passed on as gossip can be a relief.

**Listening** – volunteers should be good listeners helping people through difficult times and interested in what is happening to others rather than offering advice.

**Resources** – a volunteer can help people access local resources, helping with forms, budgeting, supporting you on visits to local groups and appointments such as DSS, Housing, legal and medical etc

**Supported breaks** – visiting our residential with other families and our professional staff can give families a much needed break

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# Part of the Team