



# Voluntary Action North Lincolnshire

*Promoting, developing and supporting voluntary activity within the community*



## Hidden Harm Volunteer Role Description

### Purpose

Hidden Harm is a new project for North Lincolnshire which aims to offer non-judgemental support to families where substance misuse is an issue, with the aim of supporting parents in their recovery, and helping the family to give their children the best possible start in life. The project will support parents to grow in confidence, strengthen their relationship with their children, support their recovery in a positive and practical way and widen their links with the local community.

Volunteers will provide non-judgemental and positive support to parents and children to work towards recovery from substance misuse, and the increased confidence and independence of both parents and children and young people by:

- Offering help to be a good parent.
- Support to identify positive life goals and help to access support that will realise those goals
- To help families to build better relationships with wider family members and community opportunities, including schools
- To offer practical and emotional support to overcome addictions
- To offer practical support to parents to help them to keep their children and young people safe.
- Volunteers will provide support to the families in the most practical way for both families and volunteers, ensuring both parties feel safe and confident in the support being provided.

This will include:

- In the home

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- Accompanying the parents or children and young people to a school, community activity, training or treatment appointment
- An alternative setting e.g. Family Centre, Wellbeing Hub, VANL office, New Ancora Wellbeing Centre.

Settings will be chosen which protect the identity, confidentiality and dignity of the family.

Volunteers will be positive, non-judgemental and respectful and emphasise the positive aspects of family life.

Support will focus on:

- developing a relationship with the family in which time can be shared and an understanding can be developed
- encouraging parents' strengths and emotional well-being for the ultimate benefit of their own children
- encouraging families to widen their network of relationships and to use effectively the support and services available in the community

### **Support for Volunteers**

Volunteers will receive regular support sessions with the Hidden Harm Coordinators, who will carefully match volunteers with families to ensure that the relationship has the best chance of being mutual.

A full entry training programme will be provided, followed by regular on-going development training sessions.

Out of pocket expenses will be reimbursed, usually on a monthly basis, unless this causes difficulty for the volunteer when it can be managed on an as and when basis.

Commitment and training required:

- Completion of the Preparation Course and relevant on-going training.
- Time with a family usually each week (usually 2-3 hours a week), however this will vary and according to the needs of the family and will be less as they become more independent (it is important that you identify what time you are able to give to ensure you are matched with the right family).
- Time for regular support and supervision in respect of the family you are working with
- Continuity (usually at least 12 months)
- To work within the policies of VANL including Safeguarding, Confidentiality, Data protection and Health and Safety
- Inform their insurance company that their car is being used for voluntary work (if applicable).
- Undertake an enhanced DBS check.

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As a Hidden Harm volunteer you will be:

- Positive about difference e.g. culture, religion, social status
- Have a 'can do' positive attitude to working with people no matter what their life circumstance
- Have a sensitive, non-judgemental and caring attitude towards others
- Clear about confidentiality and be able to decide when disclosure of a confidence is essential to the well-being of a child
- Be reliable and understand the importance of reliability to the family with good communication skills including an ability to listen
- Be willing to learn and grow as a result of your volunteer role
- Understand the need for and importance of support
- Patient, with a warm and open personality and a sense of humour, and prepared to keep records if requested.

Overall; this exciting and rewarding voluntary activity requires energy, commitment, reliability, creativity and a sense of humour, in exchange for;

- feeling you are making a positive life changing difference to children and their families, by breaking the cycle harm that substance addictions can bring and,
- a range of transferable professional skills which can support further career pathways for volunteers who wish to pursue a professional career; including:

Social work

Health and social care

Counselling

We hope to accredit the learning programme to CERTA level 2 or 3 for volunteers who wish to obtain a formal qualification (this will not be mandatory).

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