

A quick guide to volunteering with us..

You must be a parent or have parented a child.

You will be able to commit to supporting a minimum of two families, each for one hour a fortnight.

You should be able to commit to volunteering for up to a year.

You should have empathy with the stresses and strains of family life .

You should be able to attend Initial Volunteer Training. This is accredited through the Open College Network which gives you a formal qualification.

Out of pocket expenses will be refunded during the time you volunteer with us.

You should be able to commit to attend Volunteer Monthly Meetings.

You must be able to keep discussions with your families strictly confidential.

You will have to undergo an Enhanced Criminal Records Bureau check.

Full Support is available at all times from the Team.

Flintshire Community Parents

Parents supporting parents for positive change.

Flintshire Community Parents started in the Autumn of 2001 as part of the Sure-Start programme of services for families with young children.

This partnership continues to work effectively with statutory and voluntary organisations in Flintshire to provide a holistic service to families countywide.

Flintshire Community Parents is now a stand-alone independently funded project with our own constitution, and partnership board.

Research commissioned in 2006 and published in 2008 states :

‘Community Parents have a particular role to play in reducing social isolation, enabling parents to build their confidence and sense of self worth and assisting them to access other services . They also promoted healthier lifestyles, enabling parents to reduce the stress associated with parenting and assisted them to support their own children’s early learning and development.’

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A Guide to Volunteering with Flintshire

Friendly Informal Support for Parents in Flintshire...



Who are Flintshire Community Parents?

Flintshire Community Parents are a voluntary organisation based at The Westwood Centre In Buckley. There are 7 members of staff supporting a team of Home Visiting Volunteers.

What do we do?

In its simplest form its about sharing ideas, one parent to another in a friendly and informal way, but with focus, direction and purpose.

Support from a Community Parent provides the opportunity to talk freely about how we are feeling.... About the good times and the bad! With help everyone can enjoy the experiences that parenthood has to offer.

What would I actually do as a Volunteer?

Volunteers are trained to offer informal support to parents.

Volunteers can also signpost and refer to other organisations when necessary.

Home visits are usually for around one hour every fortnight.

Volunteers are trained in the use of the Community Parents Home Visiting Booklet which tracks the progress that an individual family makes during their time with us.

Above all volunteers must be committed and conscientious, empathic and non judgemental.

Do I need any qualifications?

Volunteers do not need any formal qualifications but the experience of being a parent or carer is essential.

All volunteers must go through an Enhanced Criminal Records Bureau Check before commencing volunteering.

Will I get any training?

Volunteers undergo full initial training covering good practice for volunteering, Child Protection, Domestic Violence awareness, Child and Adult Mental Health, Drug and Alcohol Abuse.

Further optional training is offered as and when it becomes available.

What's in it for me?

The option to gain a recognised qualification through the Open College Network whilst attending initial training

The knowledge that you have helped

A boost to your self esteem and confidence

A step towards gaining qualifications and moving on to paid work

Out of pocket expenses paid

Support from other Community Parent Volunteers and the Development Team



“It was great that I could talk things through in confidence. She never judged me.”

“She came to talk to me.. About me, not the kids or anyone else. I felt as though I had someone to confide in”

It was good to know that I am not the only one who finds things difficult from time to time”