

## Wellbeing & Resilience Volunteer

### About Edinburgh Children's Hospital Charity (EHC)

We are Edinburgh Children's Hospital Charity.

Every year, every day, every hour we work tirelessly to provide seriously ill babies, children and young people with that something extra they deserve.

Our wonderful NHS colleagues provide world class medical treatment and care; EHC provides holistic support, fun, colour and laughter to bring reassurance and comfort every step of the way.

### Wellbeing and Resilience Outreach

Edinburgh Children's Hospital Charity have developed a new and exciting project which supports the wellbeing and resilience of children and young people who are struggling with their mental health. This project will support the whole family (child, parents/guardian, siblings, grandparents etc.) through these challenging times, by offering support and advice. We will pilot this programme over a two-year period in Tranent.

We are seeking caring and passionate volunteers to support our Wellbeing and Resilience Programme which will be delivered from the Fraser Centre, Tranent. You will volunteer alongside a team of EHC staff who will fully support you in this role to welcome, support and signpost families with a child who is experiencing mild-moderate mental health issues. Our aim is to increase emotional resilience, promote safety, improve mental health and wellbeing, promote recovery, and prevent problems escalating.

### Volunteer Role Description

Role Title	Wellbeing and Resilience Volunteer
Purpose of Role	To act as hosts within The Haven, our wellbeing & resilience hub in Tranent, supporting children, young people and families using the facility.
Location	Fraser Centre, Tranent
Hours (TBC)	Wed 2.30-6pm or 5.00-8.00pm  Friday 11.30am-3pm or 2.30-6.30pm  Minimum of 1 session per week
Tasks	<ul style="list-style-type: none"> <li>▪ Welcoming children, young people &amp; families to the space.</li> <li>▪ Setting up for the session (get refreshments ready, making sure space tidy, resources for session are ready and making the space comfortable and welcoming)</li> <li>▪ Monitoring numbers using the space.</li> <li>▪ Serving refreshments to visitors</li> <li>▪ Supporting families during their time in the space – by listening, signposting to other resources/organisations, engaging children in activities, assisting with resources (e.g. setting up games consoles).</li> <li>▪ Supporting EHC team members with additional tasks (such as preparing materials).</li> </ul>

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	<ul style="list-style-type: none"> <li>▪ Contribute to evaluation at end of session</li> </ul>
Supervision	Reports to a Children's Wellbeing Team member
Person Specification	<p>We are looking for calm, friendly, approachable volunteers with the following skills and experience for this role:</p> <p>Essential:</p> <ul style="list-style-type: none"> <li>▪ Excellent communication skills including being a good listener</li> <li>▪ Calm, friendly and approachable in nature</li> <li>▪ Flexibility – willingness to perform a variety of roles/tasks</li> <li>▪ Reliable</li> <li>▪ Team player</li> </ul> <p>Desired:</p> <ul style="list-style-type: none"> <li>▪ Experience supporting children, young people &amp; families</li> </ul> <p>A PVG Disclosure check will be required for this role and training will be provided</p>