

## Volunteer information

### About SSBC

#### **SMALL STEPS BIG CHANGES (SSBC) AND ASPLEY FAMILY MENTOR SERVICE**

Small Steps Big Changes, usually referred to as SSBC, is the name given to Nottingham City's successful bid submitted to the Big Lottery as part of their Fulfilling Lives: A Better Start programme.

SSBC was a collaborative bid and the partner organisations include Nottingham CityCare Partnership, Nottingham City Council, Nottingham CVS and local parents.

SSBC is a partnership of parents, professionals and organisations including voluntary and community groups, the City Council and health providers coming together to help give the best start for Nottingham's babies and children.

The aim of the programme was to create a 'vision' for improving outcomes for babies and toddlers in 4 wards in Nottingham: Aspley, Bulwell, the Arboretum and St Ann's.

There are a number of initiatives within the SSBC programme and the Family Mentor Service is only one aspect, albeit a very significant one.

The SSBC programme covers four wards across the city (Aspley, Bulwell, Hyson Green and Arboretum, and St Ann's), and focuses on helping families and children learn to:

- Nutrition
- Communication and Language
- Social and emotional development

Since 2015 Home Start Nottingham have delivered the Family Mentor service in Aspley, working in connection with the SSBC programme.

**Home-Start Nottingham** has over 40 years' experience of supporting families with young children in Nottingham City and Nottinghamshire County. We aim to ensure that every child has the best possible start in life by reaching out to and working alongside parents with a positive and non-judgmental approach.

Home-Start Nottingham's team of Family Mentors have worked in Aspley, supporting expectant parents and families with children aged 0-3 years since 2015. In 2020, Home-Start Nottingham, in partnership with Framework HA, were awarded the contract to continue to deliver the Family mentor service and the volunteer service in Aspley.

Home-Start works with volunteers for the benefit of families and the volunteers themselves. Volunteers are recruited, selected and appropriately linked to activities according to their skills and experience. Volunteers are valued and well supported.

Home-Start Nottingham welcomes volunteers of all ages and backgrounds.

Volunteers do not need specific qualifications; it is their life experiences, attitudes and interpersonal skills that matter, but they do need the ability to:

- Good communication skills
- A non-judgemental approach
- A caring attitude
- Commitment and enthusiasm to Home Start Nottingham and SSBC

If you are a parent, grandparent or would like to gain experience with supporting families then all that is needed to volunteer for Home-Start Nottingham is the ability to empathise with other parents and the motivation to want to help people.

Our groups and activities are delivered in Aspley. They have a range of volunteering opportunities for parents and grandparents to get involved in giving our children the best start in life by volunteering their time to help.

### **Why become a Volunteer?**

It is the time; the care and the commitment volunteers give that can and does make a real and practical difference to the lives of others.

Volunteering is a good way to learn new skills, meet new people, feel valued, and have fun!

All volunteers undertake the initial induction training course, many volunteers also find that they learn a lot about themselves during the course and feel more confident and are able to learn new skills.

Home-Start Nottingham expects a commitment to the organisation of one year after completing the training course.

We have various volunteering roles. Currently we have the Family Mentor Group volunteer, Admin volunteer, you can do one or both, there will be opportunities to move from one volunteer role to another.

### **About being a Family group volunteer**

We have some fun and exciting volunteer roles supporting families and children in group settings. It's a fantastic opportunity for you to meet new friends, learn new skills, have fun, and make a difference supporting your community. All our groups and activities are delivered in Aspley by the Family mentors and assisted by volunteers.

Volunteers play a vital role to support families with providing emotional support to help less confident parents feel more comfortable to come along to groups so that their children don't miss out.

Volunteers support and encourage parents and children to participate in the activities, Volunteers work alongside families and build up a trusting relationship and give compassionate and non-judgemental support.

### **Main Responsibilities**

- Your role will be to support the smooth running of the group sessions, this could include helping to set up the group, clear away.
  - Welcome families on arrival at groups and help them to settle in
  - Preparation of resources.
  - Help to deliver activities to parents and children.
  - Attend community events to showcase SSBC activities.
- Volunteers help with promoting the Family Mentor Service and the promotion of volunteering and its benefits.

Training and support is given to every volunteer, making it a fantastic opportunity to gain skills and experience, or just to give something back to your community.

## **About being an Admin volunteer**

Our admin volunteers give a couple hours each week to help behind the scenes at the Aspley Hub. The tasks will vary depending on what is needed at the time, if there is a specific skillset you would like to offer or gain experience in then let us know and we'll do our best to match you to the right role, so that you can help the service run as smoothly as possible and reach more families and children.

Volunteers will work alongside staff at the Aspley Hub. Volunteers performing this role will be expected to maintain organisational, client and colleague confidentiality, adhere to organisational code of conduct and will be required to undertake the following administrative tasks like:

### **Main Responsibilities**

- Event and activity administration
- Preparation of resources
- Typing letters
- Mail distribution
- Photocopying
- Laminating
- Minute writing

Training and support is given to every volunteer, making it a fantastic opportunity to gain skills and experience, or just to give something back to your community.

### **What support will I receive?**

Volunteers receive lots of support both during the induction training course and after when they are linked in their role. Volunteers receive regular support from their co-ordinator and have access to ongoing training and development opportunities.

### **When is the next initial induction training?**

The initial induction training is 10 hrs over various days. Days and times are decided at the time of planning. The course is free of charge and we pay all out of pocket expenses.

Please contact the Home-Start Nottingham office for details of when the next course is run.

If you have any other questions or queries about any of the roles, please contact us on

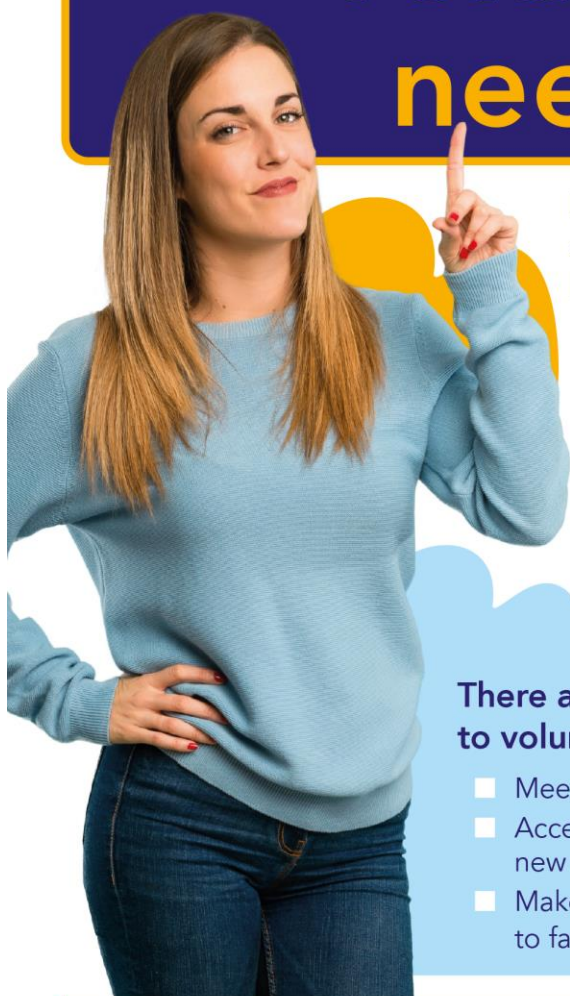
Home Start Nottingham office

0115 9624262

[info@hsn.org.uk](mailto:info@hsn.org.uk)



# Volunteers needed



Make a difference to parents and children in Aspley, Broxtowe and Bells Lane.

## What our volunteers do:

- Support our groups and activities - get involved at Story & Rhyme Time, Cook & Play, and much more!
- Lend a hand at our community events
- Spread the word to other parents
- Help families increase their confidence

## There are loads of benefits to volunteering with us:

- Meet other local parents
- Access training and gain new skills
- Make a real difference to families in your area



To find out more text, WhatsApp or phone Marie:  
07910 312613 or email: [Marie.Sheffield@hsn.org.uk](mailto:Marie.Sheffield@hsn.org.uk)

Small Steps Big Changes - giving every child the best start in life

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