

## Volunteer Opportunities-Children's Centres

**We have a number of volunteering opportunities within our centres, please take time to read through the different opportunities we have and let us know where you feel you can help.**

<b>Messy Tots</b>	
<b>Group/Project description</b>	<b>How you can help</b>
<p>A variety of different play activities are offered each week which are planned to meet the requirements of the Early Years Foundation Stage guidance.</p> <p>Promoting positive play and interaction between parents and child</p> <p>Introducing the areas of learning and development stages, supporting transitions to early years settings, pre-school or school.</p>	<p>Supporting with preparation, setup and tidy up of the activities</p> <p>Engaging with children and offering learning opportunities through play</p> <p>Supporting the parents with positive interaction with their children and understanding learning and development opportunities</p>

<b>Rhymetime</b>	
<b>Group/Project description</b>	<b>How you can help</b>
<p>A fun interactive singing session for under 3's</p> <p>Parents and carers learn actions and songs to do with their child.</p> <p>The session supports and encourages communication and language skills.</p> <p>Encourage families to use libraries.</p>	<p>Supporting with preparation, setup and tidy up of the activities</p> <p>Engaging with children and offering development with communication and language skills</p> <p>Supporting parents with positive interaction with their children and understanding learning and development opportunities</p>

<b>Baby Steps</b>	
<b>Group/Project description</b>	<b>How you can help?</b>
<p>An under 1's group</p> <p>Baby Massage</p> <p>Breastfeeding support</p> <p>Topical group discussion</p> <p>A support network for new parents</p>	<p>Supporting with preparation, setup and tidy up of the activities</p> <p>Support and guidance for parents around successful breastfeeding</p> <p>Boosting parents confidence through discussion and sharing knowledge and experience</p> <p>Supporting new parents with anxiety/concerns they may have to develop their parenting skills</p>

<b>Food Fun</b>	
<b>Group/Project description</b>	<b>How you can help</b>
<p>Introducing cooking as a fun family activity</p> <p>Gaining ideas to create simple, cheap, healthy meals &amp; snacks</p>	<p>Supporting with preparation, setup and tidy up of the activities</p> <p>Supporting parents with healthy meal options</p> <p>Supporting parents with budgeting</p>

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<p>Develop awareness of safety - elements of food safety and kitchen safety are discussed</p>	<p>Supporting parents with engaging with their children in preparing and cooking meals</p> <p>Support children in learning new skills</p>
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Parenting Programmes	
Group/Project description	How you can help
<p>We run a variety of parenting programmes for different age groups, all programmes are designed to support parents in gaining knowledge and skill around parenting issues</p> <p>Exploring solutions and strategies for managing unwanted behaviour and building strong relationships with their children</p>	<p>Supporting with preparation, setup and tidy up of the activities</p> <p>Supporting parents in understanding the benefits of positive encouragement and positive discipline</p> <p>Supporting parents whose children have special educational needs</p> <p>Supporting parents in building their confidence around their parenting abilities</p>

General Maintenance	
Group/Project description	How you can help
<p>Varied tasks from painting, hanging notice boards, gardening, cleaning toys and equipment.</p>	<p>Supporting the effective running of the centre</p> <p>Providing a safe and pleasant environment for families to visit</p>

***As part of Ormiston Families commitment to the protection of children some of our volunteer positions will require completion of satisfactory references and Enhanced DBS (Disclosure Barring System).***