



## Best Start with HENRY Volunteer Application Pack



## About HENRY

Childhood experiences last a lifetime - so every child deserves the best possible start in life. And although parents want a happy healthy future for their children, family life isn't always easy. We make sure families get the support they need so that they and their children are able to flourish throughout childhood and beyond.

HENRY is the leading national provider of evidence-based services to support a healthy start. We are currently working in partnership with NHS trusts, public health teams, children's services and other partners in around 40 local authorities. We support parents to transform family life for the better in all sorts of ways – including emotional wellbeing, family relationships, parenting skills, infant feeding, the home learning environment, improved nutrition and getting more active.

### Our service offer

- Training for practitioners, equipping them with the confidence, understanding and skills to create the conditions for positive change in their work with families
- Family support services, including a wide range of workshops, group programmes, individual support, resources and online help
- Creating healthier communities through volunteering and supporting a healthy start in childcare settings

### Our values

- **Partnership:** parents are the experts in their own family so we start with their experience and support them to make changes that they believe will lead to a healthier and happier life.
- **Strengths-based:** we acknowledge and build on all the things that are going well, fostering hope and self-belief.
- **Person-centred:** families face different challenges - we get alongside families and listen, building a relationship based on trust and empathy.
- **Respect:** we value families for who they are and seek to understand rather than judge.
- **Inclusive:** we find out about the difficulties that some families face in accessing support and work proactively to overcome barriers.
- **Excellence:** we strive to provide families with high quality and effective support; we value learning about what doesn't work as well as what does, approaching new ideas with an attitude of curiosity and using reflective practice, evidence and feedback to improve our services.

### Our impact

HENRY family support really works:

- 97% of families who join a HENRY family programme are leading a healthier lifestyle and enjoying family life more by the end

- Independent academic evaluation shows that families make long term changes, and parents themselves describe our support as ‘life-changing’.

*“For me this course helped me to break the bad habits that had been passed on to me through many generations. It’s a big change that will make the children of tomorrow healthier. As parents you want to do the best for your children and the HENRY course definitely shows you the way to achieve that.”*

Our training for practitioners is transformative:

- 99% practitioners say it met or exceeded expectation
- 71% are still using the skills they develop through our training 12 months later, with many still using them 5 years on

*“Excellent, inspirational training. I have been on many courses and this is the best one I have ever done.”*

## Our team

HENRY currently employs 45 staff. About one third are based at our national office near Oxford and two-thirds in 6 different locations (Hackney, Waltham Forest, Southend, Bradford, Leeds/Sheffield and Telford) delivering services and projects.

In addition to our employed staff team, 12 freelance trainers and 95 volunteers also play a crucial part in delivering HENRY services.

HENRY’s supportive ethos and high levels of staff satisfaction and commitment are evident in our annual staff surveys. Over 90% of staff tell us they are proud to work for HENRY, enjoy working with people at HENRY and feel they are treated with fairness and respect and that their views are listened to and valued.

## Our future

This is an exciting time to be joining HENRY. Over the last 5 years we have successfully implemented ambitious plans for growth. We now support 5,000 families a year through our different service contracts, grant-funded projects and licensed delivery of our programmes.

Over the last few months we have undertaken a major strategic review, shaping robust plans to continue this growth and offer HENRY support from conception to the teenage years.

Our strategic objectives from April 2019 are to:

- Continue to strengthen our work in the early years
- Extend HENRY to parents of children aged 5-11 and to teenagers
- Extend our reach through the use of digital technology and new partnerships
- Develop and maintain our reputation as a ‘centre of excellence’, working with academic partners to strengthen our evidence base and influencing national policy
- Develop new income-generating activities to support our core mission

# Overview of role

## Role Purpose

To support the Best Start with HENRY in City and Hackney team to reduce health inequalities, promote healthy living and uptake of Healthy Start Vitamins and Vouchers in City and Hackney.

## Supervised by

HENRY Senior Practitioner

## Activities

Volunteers will be fully supervised, supported and trained to provide the following activities:

- Setting up and supporting local activities run by HENRY in City & Hackney
- Staffing promotional stands at local community events in City & Hackney
- HENRY outreach and promotion within the community
- Signposting parents/carers to local events, activities and services
- Working with local partners such as children's centres, pharmacies, nurseries, libraries, etc.
- Working with local partners regarding the local services delivered by HENRY
- To support *Healthy Families* practitioners with setting up *Healthy Families* workshops, 8-week group programme, training sessions and other local activities run by HENRY
- Administrative support

## Volunteer commitment

- Attend all volunteer training sessions
- Maintain confidentiality (according to guidelines of project) and follow the other policies and procedures of the project
- Provide accurate records of every contact with families, as directed by the project lead
- Participate in regular support, supervision meetings and learning sessions
- Work within agreed systems which are designed to ensure volunteer safety
- Possibility of working at weekends or evenings in the community

## Time commitment

The ideal minimum commitment is 6 months and there is a probationary period of one month.

We are looking for volunteers who are able to commit to:

- Participation in initial training days equivalent to two days
- Volunteer at a minimum of 4 hrs per month
- Participate in outreach sessions in the community
- Work the occasional weekend or evening
- Regular attendance at support meetings
- Attend a support meeting: 1 hour supervision every fortnight

## Location

Working at various children centres, community pharmacies and community venues in City and Hackney.

## Benefits to the volunteer

- Increased knowledge of providing the best start for babies and young children using an evidence-based programme
- An opportunity to develop experience, skills and knowledge for career development, as well as references: HENRY is committed to helping volunteers develop their own learning and development through the project
- Being part of the Best Start with HENRY team
- Personal development and skills training
- Opportunities to meet and interact with a wide range of professionals and community people
- Out of pocket travel expenses reimbursed
- Flexible hours

## Volunteer person specification

We are looking for individuals who:

- have experience of parenting/being in a parenting role or demonstrable experience of working with parents or children e.g. in their work, previous volunteering or a previous role
- are good listeners and have an ability to empathise with all parents regardless of race, gender, age, religion or belief, nationality, marital status, sexual orientation or disability
- are interested in healthy living and passionate about babies and children having the best start in life
- can remain open minded and non-judgemental
- are willing to commit to work within HENRY's policies, in particular our confidentiality policy and safeguarding procedures, ensuring that HENRY can keep the volunteer, as well as the families using the service, safe at all times
- are willing to commit to attending regular supervision and support sessions
- are able to work individually as well as part of a team
- are prepared to travel to local venues and events
- are available to volunteer at occasional weekend or early evening events
- are willing and able to give a six months' commitment to the project

For more information please contact [hcvolunteer@henry.org.uk](mailto:hcvolunteer@henry.org.uk). To submit an application please complete the application form and equal opportunities form available from our website <https://www.henry.org.uk/jobs> and return to [hcvolunteer@henry.org.uk](mailto:hcvolunteer@henry.org.uk) or by post to HENRY, Linden Children's Centre, 86-92 Rectory Road E16 7SH.