

**Volunteer Role:** Parent 2 Parent online support volunteer

### **Role Summary**

The Parent 2 Parent online platform aims to offer the person seeking support, a safe space to approach FFLAG for empathy, comfort, support and signposting. The person seeking support will match with the profile of a P2P volunteer with whom they see the most similarities with their own experiences. The interactions will happen at a mutually convenient time for both parties and in a manner in which it is most comfortable, for example on Zoom but without video.

### **Main Responsibilities:**

- Committed to creating and developing empathic relationships with those seeking support
- Be a confidential support with whom the person can discuss their situation and experiences
- Following FFLAG's safeguarding policy and adhering to the Volunteer Handbook
- Commitment to FFLAG's training programme and undertaking additional training as required
- Offering one-off or regular sessions with a person seeking support, sharing your own experiences where appropriate in a friendly and supportive manner

### **Qualities of a Volunteer**

- Commitment to the vision, mission and values of the charity
- Empathic, approachable and resilient
- Good communication and listening skills

### **Role commitment**

This is a long-term volunteering position where there may be peaks and troughs with how many sessions are required. Our Volunteer Coordinator will support you fully and be in regular contact throughout times where you may have fewer interactions, similarly through times where you may have more, to ensure that the role fits with your personal circumstances.