

# Supporting parents, shaping futures

**Have you been looking for a way to give back and support your community? Volunteer for us and make a difference to Hillingdon parents and carers**

Parent Carer Champions are volunteers who play a crucial role in their communities by supporting parents and caregivers of children with emerging additional needs.

Our Parent Carer Champions offer practical guidance, emotional encouragement, and valuable insights drawn from their own experiences. Through sharing their knowledge and experience, they help build a strong support network that links Hillingdon families to vital resources and services, while also championing the wellbeing and rights of their children. If you have a few hours to spare, you may make a difference in the lives of local families.

## Benefits of volunteering

- Listening and reflection skills
- Training and ongoing development
- Experience in family support
- Skills and experience for future employment
- Sense of fulfilment from helping people
- A boost for your emotional and mental health

If you would like to join our team, we would love to hear from you. To find out more about this volunteering role, contact **Meave** on **07949 889802** or email **meaved@familylives.org.uk**

**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

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