

# Want to help parents just like you?

**Free Training!**  
**Become a  
Parent Champion**

**Accredited level 1 or level 2  
training**

**Parent Champions training  
at Colindale School on:**

- ❖ Wednesday 11<sup>th</sup> September  
(Part 1, 9am-12pm)
- ❖ Wednesday 18<sup>th</sup> September  
(Part 2, 9am-12pm)

**Sign up in the office if you are**

## So what is a Parent Champion volunteer?

**They are parents just like you...**

...who volunteer for a few hours a week, **meeting other parents** to tell them about **local childcare** and other **family services**. As a parent, you can chat more informally and **share information** and your own positive experience about using local services

When it comes to finding out about what is going on locally, parents are often the best people to help. You know all about those things that every parent needs to know- because you have experienced it! You can help others get the information and support they need, at the time they need it.



*I feel I do something good for myself and other people in Colindale. I volunteer in the school where my son goes. I feel more confident when talking to other people. I am not shy! Parent Champion, Colindale Primary School*

## How does it work?

**As a Parent Champion...**

- ❖ You would **talk with individuals** or small groups about **early learning, childcare** and other services.
- ❖ You might **set up information sessions** for **parents at community events**.
- ❖ You could **help parents to find further information** and advice from a Family Information Service or children's centre or accompany them for the first time to use local facilities.

**You just need to *be yourself* and *talk to people just like you're another parent.***

*Parent Champions is interesting and is good for parents' communication. You can learn from new experiences for yourself, your children and then to help other children.  
Parent Champion, Colindale Primary School*



# How do I volunteer?

## Your commitment

You would need to **spare around 1-2 hours a week**, for a minimum of six months. You should normally be able to fit it in around your family, study or other commitments.

A lot of your chatting to other parents is likely to happen when you are out in your local community. **Parent Champions meet parents in all sorts of places, such as playgrounds, markets, libraries and local playgroups.**

## It can benefit you too!

As well as **building your general confidence**, you can use your volunteering experience to:

- ❖ **further your training** or employment prospects;
- ❖ make a **change in your career**; or
- ❖ find out more about how to best **support and help your own family.**

## Colindale School will help you by:

- ❖ **Weekly drop in** meeting in the family room at school on Wednesday mornings
- ❖ **Regular support** from Parent Champion
- ❖ Co-ordinators- Susie Averbrook, Lynnae Williams
- ❖ **Access to computers**, photocopiers, school professionals

*It has given me a push to advise other parents about the best way forward for them. I also help them and keep them up to date about resources. It has helped me with confidence to study childcare and childminding and build myself for the future.*

*Parent Champion, Colindale Primary*



# Parent Champions

## Barnet

### Colindale Primary School

*Parent Champions has helped with my confidence and improved my English. I am now volunteering in the school as well. It has encouraged me to think about studying and be helpful in this lovely community.*  
**Parent Champion, Colindale Primary School**



Coram Family and Childcare is the leading national charity in the field of policy, research and advocacy on childcare and family issues, working closely with government, local authorities, businesses and charities to achieve positive and long lasting change for families across the UK. Our vision is a society where all families are well-supported and have genuine choices about their lives.

Coram Family and Childcare was formed when the Family and Childcare Trust joined the Coram group of charities in August 2018.

## Want to find out more?

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