

## **VOLUNTARY SUPPORT: ROLE DESCRIPTION**



### **WHO WE ARE:**

Youth Realities is a youth-led organisation, based in Barnet, addressing teenage relationship abuse through creative education and survivor-centred support.

We're on a mission to educate, empower and support young people to be happier, healthier and more resilient versions of themselves.

### **OUR AIMS:**

- Reduce abuse within teenage relationships
- Increase awareness of teenage relationship abuse through education
- Empower young people's personal development & growth
- Provide advocacy and trusted support for young survivors

### **HOW CAN YOU HELP US?**

We are seeking support from dedicated, passionate and invested people to help us with continuing to rebuild and stabilise our organisational delivery and development as we move forward from the COVID-19 lockdown of 2020-2021!

**SOCIAL MEDIA SUPPORT (REMOTE):**

Social media is a huge engagement tool when working with young people, especially since face to face provisions were withdrawn and this became for many, their only form of social interaction and engagement at all. With such a small team dedicated to supporting young people in a range of programmes and provisions, social media can often be difficult to keep up with, so having a volunteer dedicated to this role would be incredibly helpful, as well as a fantastic way to support a wide range of people across our platforms.

We create our content via [Canva](#), or video footage of ourselves/ others, following simple themes and structures to help maintain and build engagement and interactions across our pages, which are Instagram, Twitter and Facebook (@youthrealities).

Our social media themes are: Informative, Interactive, Motivational & Dance/ Fitness. Please visit our platforms for examples of our posts.

No need to be a social media expert! This role is an opportunity to get creative from the comfort of your own home, knowing that you're contributing to raising awareness of important issues and inspiring young people to feel safe and supported throughout a difficult, and very strange, period of time.

This role would be directly supported by a member of our team who currently manages our social media.

**ADMINISTRATIVE SUPPORT (REMOTE/ IN PERSON):**

The backbone of the organisation! Administrative work is the core foundation of small organisations, and something that often does not receive enough recognition.

This important role would be supporting the team with key tasks, such as designing our monthly newsletter to ensure our network of professionals and funders are updated with all our key work, helping to expand and establish new networks post-Covid, especially with schools and community organisations now reopening, and relationship abuse now having received more (much needed) attention throughout lockdown, assessing and updating policy with the support of our Director, and much more.

Again, no need to be an expert! All our tasks are allocated based on capacity and ability, nobody will feel out of their depths, and our supportive team is always on hand to help.

**SESSION DELIVERY (IN PERSON):**

Get stuck in with hands on work, supporting our team of Youth Support Workers with direct delivery within our Deepin Dance and Good for Girls spaces.

**Deepin Dance** is a safe space for young women aged 12-25 to engage in fun, non-competitive fitness through dance. Our resident dance coach engages the group in a range of street and afro based routines and brings great energy & vibes! Not all our girls like to dance, and that's totally fine, as we also offer a creative table and engage them in 1:1 and group support. Every two weeks, we also offer additional Wellbeing Workshops, covering a

range of topics that the young women choose from, such as - self love, body positivity, sexual health, mental health and much more!

**Good for Girls** is a weekly space for younger girls aged between 9-14, focused on using art and sport as fun tools to increase mental health and wellbeing. The programme will be delivered up until **September 2021**.

Your main responsibilities within this role would be:

- Supporting space set up and tidy away
- Build safe and trusted relationships with the members
- Be a positive role model, in line with our values and Code of Conduct
- Engage the young women in healthy and creative activities and discussions
- Ensure the space is safe, in line with our Safeguarding Policy
- Build your skills and contribute towards life changing, creative support for our members.

Due to the nature of our work, and the needs of our members, this position is restricted to female applicants only as both spaces are young women-only safe spaces. In addition, we will only recruit a volunteer happy to undergo a full, enhanced DBS check or submit evidence of a clear DBS check. Youth Realities will pay for the DBS check if the applicant does not already have one issued within the last 12 months.

This position is for a **minimum of 3 months (or the end of the GFG programme)** and volunteers must commit to attending all scheduled sessions, unless they have a reason for non-attendance, which must be communicated to the Programme Manager in advance.

We understand and fully appreciate that to offer time as a volunteer is an invaluable asset, and we are greatly thankful that kind, generous people do offer to support us, and others, in this way. The reason this voluntary position is less flexible than the others we offer is due to the importance of young people being able to establish trusted, safe and consistent relationships with staff and volunteers within the spaces we provide. We would be doing the young people an injustice if staff or volunteers were inconsistent and/or unreliable.

## HOURS AND LOCATION

ROLE	HOURS	LOCATION
Social Media Support	3-5 hours per week	Remote
Administrative Support	5-8 hours per week	Remote / Pulse Community Flat, NW9 5XW
Session Delivery	Dance - Fridays, 4pm - 7pm GFG - Wednesdays, 3:30pm - 6:30pm	Unitas Youth Zone, Montrose Avenue, HA8 0DT

## COVID-19 SAFETY MEASURES

We take the safety and health of our staff, volunteers and young people extremely seriously, and are following all government and National Youth Agency issued legislation and guidance, to ensure the risk of contraction of Covid-19 is as low as possible.

This includes:

- Sanitiser stations in-office and delivery venue
- Restricted numbers in-office, delivery venue & social distancing
- Multiple washing facilities
- Masks and gloves provided upon request
- Strict isolation policy if any symptoms are shown from staff, volunteers, young people or third-parties in close proximity to anyone else

## **WHAT CAN WE DO FOR YOU?**

As you will be an absolute asset to our team, we want to make sure that we give back to you too!

By becoming a volunteer, you will:

- Be joining an incredible team of fun, caring and passionate staff members
- Have access to training opportunities, such as Mental Health First Aid, Safeguarding, Domestic Abuse Awareness and more
- Increase your CV or personal statement, with a guaranteed reference for all completed placements
- Be actively contributing towards positive change in the lives of young people
- Creating a long-lasting impact by working to #EndYouthDomesticAbuse

## **HOW TO APPLY**

If you are interested in the above positions, and feel as though you have the time to commit, please apply by:

1. Send a CV and expression of interest to [info@youthrealities.co.uk](mailto:info@youthrealities.co.uk)
2. Expression of interest should include:
  - a. Why do you want to volunteer with us?
  - b. What experience do you have?
  - c. Why would the role you are interested in be fitting for you?
  - d. If you could make the world better by changing one big thing, what would it be?!

**We look forward to hearing from you, and are really excited you would like to help build with us. Your help is so important, and we hope you find joining our team as fun and rewarding as we do!**

If you would like to apply, know more about these opportunities, or find out more about our work in general, please contact us directly on [info@youthrealities.co.uk](mailto:info@youthrealities.co.uk) or call 07551022824, Monday to Friday, 10am - 6pm.