



HOPE

Parent Peer Support Volunteering Opportunity

Being a parent can be challenging especially when our children/teens are struggling with their emotional well-being. We think we're getting it wrong, feel alone and have nowhere to turn.



We are looking for parents with experience of supporting their own child's/YP's emotional health and well-being, who feel they could now offer another parent a listening ear, empathy, guidance and understanding.

We can offer you:

- ⇒ Training to fully prepare you to become a **HOPE Parent Friend**
- ⇒ Supervision & networking
- ⇒ A uniquely fulfilling and rewarding experience.

You need only commit to 15 hours of training over 6 weeks, then 1 hour weekly in 1 contact with your selected parent.

Training starting in September/October
day and evening availability

To find out more contact your HOPE mentor in school or Keddie on:

07508 176043

keddieHOPE2021@outlook.com

HOPE
Helping
Our Pupils'
Emotions

Our HOPE Parent Friend volunteers share their experience of training and support

**Excellent
training, I've
learnt a lot;
I've learnt skills
for life !**

**Seeing a parent
become more
confident in their
own abilities
through my
support has been
so rewarding**

**It's been
empowering -
seeing what has
happened to my
family is now a
strength**

**Training and
supporting
another
parent is
building my
own self
worth**

**At first we were
strangers and then
we became friends,
united by shared
experience**

**Using my own challenges to help
someone else, has now turned my
difficulties into positive
experiences**

**HOPE is a mental health project in
Staffordshire schools. With training, supervi-
sion, resources and networking opportunities,
key pastoral staff are able to deliver an essential
listening service, either 1 to 1 or in groups, to
support their pupil's emotional well-being.**

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