

Why Volunteer?

Have the opportunity to make a real difference in the lives of families during the crucial perinatal phase, contributing to their well-being and development



Receive Training in key areas such as perinatal mental health, infant nutrition, and attachment theory, enhancing your knowledge and ability to support families effectively.

Develop new skills or build on existing ones, particularly in areas such as mentorship, support, and community service.

Build strong relationships with families and other volunteers, fostering a sense of community and shared purpose.

Gain valuable experience working with children and young people.

Be part of a team of like-minded individuals. Play a role in improving the social well-being of families, helping them to build strong, supportive networks.

About Kent Family Hubs

Kent County Council's Family Hub is part of an effort to allow families across Kent to get the local support and services that they need.



You might be a parent, carer, child, or young person. With Kent Family Hubs across the county, you can find advice, support and services to help throughout your family journey, from newborns to 19-year-olds, or up to 25-year-olds with special educational needs and disabilities (SEND)

Kent Family Hub will make it easy to find your way around virtual and in-person support in your area. Our goal is to support parents and carers to really nurture children and babies, while improving health and education outcomes for everyone across Kent.

For more information visit

<https://www.kent.gov.uk/education-and-children/kent-family-hub>

Volunteer with



Find out more about our volunteering opportunities and how you can change a family's life!

Volunteer as a

Family Coach



Support parents and carers of 0 - 2 year old

Offer support and signposting to parents and carers around perinatal mental health, parent infant relationships and infant feeding.

Share your personal experience to offer peer support to parents around perinatal mental health.

Facilitate group activities, ensuring active participation and engagement of all.

Encouraging families to give continuous feedback and being part of improving the whole Family Hub service.

To find out more and register your interest visit

www.kent.gov.uk/familyhubvolunteering

Become a

Peer to Peer Volunteer



Support parents, carers, children and young people aged of 0 - 19 or up to 25 with SEND

Whether you want to volunteer and support with administrative tasks, support in groups or take leadership role becoming a Peer to Peer volunteer could be for you.

Use your lived experience to support peers with parenting, reducing social isolation or building well being.

Help create a supporting and friendly atmosphere at the Family Hub for families, infants, and children.

To find out more and register your interest visit

www.kent.gov.uk/familyhubvolunteering

Volunteer as a

Youth Peer Mentor



Are you aged between 14 and 19 years old or up to 25 with SEND?

Take leadership role in supporting your peers.

Support young people to build resilience and improve their well-being.

Act as digital champion creating social media campaigns and support online safety.

Support young people to share their views.

Help young people to access groups.

In return, develop mentoring and leadership skills, safeguarding knowledge and gain community work experience.

To find out more and register your interest visit

www.kent.gov.uk/familyhubvolunteering