Essex and Suffolk Youth Enquiry Service (YES)

Life Skills Activities Lead (Voluntary Position)

About YES

At YES, we believe every young person deserves someone in their corner. Since 1988, we've been supporting young people aged 11 to 25 across Colchester and Tendring with practical help, emotional support and opportunities to build brighter futures.

We provide practical and emotional support through services including housing and homelessness prevention, pregnancy and parenting support, life skills and counselling. From our centres in Colchester and Holland-on-Sea, we work alongside young people to build confidence, develop resilience and take positive steps towards a brighter future.

Role Overview

Based at our Colchester office and sometimes at community venues, this rewarding volunteer role offers the chance to help young people build confidence discover new interests and make positive connections with others.

You'll support young people who are waiting to access YES services, or who have previously received support, by helping to create a safe, welcoming and engaging environment. Together, you'll explore new interests, connect with others and enjoy positive experiences in the community.

Activities may include arts and crafts, gardening, cooking, yoga, meditation and other wellbeing or life skills sessions. We value the skills and interests each volunteer brings and will work with you to find activities that match your experience and confidence.

Volunteers are only asked to support agreed sessions and activities. Ideally, volunteers will be able to offer around two hours each week, but we can be flexible and discuss a level of involvement that works for you.

Why Volunteer with YES?

Volunteers are a valued part of the YES team and make a real difference to local young people and families. Whether you're sharing skills, leading an activity or offering encouragement, your time can help young people grow in confidence, learn new skills and feel connected to their community.

We'll provide training, guidance and ongoing support to help you feel confident in your role. You'll have regular contact with a member of the team and be part of a friendly organisation that aims to provide safe, welcoming spaces for everyone.

In return, you'll gain valuable experience, develop new skills, meet new people and help shape our services. Most importantly, you'll play a part in making a lasting difference to the lives of local young people and families.

Safeguarding and Professional Boundaries

At YES, creating safe, supportive environments for young people and families is everyone's responsibility. As a volunteer, you'll help people feel welcome, respected and valued.

We'll give you safeguarding training, guidance and support throughout your volunteering. While volunteers aren't expected to deal with concerns themselves, if you have any concerns about a young person's wellbeing or safety, you must share them with a member of the YES team so the right support can be provided.

To keep everyone safe, volunteers are expected to maintain appropriate boundaries and follow YES policies and procedures at all times.

Please note: This role is subject to an Enhanced DBS check and satisfactory references.

Key Responsibilities

- Plan and support engaging activities that encourage young people to develop confidence, skills and positive relationships.
- Create a safe, welcoming and non-judgemental environment where young people feel valued and included.
- Encourage participation, creativity, self-expression and social connection through activities and group discussions.
- Build positive and supportive relationships with young people, helping them develop confidence and a sense of belonging.
- Work within organisational policies, maintaining appropriate boundaries and helping to create a safe and inclusive environment for all participants.

The Type of Person We're Looking For

We're looking for a friendly, enthusiastic volunteer who enjoys sharing their skills and interests with young people. You'll be approachable, encouraging and passionate about helping young people build confidence, try new experiences and develop positive relationships.

You will ideally have:

- An interest, skill or experience in an activity such as arts and crafts, gardening, cooking, wellbeing activities, or a related area.
- Experience of working with, supporting or engaging young people, either professionally or in a voluntary capacity.
- The ability to plan and facilitate enjoyable activities in a safe and inclusive way.
- The ability to engage, encourage and motivate young people in a positive, non-judgemental and supportive manner.