Essex and Suffolk Youth Enquiry Service (YES)

Young Parenting Activities Lead (Walking Group) (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

This rewarding volunteer role offers the chance to make a real difference to young parents and their babies. By leading a friendly weekly walk and talk group, you will help create a welcoming space where parents can enjoy fresh air, gentle exercise and meaningful connections with other young parents.

Through conversation, encouragement and shared experiences, you'll help build confidence, reduce isolation and support families to feel more connected to their community and the world around them.

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 lead safe, welcoming weekly walk and talk sessions for young parents and their babies.
- Encourage conversation, friendship and peer support, helping parents build confidence and connections.
- Create opportunities for babies and young children to learn, play and engage with the world around them during walks.
- Work within organisational policies, maintaining appropriate boundaries and helping to create a safe, inclusive environment for all participants.

The type of person we're looking for

We're looking for a friendly, approachable volunteer who enjoys bringing people together and helping others feel welcome and included. You'll be passionate about supporting young parents, building confidence in others, and creating positive experiences for families in a relaxed outdoor setting.

You will ideally have:

- Experience or knowledge of early years, childcare, education, family support, or a related field.
- Experience of leading groups, activities or community-based sessions.

- An understanding of the opportunities and challenges that can come with parenting.
- The ability to engage, encourage and motivate people in a positive, non-judgemental and inclusive way.