**COME AND JOIN THE EARLY YEARS VOLUNTEERS**

Several organisations in Camden provide opportunities for parents to volunteer and support other parents with young children. Brief information is shown below. All organisations will offer full training and are asking for a few hours of your time each week. Volunteering offers an opportunity to have fun, meet other parents and gain skills and experience. Please call or email us and give it a try!

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| **CAMDEN BABY FEEDING TEAM VOLUNTEERS CNWL NHS FOUNDATION TRUST** |
| * Supporting mums within the breastfeeding and baby feeding drop-ins and other groups * Time commitment: 2-3 hours a week   For more information email; [camden.babyfeedingteam@nhs.net](mailto:camden.babyfeedingteam@nhs.net) |
| **CAMDEN BLOSSOMS VOLUNTEERS MANOR GARDENS WELFARE TRUST** |
| * Supporting and advising parents to look after their own wellbeing and give their children the best start in life * Providing one to one support and running parent support groups * Time commitment: 2-3 hours a week   For more information contact; 020 7561 5297 or [blossoms@manorgardenscentre.org](mailto:blossoms@manorgardenscentre.org) |
| **CAMDEN FAMILY SUPPORT VOLUNTEERS HOME-START CAMDEN & ISLINGTON** |
| * Providing regular one-to-one support, friendship and practical help to families with at least one child under the age of 5, who are under stress, or experiencing difficulties. Support is provided from within the family’s home. * Time commitment: 3-4 hours a week   For more information contact; 020 7424 1603 or [info@homestartcamden.org](mailto:info@homestartcamden.org) |
| **CAMDEN PARENT CHAMPION VOLUNTEERS INTEGRATED EARLY YEARS’ SERVICE** |
| * Promoting Early Years Services to parents within Camden * Reaching out to parents and talking to them about the importance of early education * Time commitment: 1-2 hours a week (flexible)   For more information contact; 020 7974 8961 or [camdensurestart@camden.gov.uk](mailto:camdensurestart@camden.gov.uk) |
| **CAMDEN SUPPORTING FAMILIES VOLUNTEERS LITTLE VILLAGE** |
| * Supporting the sorting of donated items; including quality checks, organising stock and meeting families * Providing marketing and fundraising support * Time commitment: 4 hours a month (flexible)   For more information contact; [camden@littlevillagehq.org](mailto:camden@littlevillagehq.org) |
| **PARENT CHAMPIONS ANNA FREUD CENTRE** |
| Getting involved in the work of the Centre can vary depending on your time and interest. Opportunities could include;   * Representing the Centre at events and conferences and sharing experiences with journalists * Helping improve how existing services are delivered and getting involved in designing or developing new projects * Talking to funders about mental health and well-being and training professionals so they understand the needs of parents   For more information contact; [Myrvete.gashi@annafreud.org](mailto:Myrvete.gashi@annafreud.org) |