

Volunteer role information

Individual support unit helper

Why Girlguiding?

Become an inspiring role model for our members and help empower girls to be their best. Join the 100,000 amazing volunteers and supporters who make a real difference to nearly half a million girls and young women.

At the heart of guiding are our unit meetings which girls go along to each week. When you volunteer at them prepare to have fun, get messy, meet great people and run activities that help our members discover their potential.

You can choose to work with girls in Rainbows, Brownies, Guides or Rangers, and you'll be volunteering directly with them. Unit meetings are usually an hour to an hour and a half once a week.

Why we love this role:

There's plenty of fun to be had as an individual support unit helper while giving essential support to a young member.

You'll support a disabled young member during unit meetings and possibly events and residential trips. With this role you'll enable the young member to access Girlguiding safely and enjoyably, with individually tailored support.

Some of what you'll do:

- Encourage and help the member you're supporting in making decisions within the unit and the wider Girlguiding community
- Provide a safe, girl-only space where girls and young women can discover their full potential
- Maintain clear communication with the unit leader and other members of the leadership team. As well as with parents and carers
- Complete on-the-job training for the role
- Follow Girlguiding policies and procedures

This isn't a unit leader role, and you won't need to plan activities or take responsibility for the unit, although you may be asked to help adapt activities to make these accessible for the young member. The focus is solely on meeting the needs of the girl you're supporting.

What training and support do you get?

- We'll give you a thorough induction to your role and to Girlguiding
- You'll have lots of training opportunities - including e-learning, face to face training and live online classrooms that you can do from home
- You'll have a great support network from your fellow volunteers, including a local commissioner and Girlguiding advisers
- And there'll be regular meetings and events to share information
- We reimburse agreed expenses (agreed locally, so these may differ across Girlguiding)
- Girlguiding has a clear complaints procedure and support to help sort out problems or disagreements

Our Girlguiding website is full of information to help you in your role.

What skills do you need?

- ✓ **Good communication**
You should be able to communicate well with children and adults (volunteers, parents and carers), and work well in a team.
- ✓ **Empathy**
You should be able to tailor your behaviour to the needs of the girl you're working with.
- ✓ **Consideration and good planning**
You should think about and plan necessary adaptations to activities as far in advance as possible. Keeping them in line with the girl's adjustment plan.
- ✓ **Calm capability**
You should be able to deal with behaviour that challenges, and stay calm under pressure.

Quick requirement check

1. Disclosure check: **yes**
2. A Safe Space Level: **1 and 2**
3. Attends meetings: **yes**