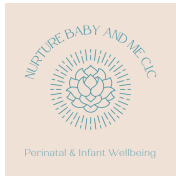


## Volunteer role description

### Volunteer Role: Breastfeeding Peer Supporter

<b>Support Person</b>	<i>Breastfeeding support coordinator</i>
<b>Role Purpose</b>	<i>Purpose of the role is to assist in the running of Breastfeeding support groups for families in Dunbar and surrounding areas. Supporting families with breastfeeding and promoting the physical and mental well being of mothers and babies through breastfeeding.</i>
<b>Specific Tasks</b>	<p><i>Your role would include:</i></p> <ul style="list-style-type: none"> <li>● <i>Welcome host – welcoming families to our sessions and spending time getting to know those who attend, listening to their stories and building relationships.</i></li> <li>● <i>Help in the running of sessions eg. setting up, clearing up and preparation and serving of drinks and snacks.</i></li> <li>● <i>Listening to breastfeeding families, providing emotional support to families and giving information on infant feeding within remit and signposting to relevant health professionals. Following Breastfeeding support pathway.</i></li> <li>● <i>Recognising that challenges can impact the whole family</i></li> <li>● <i>Empowering families to breastfeed for as long as they would like to and supporting them to gain confidence in their breastfeeding journey.</i></li> <li>● <i>Promoting breastfeeding and normalising breastfeeding in our society.</i></li> <li>● <i>Commitment to complete online (12 week) training with the association of breastfeeding mothers and complete annual mandatory training.</i></li> </ul>

	<ul style="list-style-type: none"> <li>● <i>Maintain all tasks to keep ABM membership up to date.</i></li> <li>● <i>Ability to keep confidentiality of families</i></li> </ul>
<p><b>Skills and Qualities Needed</b></p>	<p><i>Our sessions work with breastfeeding families whose lives are often challenging. Building relationships with the families who come to our sessions are an important part of a volunteer's role. We therefore look for the following personal qualities in our volunteers:</i></p> <ul style="list-style-type: none"> <li>● <i>Breastfed for at least 6 months</i></li> <li>● <i>Good communication and listening skills, able to communicate with diverse families.</i></li> <li>● <i>Non judgemental</i></li> <li>● <i>Compassionate</i></li> <li>● <i>Flexible and adaptable to change.</i></li> <li>● <i>Able to work well as part of a team.</i></li> <li>● <i>Reliable</i></li> <li>● <i>Good written and digital skills eg email and IT skills</i></li> <li>● <i>Experience of working with young children and families is preferred.</i></li> <li>● <i>Knowledge of child development preferred.</i></li> <li>● <i>PVG required</i></li> </ul>
<p><b>Commitment</b></p>	<p><i>A commitment of 1- 2 hours a month for a minimum of 1 year is required.</i></p>
<p><b>Support and Training</b></p>	<p><i>Essential: the volunteer will be required to complete a volunteer induction and safeguarding training before commencing the role.</i></p> <p>The volunteer will be given regular one to one guidance and support. During this support any relevant training that may be required will be identified and the volunteer will be offered suitable training to meet their need.</p>



<b>Expectations of Volunteers</b>	<ul style="list-style-type: none"><li>· Willingness to abide by Nurture Baby and Me C.I.C's Policies</li><li>· Willingness to adhere to NBAM Volunteer Code of Conduct</li><li>· Take reasonable care that the volunteer's actions and conduct do not adversely affect the health and safety of others</li><li>· Commitment to attend on-going training.</li></ul>
<b>Location of volunteering</b>	<i>West Barns Village Hall and other venues located in Dunbar and Surrounding Areas.</i>

Role Description Updated: 22/09/23