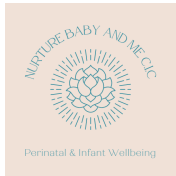


Volunteer role description

Volunteer Role: Peer Support Group Helper

Support Person	<i>Perinatal support Manager</i>
Role Purpose	<i>Purpose of the role is to assist in the running of Perinatal Peer Support Wellbeing groups for families in Dunbar and surrounding areas. Supporting families with their physical, emotional and mental well being in the perinatal period (from conception to their child's second birthday)</i>
Specific Tasks	<p><i>Your role would include:</i></p> <ul style="list-style-type: none"> ● <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> ● <i>Help in the running of sessions eg. setting up, clearing up and preparation and serving of drinks and snacks.</i> ● <i>Offer informal support to people within the sessions, Listening to families, providing emotional support to families and signposting to relevant health professionals or support organisations.</i> ● <i>Recognising that challenges can impact the whole family</i> ● <i>Engaging with a diverse group of participants to help them to feel welcome and included in the group.</i> ● <i>Support with children in the group, this may include holding babies or activities with children to enable parents to engage in the group activities. Parents and NBAM staff will always be present.</i> ● <i>Commitment to complete online and face to face induction and mandatory training such as safeguarding, maternal mental health and trauma informed practice.</i>

	<ul style="list-style-type: none"> • <i>Ability to keep confidentiality of families</i>
<p>Skills and Qualities Needed</p>	<p><i>Our sessions work with 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"> • <i>Good communication and listening skills, able to communicate with diverse families.</i> • <i>Non judgemental</i> • <i>Compassionate</i> • <i>Flexible and adaptable to change.</i> • <i>Able to work well as part of a team.</i> • <i>Reliable</i> • <i>Good written and digital skills eg email and IT skills</i> • <i>Experience of working with young children and families or parenting experience is preferred.</i> • <i>Knowledge of child development preferred.</i> • <i>PVG required</i>
<p>Commitment</p>	<p><i>A commitment of 1- 2 hours a month for a minimum of 1 year is required.</i></p>
<p>Support and Training</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>



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

Role Description Updated: 22/09/23