

## **Volunteer Role Description- Bump to Baby Volunteer Befriender**

Perinatal Support Service Medway

**Supervisor:** Terri Green

**Role:** Perinatal Volunteer Befriender

**Purpose:** To provide emotional support to a mum or dad during the perinatal period. The Perinatal period is during pregnancy and a year following the birth

We provide emotional support parents who are suffering with low to moderate mental health issues or are identified as vulnerable to developing mental health issues in the perinatal period. This support may be through telephone calls, home visits, group work or support to access other local services.

### **Responsibilities:**

1. To attend the Volunteer Befrienders Training
2. Attend 1-1 supervision every 6-8 weeks and group supervision every 3-4 months
3. Undergo an enhanced Disclosure and Barring Service check.
4. To make keep regular contact with your befriender as agreed with the perinatal coordinator
5. Support befriender to access local services
6. To maintain confidentiality
7. To uphold Family Action values
8. Keep records of phone calls and visits made to befriender as directed by the perinatal coordinator
9. Attend occasional additional training sessions as identified by the project coordinator following your initial training and induction
10. To ensure you have an understanding of, and comply with Family Action's procedures for promoting and safeguarding the welfare of children and vulnerable adults.
11. To comply with Family Action's Diversity and Equality Policy and our Ethical Policy in every aspect of your work and positively promote the principles of these policies amongst colleagues, service users, volunteers and other members of the community.
12. To comply with Family Action's Health and Safety Policy, Data Protection Policy and to protect your own and others' health, safety and welfare.

### **Personal Qualities/Skills Required:**

Either;

- Someone who has experienced pregnancy and childbirth, and is able to empathise with the needs of families during the perinatal period

Or;

- Someone who has understanding of mental distress, the emotional effects of pregnancy and birth and the demands of parenthood, and who is able to empathise with the needs of families during the perinatal period
- Non-judgmental and accepting of difference

- Friendly and reliable
- Has knowledge of local services
- Demonstrates good listening skills

**Time commitment:**

Volunteer Befrienders need to be able to commit to the Perinatal Support Service for 1 year. Volunteers need to meet with their befriender once a week, with a minimum commitment of 3 hours per week.

**What's in it for you?**

- Becoming a part of Family Action, the largest National Family Charity established in 1869
- The opportunity to be part of a proven and effective service supporting families during the perinatal period, providing a rewarding volunteering experience
- Regular training and development opportunities
- Being part of a team
- Support and guidance from project coordinator including monthly group supervision
- The opportunity to be involved in group work, gaining further skills and knowledge
- The opportunity to build a portfolio of your training, skills, experience and qualities
- Opportunity to improve future employment prospects

## Interested?

Please call Terri Green on 01634 660458 for an informal chat/more information or to request an application pack.