

**Do you want to support new parents with low mental health issues?**

**VOLUNTEER TRAINING STARTING SOON!**

**Next 6 week training date will be confirmed**

**Become a Trained Perinatal Volunteer Befriender!**

Lambeth Perinatal Service offers support to families that are struggling with their emotional health and wellbeing or where there has been a diagnosis of low to moderate level perinatal mental illness.

**What you would do...**

* Be matched with a family based on your skills, experiences & preferences
* Build a positive and effective relationship with the family
* Support families to widen their social networks and pursue interests Support the family in their home, go out and about in local areas, connect with children’s centres and encourage baby bonding and play

**What’s in it for you?**

* Full training provided
* Ongoing personal development opportunities with Family Action
* Be supported by a professional Perinatal Coordinator
* All travel expenses are covered
* Increase your confidence, self-esteem and strengthen your CVMake a difference to the lives of people in your community!

**To find out more information and request your application pack contact:**

**Annette Hill - Lambeth Perinatal Project Manager**

**02038153749 lambeth.perinatal@family-action.org.uk**

**Get in touch NOW to sign up for the next training!!**

