

## Volunteer Role Description

### Family Action Perinatal Support Service – Bradford

**Role:** Perinatal Peer Support Volunteer

#### **Purpose of the role:**

The aim of a 'Perinatal Peer Support Volunteer' is to provide emotional support to a mum or primary carer during the perinatal period who live within the Better Start Areas of Bradford (Bradford Moor, Bowling, Barkerend & Little Horton).

The Perinatal period includes pregnancy and the 12 months following birth.

#### **What is the Perinatal Support Service?**

We provide emotional support to parents who are experiencing a mild to moderate mental health illness or are identified as vulnerable to developing a mental health illness in the perinatal period. This support may be offered through home visits, remote telephone or video call, group work or support to access other local services.

#### **Responsibilities:**

To volunteer for the Perinatal Service, all volunteers must complete a comprehensive training programme. Each training session lasts for between 1 to 3 hours.

Once training is complete volunteers are expected to;

- Attend 1-1 supervision every 6-8 weeks and a wellbeing session every 3 months
- Undergo an enhanced Disclosure and Barring Service check (DBS)
- To keep regular contact with the family you are working with as agreed with the Perinatal Coordinator
- To uphold Family Action values
- To keep records of phone calls and visits made to your families as directed by the Perinatal Coordinator
- 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.
- 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.
- To comply with Family Action's Health and Safety Policy, Data Protection Policy and to protect your own and others' health, safety and welfare.

### **Time commitment:**

- Peer Support Volunteer's need to be able to commit to the Perinatal Support Service for 1 year.
- Volunteers need to make contact with and support their families weekly, with a minimum commitment of 3 hours per week.

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

- Becoming a part of the Family Action team
- 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
- Support with personal development plans during monthly 1:1 supervisions
- Opportunity to improve future employment prospects

### **What will I have to do?**

- Offer parents regular emotional support to reduce social isolation and to help mum/dad be more emotionally available for their baby and other family members
- Observe how mum/dad respond to the baby and offer guidance on how they can better relate their baby
- Help mum/dad take the baby and other children outside of the home so they can access services they need - i.e. health services, shops, parks and local community groups
- Give the mum/dad support with issues which concern them, for example by signposting to organisations or other online support

### **Ready to sign-up or need more information?**

For more information or to sign-up to be a Perinatal Peer Support Volunteer please contact us at [perinataalsupport@family-action.org.uk](mailto:perinataalsupport@family-action.org.uk) or 01274 505034.

Family Action Perinatal Support Service, Kenburgh House 28 Manor Row, Bradford, BD1 4QU

**Role:** Perinatal Peer Support Volunteer

**Personal Qualities/Skills Required:**

	<b>Essential Criteria</b>	<b>Desirable Criteria</b>	<b>How Identified</b>
<b>Experience</b>	To have an 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	To have experienced pregnancy and childbirth, and be able to empathise with the needs of families during the perinatal period	Application Form Interview
<b>General Skills/Attributes</b>	Demonstrates good listening skills	To speak one or more of the community languages that are spoken within the local community.	Application Form Interview
	Knowledge of local services		Interview
<b>Personal Qualities</b>	Non-judgmental and accepting of difference		Interview
	Friendly and reliable		Interview
	Committed to encouraging diversity and promoting equal opportunities for all and to providing fair treatment		Interview
<b>Family Action Core Values</b>	Being people focused		Interview
	Reflecting a 'can do' approach		Interview
	Striving for excellence in everything we do		Interview
	Having mutual respect for everyone we work with, work for and support through our services		Interview