

## Birth and Beyond Community Supporter: Volunteer Role Description

Birth and Beyond Community Support (BBCS) is an NCT project providing peer support for women during the all-important first 1,000 days (from pregnancy through to the child's second birthday) to make social connections and reduce isolation, improve emotional wellbeing and increase access to local services.

Our volunteers, who are also mums, are trained to support mothers both one-to-one and in groups settings such as Children's Centres, community groups and cafés. They meet mothers antenatally and support families up to the child's second birthday. Volunteers offer a listening role as well as signpost to services that may be helpful to the woman's individual circumstances.

### What will you be doing?

- Actively listening to the needs of the mother and offering encouragement, support, information and ideas without giving advice or judgement
- Providing support to women both one-to-one and in community settings e.g. café, baby groups  
*\*or via initial home visit(s) in exceptional circumstances*
- Researching and signposting to local groups and organisations that can offer support
- Actively participating in data collection as required for evaluation and monitoring purposes

### What will you gain?

- A rewarding experience: the chance to help women in your local community
- Open College Network (OCN) accredited Level 2 training (3 credits)
- Safeguarding training and awareness
- Perinatal Mental Health awareness
- Reimbursed travel expenses for client support, training and team meetings
- Being part of a social network of other peer supporters

### Who are we looking for?

Mothers who are friendly and approachable and:

- Would like to support other mothers in their local community
- Have empathy and listening skills, the ability to build rapport and trust, and an interest in developing these skills in training
- Are able to complete approximately 18 hours training to NVQ level 2 (support is available)
- Are willing during training to reflect on their significant life experiences including mothering
- Understand the importance of maintaining emotional well-being and self-care
- Are committed to volunteer at least 2 hours per week for a minimum of 12 months
- Are committed to maintain confidentiality and to adhere to the boundaries of the role
- Are happy to complete an enhanced DBS check required for this role
- Are committed to attend monthly team meetings to receive ongoing training and support

In order to be a peer support volunteer it is important that you feel positive about your own emotional wellbeing. If you are not quite ready to volunteer now then we are happy to signpost you to relevant support and reconsider your application when you are in a more positive and stable position.