

Birth and Beyond Community Supporter Role Description



Birth and Beyond Community Supporters are trained to support mothers and their babies at groups within hospitals, children's centers and other settings such as Baby Cafe, meet mothers antenatally and support families up to the child's second birthday via text or phone and to signpost women to other supportive services locally.

Role of a Birth and Beyond Community Supporter- remember training is provided

1. Listening carefully to what the mother is saying.
2. Being friendly and trying to understand what the situation feels like for the mother.
3. Not judging a mother or her views and actions.
4. Not giving advice or telling a mother what to do – but offering encouragement, support, information and ideas.
5. Understanding that if you give help outside what you've been trained for, like giving advice, you will not be covered by insurance.
6. Taking care of yourself in your role, so that you can help others well. Attending the training and support sessions that are offered. (a minimum of 1 support session per month for 1st 6 months and 1 per quarter thereafter)
7. Providing data monthly on the groups I have supported
8. Attending an annual update session and skills audit to ensure your skills and knowledge are current
9. Knowing the boundaries of your role as a peer supporter and always signposting a mother to a member of the children center staff or a health professional
10. Treat everything you are told, hear or see whilst in contact with a mother as confidential. You will explain that you normally work together with health professionals and the peer support team and other than this, no information will be passed on to anyone else.
11. Hopefully volunteer for 10 hours a month for about 12 months or more
12. The NCT is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment.