

VOLUNTEER VACANCY

Our Small Steps Together project is looking for volunteers for our new perinatal support service. Volunteers will provide support to women and their families who are pregnant or have a new baby, to access local groups and activities.

Do you have any of these skills or qualities?

- An understanding of mental health, how pregnancy affects you emotionally and the demands of parenthood?
- Are you non-judgemental?
- Could you interact and socialise with people to enable them to fully access opportunities and activities?
- Have good listening and communication skills?
- Live in March, Chatteris, Whittlesey, or the surrounding villages?

What can we offer you?

- Gain valuable experience and develop skills to support careers, studies, C.V's etc.
- Training opportunities to aid your professional development
- Working within a positive, supportive team for a leading children's charity in the East of England
- Opportunity to meet with a range of new people and make a difference to your community
- Professional support and supervision from qualified staff
- Access to various social events, including specific volunteer events and awards, as well as Ormiston Families' Celebrate Success annual event
- Ormiston Families is part of the Time Credit scheme, you can use credits earned through volunteering to access local activities & facilities for free
- Reference after six months volunteering
- Reimburse travel expenses according to our policy

If you are interested in volunteering, or would like any further information, please contact us:

E. louise.garner@ormistonfamilies.org.uk, T: 01354 293120 / 01354 656581
or call into March. Chatteris or Whittlesey Children's Centres.

Perinatal Volunteer Befriender

Service/Volunteer Base: Across Cambridgeshire and Fenland locations

Volunteer's Manager: Louise Garner

Purpose: Our Small Steps Together project will provide support to pregnant mothers who may be at risk of developing perinatal mental health issues. The role of the volunteer will be to provide an emotional and practical support package, which for example may consist of telephone contact, home visits, group work and/or helping the service user to access grants, benefits and other community services.

Tasks:

- Offer regular listening opportunities and emotional support to reduce social isolation
- Work together with mother around the developmental needs of infants
- Support mother to take baby & other children outside of the home to access services i.e. Doctor's, Children's Centres, Shops and parks etc.
- Assist the family with addressing issues which are concerning them e.g. housing, availability of grants, benefits, the birth of their baby
- To work in accordance with Ormiston Families' policy and procedure

Skills required:

- An understanding of perinatal mental illness
- Ability to empathise with the varying needs of families during the perinatal period
- An understanding of the emotional effects of pregnancy and birth, together with the demands of parenthood
- Reliable and able to commit to sparing a few hours each week
- A friendly and approachable manner, with a non-judgemental attitude
- Good communication & listening skills

Recruitment Procedure: Volunteers must be at least 18 years of age. You will be invited to attend an interview, if successful we require two satisfactory references and an enhanced DBS check will be undertaken before you can begin the role. As an Ormiston Families volunteer you will be required to complete an online Child Protection and Data Protection training course.

Benefits offered:

- Comprehensive Induction, including tailored training programme
- Travel expenses up to 30 miles per day at 0.45p per mile
- Support from team of dedicated staff regular supervision sessions
- Reference after six months of volunteering
- Access to volunteer events, awards and other social events
- Gain valuable experience with the East of England's leading children's charity in a specialised field