**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