**Perinatal Support Volunteer**

**Role Description**

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| **Role Title:**  | Perinatal Support Volunteer |
| **Time Commitment:**  | To be discussed and agreed |
| **Support:** | Volunteers will:* be recruited and supported by the Volunteer Service Team
* receive a handbook, and attend a local induction
* be allocated a supervisor when active
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| **To join our teams:** | Complete Volunteer recruitment process including DBS.Complete all mandatory training and attend local induction  |

**Role Description:**

Lancashire & South Cumbria Foundation Trust recognise and value the importance volunteer support is to us and our patients. Volunteering is a long term commitment (for example 9 – 12 months), and to bring continuity and stability for patients and staff, we ask volunteer to support by doing the same periods each week, which are discussed and agreed by the volunteer and volunteer supervisor. An Enhanced DBS with Adult & Child Barring will be required for this role.

This role will be supporting the Perinatal Community Mental Health team*.*

Women and their families affected by Mental health during the perinatal period often express that it helps to talk to someone who has been through a similar experience.

The role of the specially trained Perinatal Support Volunteer offers one to one contact with a woman providing the opportunity to speak to someone who has also been through their own journey, offering support in attending appointments and providing a listening and empathetic ear. They will offer safe, effective and appropriate peer support to the woman that they’re supporting using their experiential skills and knowledge.

You will be required to report to a Peer Support Coordinator after each contact with the woman that you are supporting for a debrief. The Peer Support Coordinator will also provide your training and be available for any general support that you require.

Perinatal Support Volunteers may be required:

* To talk to women and their families over the telephone or online.
* To meet women in their own homes or appropriate settings and support them to access relevant and appropriate activities either in a home setting or the community.
* To give one to one support to engage with Peer Support groups.
* Support groups run by other professionals on the perinatal team.

**Essential skill requirements**

**Essential requirements for this role are:**

* Personal lived experience of perinatal mental health (1 year post experience)
* A genuine interest in the wellbeing of individuals
* Ability to provide encouragement and support in a sensitive and non-judgemental manner, with people from a variety of backgrounds.
* Good listening and communication skills.
* Ability to use own initiative.
* Ability to deal appropriately with confidential and sensitive information.
* Good time keeping and reliability.
* Basic literacy and organisational skills – able to keep basic written records about visits and activities.
* Willingness to participate in training and to work within the boundaries of the role.
* Ability to work as part of a team.
* Be conscientious, reliable and punctual.

# Duties not to be undertaken by volunteer

* At no time should a volunteer put themselves at risk
* Volunteers must not undertake clinical practices
* Volunteers must not give clinical advice or recommendations or personal advice
* Volunteers should not enter clinical areas without appropriate personal protective equipment
* Volunteers must not write in patient notes
* Volunteers must not answer enquiries about patients from patients, visitors or staff
* Volunteers should not have direct contact with patients outside of their volunteering role.