

Newham Infant Feeding Peer Support: Volunteer Role Description

Our aim is that all the women in Newham feel supported in a way that makes sense to them, reducing isolation and empowering them to make infant-feeding decisions that are best for their families.

Becoming a peer supporter with us will help enable us to make this a reality.

Our volunteers will be trained to support mothers from pregnancy to birth and beyond, both one-to-one and in group settings. You'll meet mothers in our community and support families up to their child's second birthday. Our volunteers will offer a listening ear 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 parent and offering encouragement, support, information, and ideas without giving advice or judgement
- Providing support to parents and caregivers both in community settings e.g. café, baby groups, online in group drop-ins, one-to-one, or by phone.
- Signposting to local groups and organisations that can offer further support
- Actively participating in data collection as required for evaluation and monitoring purposes
- Helping to promote the service through community outreach and local events.

What will you gain?

- A rewarding experience: the chance to help families in your local community
- Open College Network (OCN) accredited Level 2 training (3 credits)
- Safeguarding training and awareness
- Access to ongoing training, support and reflection

- Being part of a social network of other peer supporters nationally

What are we looking for?

Parents who have a non-judgemental outlook, are friendly and approachable as well as:

- Are a Newham resident
- Have **personal** lived experience of breastfeeding their own child
- Would like to support other parents in their local community
- Have empathy and listening skills, the ability to build relationships and trust, and an interest in developing these skills in training
- Are committed to volunteer at least 2 hours per week for a minimum of 12 months
- Speak a basic level of English and are able to complete approximately 20 hours training via the Open College Network (OCN) level 2 over a 7-week period (support is available) with some additional online homework to complete.
- Understand the importance of maintaining emotional well-being and self-care
- Are happy to complete an enhanced DBS check required for this role
- Are committed to attending regular team meetings (Mix of virtual and in-person) to receive ongoing training and support

If this sounds like something you would like to be a part of, we'd like to meet you at a brief 30-minute information session to give you further details and answer any questions you may have.