



## **ABOUT MATERNITY MATES:**

Maternity Mates volunteer alongside midwives and other health professionals, enabling the mother-to-be to understand the issues and decisions that affect her care. Our aim is to ease the mother's concerns and support her to gain a positive experience of giving birth and caring for her new baby.

We recruit and train volunteers to provide emotional and practical support during pregnancy, childbirth, and the early weeks of family life. The women we support are facing challenging and complex situations, either because they are isolated, without support from family or friends, lack English language skills, are not familiar with the health system, have mild mental health issues, are migrant (e.g. asylum seekers or refugees), or are survivors of gender violence etc.

### **Training:**

All Maternity Mates undergo a 5 weeks training programme (twice a week sessions), which is accredited to Level 3 with the Open College Network (OCN). The training provides the knowledge and skills needed to develop the Maternity Mate role. The training sessions will cover various topics including the antenatal role, mentoring & advocacy, breastfeeding, preparing for birth, birth and postnatal support, and maternal mental health.

The Maternity Mates training is delivered by maternity experts and has a blended approach with online and classroom sessions.

### **Boroughs we cover:**

This programme is delivered in **Southwark**.

### **Commitment and Expectations:**

The length of time each Maternity Mate spends with a mum will vary but is usually around 2-3 hours per week.

Maternity Mates are expected to:

- Volunteer for at least 12 months (training + supporting mums)
- Supporting a mum (antenatal, birth, postnatal)



**We ask all potential volunteers to make sure they are willing and able to make this commitment when applying to become a Maternity Mate.**

We welcome volunteers who, in addition to English, speak any community languages, including Somali, Arabic, Tigrinya, Spanish or Portuguese.

Please note: the volunteer Maternity Mate role falls with the Privacy and Decency section of the Sex discrimination Act 1975 and is only available to women.

### **Application Process:**

(1) The first step is our in-person Open Day. This session is a great opportunity to meet the team, some of our current Maternity Mates, find out about the project and how you can get involved. The open day is an important part of our recruitment, so we encourage you to attend if possible.

#### **Open Day - Maternity Mates**

**Date:** Thursday 16th November

**Time:** 10.00am – 11.00am

**Where:** United Reformed Church, Love Walk, SE5 8AE

(2) If you wish, you can submit your application form by clicking on this link:  
[Maternity Mates Volunteer Application Form \(PACT\) \(typeform.com\)](#)

**Please note the application form needs to be completed in one go, for this reason, I have attached a PDF version of the application form so that you can prepare your answers beforehand.**

The applicant needs to provide two referees who have known them for at least one full year, **but they cannot be a family member or friend.**

Deadline for Maternity Mates cohort is **Thursday 7th December at 11.59pm**. Please find attached the application form, the Maternity Mate role description, and the calendar with key dates. Due to the nature of the role, all Maternity Mates are DBS checked.

(3) Once your application form has been submitted, shortlisted candidates will be invited to attend an online volunteer interview. The volunteer interview is informal, so you don't need to prepare anything in advance. **Interviews will take place in between 4th-15th December 2023.**



(4) Selected applicants will undergo to the Maternity Mates training and those who successfully complete the training will become Maternity Mates.

The training sessions are twice a week on **Wednesdays** and **Thursdays**, please check the training schedule for more details.

Please do not hesitate to contact [luna.vargasdiaz@citizensuk.org](mailto:luna.vargasdiaz@citizensuk.org) if you have any further questions.

Thank you!