



Maternity Mates Volunteer Role Description

Thank you for your interest in the Maternity Mates role.

- **The deadline for applications is Thursday 7th December 11.59pm**
- We encourage you to read the description below carefully before completing your application form.
- **Please note, if your application is successful, we will invite you to an online interview before the 15th December.**

Length of task: Minimum 12 months commitment - training + supporting a mum (antenatal, birth, and postnatal)

Weekly commitment: After the main training, is around 2-3h a week + birth support.

Background:

Parents and Communities Together (PACT) are working in partnership with Sister Circle to deliver their Maternity Mates project in the borough of Southwark.

Through Maternity Mates, Sister Circle provides one-to-one pregnancy, labour and postnatal support. Local female volunteers are trained to provide vital practical and emotional support.

Maternity Mates support women who find themselves alone, are refugees or new migrants, English is not a first language, who are homeless, living in refuges or temporary accommodation, survivors of domestic abuse, trafficked or have experienced forms of gender violence.

Benefits:

- Develop your coaching, communication, and relationship-building skills.
- 9 credits at Level 3 with the Open College Network (OCN).
- Supporting women living with challenging circumstances.
- Certificates of recognition and references to support your professional development.

Tasks:

- To give the mother-to-be practical and emotional support, before, during and after the baby is born, including:
 - Calling, video-calling or texting her on regular basis as mutually agreed.
 - Jointly attend antenatal classes and appointments, if required.
 - Provide information on birth planning and pain relief options.
 - Act as birth partner if appropriate – support throughout the labour and birth.
 - Information and support around breastfeeding.
 - Active listening.
 - Advocate for her if necessary or appropriate.
 - Give encouragement and motivation.
 - Respect her wishes.
 - Signpost and/or enable her to access appropriate services and/or specialist groups.
- To be able to develop positive relationships with:
 - The mum-to-be.



- The Maternity Mates team, PACT staff, and other volunteer Maternity Mates.
- The community midwives.
- Hospital staff and other health professionals.
- Other expectant mothers.
- Keep all information confidential and all records up-to date.
- Keep in touch with Maternity Mates staff including:
 - Informing Maternity Mates of scheduled visits with mums and following procedures in line with lone working policy.
 - Recording feedback after each visit to mums using the electronic links provided
 - Seeking advice whenever needed.
- Attend supervision sessions with the Project Coordinator.
- Attend Reflective Practice & Emotional Wellbeing (group supervision) and Peer support group sessions.
- Follow Sister Circle's policies, procedures, boundaries, and report any safeguarding issue to the Maternity Mates team.
- Attend organisational mandatory training (Personal Safety/Lone working and Safeguarding)

Maternity Mates cannot offer:

- Any clinical advice or perform any medical tasks.
- Domestic cleaning, shopping or cooking.
- Babysitting services.
- Any legal, immigration or financial advice.
- To undertake any financial transactions or offer financial assistance.
- Meet the mums or accompany them outside the local borough.
- Drive mums to and from appointments.
- Bring family members or friends when meeting the mother-to-be.

Required skills:

No formal qualifications are required as it is important to have the personal attributes outlined below:

- Flexible and non-judgmental.
- Ability to communicate effectively with a wide range of people of different backgrounds.
- Mature outlook and commitment to personal development.
- Commitment to completing the Maternity Mates training.
- Caring, sensitive, and good listener.
- Approachable.
- Reliable and committed.
- A genuine interest in women's health and the vision and values of the Maternity Mates work.

Desirable Skills:

- Ability to speak another language.

Support:

- Supervision session with the Programme Coordinator.
- Reflective Practice & Emotional Wellbeing sessions (group supervisions with a clinical professional)



- Peer support group sessions.
- Volunteer expenses will be reimbursed in line with our expenses policy.
- Use of mobile phone when supporting a mother.
- Professional references.

All candidates are expected to follow the volunteer recruitment process- fill in application form using online link, interview, provide references, undertake an enhanced criminal record check (DBS), and to complete the main and mandatory training to become a volunteer Maternity Mate.

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.