



Nurture the Borders C.I.C

Volunteer Information Pack

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September 2016

"Good volunteers are the backbone of our work and we are pleased that you may wish to join the Nurture the Borders team!"



## About Nurture the Borders

Nurture the Borders is a Social Enterprise which provides support, education and services which benefit new parents in the Scottish Borders particularly those who may be disadvantaged as a result of social, health or emotional difficulties.

We aim to help parents to:

- ♥ Have a positive experience throughout pregnancy, birth and the early years with their child.
- ♥ Prepare for and feel ready for birth and life with their new baby.
- ♥ Care well for themselves and their baby by growing their own knowledge, skills and confidence as a parent.
- ♥ Find the support and friendships they need to do these things.

## And we need your help!

At Nurture the Borders we know the contribution our volunteers give can make a huge difference to the lives of the families we work with and are key to being able to achieve our aims. We aim to provide fulfilling supportive volunteering opportunities which are equally rewarding and mutually beneficial for our volunteers.

## Nurture the Borders Offers:

- Full training and supervision
- An opportunity for volunteers to learn new skills
- References after 6 month's commitment
- Reimbursement of travel expenses

## What commitment do we ask from our volunteers?

We understand that volunteers have varying interests and available time. To that end we try our best to match our volunteers with the opportunities we have available, which best match your skills and interests.

### 1) Befriending/Mentoring

In this role you will be matched with a mum either during her pregnancy or in the early months with her baby. You will visit her at home or meet in the community for an hour or so each week. We ask for a minimum of 6 month's commitment once training is completed.

Before being matched to a mum, volunteers are all required to attend an interview and complete a 14-hour training course.

Satisfactory references and police checks are required. This process can take a while and it can be 2-4 months before the volunteer is introduced to a mum.

Once volunteers are introduced, it is their responsibility to contact the office weekly to give feedback and receive supervision. This can be by email, phone or face-to-face. They are also expected to attend regular support meetings where ongoing training is given.

## 2) Social Activity & Group Support

In this role you will help set up and run group and drop in support for mums. You will help mums with common difficulties in pregnancy and parenthood, help provide informal education and support and importantly help to reduce isolation through promoting inclusion and build a sense of community.

We are looking for volunteers who can make a regular commitment to a rota (e.g. every two weeks, monthly, every 6 weeks etc). You would be expected to help organise, set up and facilitate your session. We welcome creative input and suggestions of activities mums can enjoy with their babies.

## 3) Skills and Talents

We are also looking for people to volunteer their skills and talents which might benefit our service users! Are you a therapist, councillor, event organiser? Can you offer babysitting or teach a craft?

If you think you have something of benefit you could offer our service users - we would love to hear from you!

Please get in touch on [info@nurturetheborders.com](mailto:info@nurturetheborders.com)

## What is the recruitment process?

For roles 1 & 2 the recruitment process is as follows:

- 1) Prospective volunteers complete the registration form and send it by post or email to our office.
- 2) Nurture the Borders will contact prospective volunteers to discuss their application and may arrange to meet them or invite them to an interview.
- 3) Due to the nature of our work, Nurture the Borders is unable to take on volunteers who have convictions (custodial or non-custodial) of less than 8 years old. Driving offences may be exempt from this.
- 4) For PVG checking purposes, prospective volunteers must have lived in the UK for the last two years and must not have travelled abroad for over six months in either year.
- 5) We invite successful applicants to attend the next training session. We contact the three people given for references and organise PVG checks.
- 6) Volunteers attend 14 hours of Induction training. Candidates are required to complete the training before placement.
- 7) It may take 2-4 months from submitting the application form to receiving your placement. This depends on training dates, swift return of the police check and Nurture the Borders having an appropriate mum wanting support when volunteers are available.

- 8) Once references and pvg checks have been approved, and after discussing a prospective mum with the volunteer, an introduction visit will be arranged.
- 9) We meet the volunteer before the introduction visit and accompany them on their first visit to the family.

### PVG Check?

All volunteers are required to undergo a PVG check, as part of our legal obligation, as an organisation working in support of children and families.

### How are volunteers trained?

All Nurture the Borders volunteers are required to successfully complete our 14-hour induction courses. The course usually takes place on three alternative Saturdays with a maximum of 8 people per course.

Our accredited training has an interactive format, with teaching, discussion, case studies, individual and group work. The course focuses on developing understanding of the needs of mums and babies during pregnancy and the early month, developing 'active' listening and communication skills, understanding your role and 'how to empower a mum' and practical skills to help you in your role.

All candidates are given a training log at the beginning of the first session which enables participants to capture their own notes and reflections, compile handouts and resources from the course, (e.g. on child development and attachment theory) and a reading list.

Volunteers who successfully complete our training will gain an accreditation in Maternal Support and Mentoring.

We provide ongoing training to support our volunteers within their roles.

### How are volunteers supported?

All volunteers will be given regular supervision to support them in their role. Befrienders are required to contact the office each week to give feedback and receive guidance on visits. This can be done by email, or a phone conversation, which typically takes 10 minutes but may last 30 minutes to one hour, depending on the situation. Face-to-face supervision may be given as an alternative.

Volunteers will be required to attend support group meetings every couple of months, where on-going training is offered by expert speakers on such topics as birth trauma, depression and parenting, and respecting cultural differences.

Volunteers will have access to a private online support forum where they will be able to access peer support, resources and information to support them in their role.