

# Volunteer Group Helper

## About this Role

At Nurture the Borders we provide a variety of groups to support new Mums and pregnant women across the Scottish Borders.

The groups are facilitated by our PSOs. They lead these groups. However we also value the role of volunteers to support the PSO and Mums using the groups. This support would be in the way of welcoming new members, helping them settle in, offering a refreshment and helping with the babies if required. Volunteers are not expected to run the group but their contributions to discussions are much appreciated.

## What is Involved

- Arriving 15 minutes early to help set up the room for the group.
- Meeting and greeting members.
- Welcoming new members and helping them get themselves settled and comfortable.
- Making drinks for everyone.
- Washing up the dishes and helping to clean up the room at the end of the group so the space is ready to be used again.
- Supporting Mums with babies by playing with them and distracting them.
- Debrief with the PSO after the group and raising any safeguarding issues.

## What we are looking for in our Volunteers.

### Essential

- Minimum age 18
- Non-judgemental and empathetic.
- Warm and welcoming, able to put others at ease.
- Willing to complete volunteer induction training .
- Able to work within our values .
- Willingness to undertake a Disclosure Check.
- Respectful of others and inclusive to people from different backgrounds.
- Ability to engage in feedback/supervision.
- Comfortable with babies/toddlers up to the age of 2.

### Desirable

- Childcare experience
- Safeguarding training
- First Aid training
- Personal experience or experience of supporting someone close with maternal mental health issues.