



Parents in Mind Peer Supporter: Volunteer Role Description

Parents in Mind is a new NCT project providing peer support for women who are experiencing poor mental health during pregnancy and/or within the first year after birth.

Peer supporters are women who have themselves experienced poor mental health during pregnancy and/or early parenthood, who are now well and can offer time to support others. Volunteers will offer a listening role as well as signpost to services and organisations that may be helpful to the woman's individual circumstances. This support may be offered in a group setting or on a one to one basis within the community i.e. at a local café, community centre or other public space.

What will you be doing?

- Providing one-to-one support to women in a community setting e.g. a local cafe
- Providing group support to women in local community venues e.g. a toddler group or purpose designed social group
- Actively participating in data collection as required for evaluation and monitoring purposes

What are we looking for?

Women over 18 years living in Coventry or central Warwickshire who have:

- Experienced emotional or mental health problems in pregnancy or early parenthood (or have closely supported someone who has) and are now well in themselves
- Empathy and listening skills plus interest in developing these skills in training
- A friendly and approachable manner
- 2hrs a week to commit to peer support for a minimum of 6 months (after training)
- The ability to travel to local venues for individual and group meetings

What will you gain?

- A rewarding experience: the chance to help women in your local area
- Reimbursed travel expenses for training and peer support meetings
- Ongoing support from the Service Delivery Manager
- Open College Network accredited Level 2 training (5 credits) and
- Level 1 safeguarding of children training
- Be part of a social network of other peer supporters

Practical Considerations

- Compulsory training (30 hours plus additional study time) will run every Wednesday 9.30am-12.30pm from November 23rd – February 8th (with 2 week Christmas break)
- A DBS check is required for this role.