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| **MUMS MATTER VOLUNTEER DESCRIPTION** |
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| We’re here to make sure anyone who has a mental health problem has somewhere to turn for advice and support. We provide advice, information, support, and develop services for people affected by mental distress.  **Mind Aberystwyth is looking to recruit volunteers to assist in the delivery of our Mums Matter project.**  Mums Matter was developed with and for women with experience of perinatal mental health problems. The Mums Matter course:   * Is facilitated by a Mums Matter practitioner supported by a volunteer with lived experience, who deliver weekly two-hour sessions featuring practical CBT-based and Mindfulness approaches to perinatal mental health, * Features the use of an on-site crèche so child-care does not prevent access to support and mums can focus on their own wellbeing, * Includes a friends, family and partners session for mum’s supporters to equip themselves with knowledge of perinatal mental health problems, * Features connector sessions to encourage the creation of a peer support network for continued support after the Mums Matter sessions have finished, * Enables home learning and practice via a suite of self-directed learning materials, * Empowers mums to become leaders in the future delivery of Mums Matter.   The Mums Matter course focuses on three co-produced principles of **dispelling myths, managing the everyday** and **nurturing me,** so mums can look after themselves, and in turn, look after their children.  Having a volunteer in the group creates a connection for the mums with someone who understands their experience and allows them to share openly about their experiences. The role of the volunteer is to provide support to the course facilitator and ensure that the mums attending the course are comfortable and safe.  ***Mind Aberystwyth could not realise its mission without volunteers. Volunteers play an integral part in the success of our service delivery and impact on the lives of our service users.*** |
| **Key Roles & Responsibilities**   1. To provide a presence among service users 2. Meeting & greeting 3. Providing relevant information to newcomers 4. Maintaining a positive and welcoming environment 5. Monitoring conversation and interaction between service users 6. Maintain a clean, tidy, safe and organised environment 7. Serving refreshments 8. Provide company to service users. If any service user is looking lost or alone, please make it your business to speak to them or pass it on to a member of staff 9. To maintain confidentiality |
| **Ideal Candidate**  Our ideal volunteer would be a hardworking, enthusiastic and compassionate mum with experience of perinatal mental health problems, as well as the challenges that can arise from being a parent. Reliability and confidentiality are essential.  Ability to communicate through the medium of Welsh would be desirable but is not essential. |