

**Volunteer Role Title:** Group Support Volunteer – Young Mums Group

**Location:** Vista Fields Children's Centre (Eltham)

**Responsible to:** Young MumsAid Advice and Advocacy Worker (Group Facilitator)

**Hours:** Minimum commitment of 3 hour per week.

### **About Young MumsAid Group**

MumsAid's Young Mums service supports expectant and new mothers aged up to the age of 25, offering emotional support, peer connection, advocacy, within a group setting. The group offers a safe, welcoming environment where young mums can share, connect, and learn.

### **Purpose of Role**

To assist in the organisation and the smooth running of Young MumsAid group sessions. Offering friendly emotional support and guidance to help new mums connect and thrive in their community, ensuring group participants feel safe and welcomed.

### **What will you be doing?**

- Assist the group facilitator with planning, organising, and facilitating regular support group meetings for new mothers, ensuring that the meeting space is clean, safe and warm.
- Greet attendees as they arrive; help new members settle in, show them around, introduce them to others.
- Be attentive to group dynamics; encourage inclusion and gently facilitate interaction when helpful (for example, helping quieter mums to join in).
- Provide emotional support and guidance to mothers within the group, ensuring a safe and inclusive atmosphere.
- Provide tailored one-to-one support to mothers within the group who need additional help, referring to other specialists when necessary.
- Assist with administrative tasks related to the group, including attendance records, scheduling, and communication with participants.
- Implement and deliver engaging and relevant content for group sessions including activities, and discussion topics as advised by the facilitator.
- Participate in debrief or feedback with the facilitator after the group, sharing any insights or concerns.
- Observe and flag any safeguarding, mental health, or welfare concerns in line with MumsAid Safeguarding and child protection policies (in debrief with facilitator) immediately following the session.
- With guidance from the facilitator carry out monitoring requirements.
- Support in liaising with other professionals to increase awareness about the group and to assist in recruitment of suitable group members.
- Respond to any feedback of the group, adapting sessions as necessary as directed by the group facilitator.
- Distribute educational materials and resources relevant to new motherhood as necessary.
- Promote and support equality, diversity and inclusion, ensuring that the views and voices of MumsAid's service users are considered in all aspects of group initiatives, including in the discussions of need and impact.
- Maintain confidentiality and privacy of group members.
- Attend induction and role-specific training and take part in supervision or feedback sessions.

**What skills and qualities can you bring?**

- Warm, welcoming personality; good at putting others at ease
- Empathetic, non-judgemental nature
- Some awareness of mental health challenges (especially maternal mental health)
- Strong commitment to MumsAid values: empowering, safe, peer-led, inclusive, sustainable
- Understanding of confidentiality and when safeguarding takes precedence, in line with MumsAid policies and procedures
- Reliable and able to work well in a team
- Be committed to equality, diversity, and inclusion.
- Comfortable and confident around young children
- Openness to feedback and supervision
- Willingness to complete volunteer induction
- Willing to undergo DBS check

**What is in it for me?**

- Induction and regular training, including safeguarding training, mental health first aid and suicide prevention training.
- Ongoing support, supervision, and feedback
- Reimbursement of travel expenses (with receipts)
- Make a real difference to the lives of local young mums
- Gain valuable experience in supporting vulnerable families
- Gain practical experience in group facilitation and community support.
- Develop active listening, communication, and safeguarding skills.
- Be part of a welcoming volunteer team
- Written references on request
- A DBS check paid for by MumsAid (If required)