

Volunteer Role Description

Kirklees Breastfeeding Peer Supporter

Based within various locations across Kirklees, including:

Well Baby Clinics

Baby Bistros/Breastfeeding Support Groups

Restrictions: 16 years +, female only - **must have breastfed for more than four months**

About the Kirklees Breastfeeding Support Model:

The Breastfeeding Peer Supporter volunteer role sits within the Locala 0-19 service, which includes delivery of the healthy child programme, by practitioners trained in 0-19 children's health and development. Locala aims to offer a variety of breastfeeding support options, including face-to-face support in community venues across Kirklees and telephone support.

Baby Bistros/Breastfeeding Support Groups:

Locala Breastfeeding Peer Supporters are trained volunteer mums who use their breastfeeding experience to support mums to breastfeed their babies. They often volunteer within professional breastfeeding support clinics and groups and also offer telephone support. The groups provide mums with the opportunity to get together in an informal environment, to support each other in all aspects of feeding their babies, whether this be breast, bottle or mixed.

What You Will be Expected to Do:

- Provide a safe, non-judgemental environment, either face-to-face or over the phone, to listen and talk to mums, providing confidential peer support to mums about all aspects of feeding (breast, bottle or mixed) and weaning
- Offer information and assist mums in discovering options, which might be helpful to their situation
- Empower mums to be confident feeders
- Boost mums' self-esteem
- Combat loneliness by encouraging wellness and a sense of community in the postnatal period

The Difference You Will Make:

Peer Supporters offer reassurance and support to mums throughout their breastfeeding journey, enabling them to breastfeed for as long as they wish to.

Useful Attributes:

- **Must have personal breastfeeding experience (at least four months)***
- Confident approaching parents
- Friendly and a good listener
- Willing to embrace new learning opportunities

Weekly Face-to-Face Sessions to be Covered (not necessarily all vacant):

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

Minimum Period of Commitment: 12 months

How Locala Will Recruit You:

Application	
Informal interview (via MS Teams)	
2 x character references	
Enhanced DBS check	
**Training and induction (online modules to be completed <i>before</i> induction)	

What Will be Available to You:

Public liability insurance (covers 16 years +)	
Disabled access	
Regular follow-up visits (every 6 months minimum)	
Out-of-pocket expenses (45p per mile, parking, public transport fees)	
ID badge and polo shirt	

Useful Information:

Well Baby Clinics and Baby Bistros/Breastfeeding Support Groups run at various times within the sessions detailed in this role description. More detailed information about specific locations and vacancies will be provided at the point of interview and throughout the training course.

Training:

Training is held up to three times a year, alternating between North and South Kirklees, based on demand. In order to get a place on the course, applicants need to:

- have a successful informal interview
- have a clear enhanced DBS check
- have two satisfactory character references

Please note, there is **no childcare provision for the training courses**. However, peer supporters may be able to take children under school-age with them to the Baby Bistros/Breastfeeding Support Groups, once they begin volunteering, depending which group they choose to volunteer in.

To gain the full benefit of the course, **it is essential that all sessions are attended**. If you anticipate a problem with attending all sessions, please speak to us before applying.

* Variations of breastfeeding experience can be discussed further at interview.

** Additional support is available if required. If you don't have access to a computer, a paper version of the modules and assessments can be provided.

How to Apply:

Submit an online application at: [MyImpactPage - Application Form - Locala Health & Wellbeing \(betterimpact.com\)](https://betterimpact.com). Alternatively, a paper application form can be posted out on request.

Please call one of our Volunteer Services Managers (Heidi and Louise) on 030 3330 9392, or email: volunteering@locala.org.uk.

About Locala:

Locala is proud to be a colleague-owned provider of NHS community healthcare services. Our colleagues make key decisions about the services we provide and how we support our communities. As a social enterprise any profits made are invested into further improving our healthcare services and community projects.

Visit our website for more details at: www.locala.org.uk.