

Volunteer Role Description

Calderdale Breastfeeding Peer Supporter

Based within various locations across Calderdale, including:

Calderdale and Huddersfield Foundation Trust, Maternity Services
Breastfeeding Support Groups
Family Hubs
Service user's homes (home visits).

Restrictions: 16 years +
must have breastfed for more than **four months**.

About The Calderdale Breastfeeding Peer Support Service:

Calderdale Breastfeeding Peer Supporters have breastfed their own children and after completing training offer support to other breastfeeding mothers.

What You Will Be Expected To Do:

The Peer Supporter is a volunteer who gives support and basic breastfeeding management information, when this is asked for. A written record is kept of contacts with mothers or mothers to be.

Peer Supporters may be involved in:

- Attending breastfeeding support groups
- Support at Calderdale Royal Hospital Maternity Unit, Breastfeeding Clinic and Tongue Tie Clinic
- Telephone support
- Attending breastfeeding awareness raising events
- Moderating the Service's Facebook groups and supporting in virtual groups
- Supporting with ante-natal parent education and in antenatal clinics

The Difference You Will Make:

Mothers who are breastfeeding may at times need some extra help and support. Peer Supporters can give time and reassurance to mothers at any point along their breastfeeding journey, enabling them to breastfeed for as long as they wish to.






















Useful Attributes:

To be a Peer Supporter with Calderdale Breastfeeding Peer Support Service you will need to:

- Have breastfed at least one child for more than four months
- Have a positive attitude about breastfeeding while respecting individual choice
- Be friendly and approachable
- Have a non-judgemental approach.
- Have good communication skills.
- Be able to listen to other people's experiences.
- Have a desire to help other mothers.
- Have self-organisation skills.
- Maintain confidentiality.

- Undertake an Enhanced DBS check.
- Successfully complete the Peer Supporter training programme
- Be able to offer regular time commitment and reliability (2-3 hours per week)
- Adhere to the Peer Support Service Code of Conduct.

Weekly Sessions To Be Covered (*not necessarily all vacant*): Times will be discussed at interview.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

Minimum Period Of Commitment:

We hope that you will be able to volunteer with the service for 12 months after completing training.

How Locala Will Recruit You:

Application



Informal face-to-face interview,



x2 character references



Enhanced DBS check



*Training and induction

What Will Be Available To You:

Public liability insurance (covers 16 years +)



Disabled access



Regular supervision meetings



Out-of- pocket expenses (mileage, parking, public transport fees)



ID badge and polo shirt



Useful Information:

The Training Course:

The following topics are included:

- Information and Guidance Session.
- Introduction: The role of the Peer Supporter, Breastfeeding support in Calderdale, The Baby Friendly Initiative (UNICEF), Calderdale Peer Support Service, WHO Code of Marketing Breast Milk Substitutes.
- Communication skills.
- Benefits of and barriers to breastfeeding. Dispelling the myths.
- How breastfeeding works (Anatomy of the breast, hormones of lactation, composition of breast milk). Health benefits of breastfeeding.
- Breastfeeding in the early days: Supporting mothers in getting baby positioned and attached at the breast.

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- 'Red Flags' (recognising when a breastfeeding mother needs more specialised help and how to refer appropriately. Mastitis, engorgement, thrush, weight loss/poor weight gain, sore nipples).
 - Older babies and breastfeeding. Supporting breastfeeding to continue for longer. Returning to work.
 - Giving information to antenatal mothers.
 - Locala's mandatory volunteer training (includes Safeguarding, Health and Safety and Data security and Awareness)

All training materials are supplied, and guidance is given as how to find other resources.

Please note, we cannot provide childcare during training sessions or whilst volunteering. However, some areas will allow Peer Supporters to take their children with them e.g. breastfeeding groups.

To gain the full benefit and the accreditation from the course it is essential that all sessions are attended. If you anticipate a problem with attending any sessions, please speak to us before applying for training.

How To Apply:

Submit an online application at: : [MyImpactPage - Application Form - Locala Health & Wellbeing \(betterimpact.com\)](https://myimpactpage.com/application-form-locala-health-wellbeing-betterimpact.com)

Alternatively, a paper application form can be posted out on request.

For more information, please call **03003045076** and ask to speak to Bridget Hall or Michelle Davies

About Locala:

Locala is proud to be a colleague-owned provider of NHS community healthcare services to people in Kirklees, Calderdale and Bradford. 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.