

# Volunteer Role Description: Champion Volunteer (Glasgow Mum2Mum)

**DBS/PVG status:** Required

## Background

The Breastfeeding Network (BfN) aims to be an independent source of support and information for breastfeeding families and others.

It aims to:

- Inform, educate and support families in feeding and nurturing babies and young children;
- Enable communities to support breastfeeding through sharing information, training and volunteering;
- Contribute to evidence based policymaking for government, healthcare providers and educators;
- Promote the mental and physical wellbeing of mothers and babies through supporting breastfeeding

At the heart of our organisation are our volunteers who give their time to support other families in their communities, over the helplines and via social media. BfN Registered Champions (known as Mum2Mum volunteers in Glasgow) can offer support in a 'knowledgeable friend' role and can volunteer in a variety of different ways (always alongside a trained Peer Supporter): in BfN breastfeeding drop-in groups, offering social and emotional support over the phone or via text message, in hospitals, schools and in antenatal classes.

## Main duties

- Offer social and emotional support to new and expectant parents in a variety of settings including at drop-in groups (face to face or online), on maternity/neonatal wards, via phone/text/video call or via home visits working alongside a Supporter/Helper or health professional or more independently with close supervision from a volunteer coordinator/peer support coordinator
- Be a 'knowledgeable friend' to other new parents in their own community
- Provide emotional support to parents and families
- Be someone within a community who can offer informal support, information and signposting to peer support for new parents
- Signpost parents to get further information and support, especially those who are concerned with their baby's feeding, growth or health
- Empower new parents and help them gain the confidence they need to breastfeed for as long as they wish and to normalise breastfeeding in our society
- Work within the BfN's Code of Conduct
- Attend regular supervision with a BfN Supervisor in line with BfN's Code of Conduct and Guidance Documents
- Maintain up to date knowledge of BfN's policies including Information Governance, IT, Safeguarding and Health and Safety
- Complete mandatory training on an annual basis
- Complete all tasks necessary to maintain registration with the Breastfeeding Network, including maintain a current membership

# Person Specification: Champion (Mum2Mum volunteer)

Please think about the information below when completing your application form.

Qualifications	Essential	Desirable
Completion of the BfN Champion course or equivalent training	✓	

Experience and Knowledge	Essential	Desirable
Experience of breastfeeding at least one baby (including expressing breastmilk)	✓	

Skills and Abilities	Essential	Desirable
Ability to understand both written and spoken English	✓	
Ability to work effectively as part of a team	✓	
Excellent interpersonal and communication skills	✓	
Ability to work with people from different cultures sensitively	✓	
Ability to keep the confidentiality of the parents and their families	✓	
Awareness and commitment to equal opportunities	✓	
IT skills including Word, Excel, email and internet use		✓