



Cambridgeshire,
Peterborough and
South Lincolnshire

Role	Volunteer Perinatal Support
Location	Chatteris Child and Family Centre OR March Child and Family Centre
Supervisor	Perinatal Manager
Hours/commitment	Chatteris Child and Family Centre:10am-12noon (usually the first Wednesday of the month) March Child and Family Centre: 1pm-2.30pm (usually the 3 rd Wednesday of the month)
About this volunteering opportunity	<p>CPSL Mind Perinatal service is looking for a female volunteer to support their Mindful Mums groups.</p> <p>The groups are offered in Peterborough, South Fenland, Cambridge and are open to women who live in these areas who have a child under the age of 2 years.</p> <p>The groups focus on Mums sharing wellbeing skills and keeping connected with each other for friendship and support.</p> <p>These groups are delivered from Child and Family Centres which provide a space for children to play in a suitable environment during the sessions. This is a safe and open-minded environment for Mums to come together and share similar experiences.</p>

What is a Perinatal Volunteer Support
<p>Someone to support within our peer groups (called Mindful Mums) in March and Chatteris. The groups run once a month and a perinatal volunteer supports our facilitator by welcoming mums, making drinks, supporting conversations, occupying children in the room. This enables mums to feel relaxed and able to talk without the distractions.</p>
What you can expect from this volunteering opportunity



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- Induction training, supervision and support
- To learn new skills
- The opportunity to use your lived experience or knowledge of mental health challenges, in a safe and contained way to support others
- The opportunity to help us bring communities together and help deliver our message of “its ok to not be ok”
- Wider opportunities to grow and develop as a valued member of the CPSL Mind Team

As one of our volunteers, we will ask you to commit to the following:

- Attendance to our induction training and completion of safeguarding, Unconscious Bias, ED&I and Prevent training
- Agree to complete an Enhanced DBS check
- A good line of clear communication
- Adherence to CPSL Minds Code of Conduct and policies and procedures
- Be a positive representative of CPSL Mind

Recruitment process

The recruitment process involves:

- Completion of application form, providing two references
- Informal meeting with Peer and Volunteer Manager
- Attending online zoom induction with Peer and Volunteer Manager along with completion of online training
- Additional training will be offered when it becomes available and if appropriate.

NB: All volunteer opportunities are subject to satisfactory Enhanced Disclosure & Barring Service clearance. Please contact our Peer and Volunteer Manager if you need more information about this or wish to discuss any spent or unspent convictions.

We look forward to hearing from you!