

## **VOLUNTEER BIRTH PARTNER ROLE DESCRIPTION**

### **ORGANISATION NAME**

The Birth Partner Project

### **ORGANISATION OVERVIEW**

A charity that believes no woman should have to birth alone. Created to provide birth partners and postnatal partners for women who lack this vital support around the time of birth

### **ROLE TITLE**

Volunteer Birth Partner

### **LOCATION OF POSITION**

Cardiff area (births at UHW or at home in Cardiff and The Vale)

### **PURPOSE / SUMMARY OF ROLE**

- Volunteer Birth Partners are part of a 3-4 person team providing emotional support, comfort measures and a positive, nurturing presence during the latter stages of pregnancy, labour and birth, and eight weeks postnatally. This involves fairly intense support for potentially vulnerable women who would otherwise be alone
- Maintain confidentiality, protection and safeguarding
- Provide information and signposting to assist women to access other relevant support during this period

### **APPLICATION**

- A self-led module will be sent to all interested parties, this is to be completed by **Friday 23rd December**. There is a short application at the end of the module.
- Applicants who demonstrate strongly the qualities and competencies we seek will be invited to an interview during the week commencing **January 9th** and may be invited onto our training.

# THE BIRTH PARTNER PROJECT

## **TRAINING AND SUPPORT**

- Volunteers will take part in a hybrid four day training course which will cover working with women seeking sanctuary, safeguarding, self-care, the physiology of birth and essential birth partner/postnatal partner support skills. Other training events will be held throughout the year.
- All volunteers will receive ongoing support from the team coordinator
- Peer support and ongoing learning opportunities

## **TIME COMMITMENT AND EXPECTED AVAILABILITY**

- The time commitment to support one service user usually covers a 3-4 month period
- Birth commitment and availability: Volunteers are expected to be available for regular on-call shifts during a period of 3-4 weeks around the estimated due date (birth dates are highly unpredictable). Shifts are allocated based on the availability of each member of the support team
- Volunteers should be able to commit for at least 18 months after the training (typically supporting 1 service user every 6 months)
- Volunteers are expected to attend mandatory training prior to commencing the volunteer role.

## **SKILLS AND QUALIFICATIONS**

- Skills related to birth work and wellbeing are desirable though no specific previous qualifications or experience are necessary.
- Desirable characteristics and skills include: ability to support self-advocacy, empathy, culturally safe, a positive and calm approach, being non-judgemental, good team working and communication, understanding of confidentiality and safeguarding, basic IT skills.

## **BENEFITS OF VOLUNTEERING**

- Meeting and supporting a diverse group of women and families
- Experience of pregnancy, birth and the postnatal period
- Opportunities to work closely with other committed volunteers and with related organisations and health professionals.

## **REIMBURSEMENT OF EXPENSES**

Volunteers will receive reimbursement for travel expenses and food costs related to carrying out the role

## **CONTACT INFORMATION**

For more information please contact [info@birthpartnerproject.org](mailto:info@birthpartnerproject.org)