

Infant Feeding

Role Title	Infant Feeding Volunteer
Location of Position	Various including Marks Gate Community Hub/ Thames Community Hub/Barking Learning Centre and a number of other locations within Barking and Dagenham
Responsible to	Maternal Health Coordinator
Purpose/ summary of role	You will play a crucial part in providing essential support, information, and encouragement to new parents as they navigate the challenges and joys of infant feeding.
Description of tasks	<ul style="list-style-type: none"> • Provide support to parents and caregivers around aspects of infant feeding (including breastfeeding, bottle-feeding, pumping, introducing solids and nutrition) • Share accurate and up-to-date information with families • Actively listen to parents • Share resources with parents • Provide in person support to parents • Support parents through phone calls, emails and online forums • Maintain confidentiality at all times • Maintain records • Attend training and workshops to enhance knowledge • Collaborate with other volunteers, health professionals and community partners • Provide feedback to the organisation.
Time commitment	A minimum of 2 hours per month, covering a regular time slot if possible. If you are able and would like to commit more time, please indicate this on your form.
Qualities & Skills	<ul style="list-style-type: none"> • Good people skills • Pleasant telephone manner • Confident using the computer – Word, Excel, Outlook • Good communication and interpersonal skills • Confident to ask for help when needed • Empathetic, compassionate and understanding • Non-Judgemental • Attention to detail and able to multitask, prioritise tasks and meet deadlines • Enthusiastic and passionate about supporting families • Willingness to learn

<p>Training & Support</p>	<p>We offer a ‘Welcome to Mind’ volunteer induction, which includes topics such as communication, confidentiality and boundaries as well as Health and Safety. There will be opportunities to access further training.</p> <p>You will receive a welcome pack as well as induction documentation and training. You will also have a quarterly meeting with your volunteer mentor. The Volunteer Engagement Coordinator will also be available for regular support, advice and guidance. As well as giving regular organisational updates to you.</p> <p>Within your induction you will be asked to complete some online training modules as well as any further training for the role. You will also be required to get a DBS for the position but this will be done with the Volunteer Engagement Coordinator before you start volunteering with us.</p>
<p>Reimbursement of Expenses</p>	<p>Lifeline Projects cover reimbursement of any travel costs or car park charges.</p>
<p>Benefits of being a Volunteer</p>	<p>Volunteering with Mind Havering, Barking & Dagenham can be a rewarding experience and a feeling of being able to do something for someone else, develop your skills, learn new skills and meet new people. It can also help you to gain a sense of pride and build your self-esteem, becoming more confident, widening your network and feeling valued by our staff and those who are accessing our services.</p>
<p>Volunteer Engagement Coordinator contact information</p>	<p>Volunteer Engagement Coordinator Harrow Lodge House, Harrow Lodge Park, Hornchurch Road, Hornchurch, Essex, RM11 1JU volunteering@haveringmind.org.uk</p>