

Perinatal Support for Partners Service Triage Volunteer

Location: Volunteers have the option to work from our offices across the tri-borough, as well as some home-based duties.

Service: Perinatal Support for Partners Service

This service supports partners of women being cared for by the West London Perinatal Mental Health team. It includes wellbeing support, a 1:1 mental health assessment and provides relevant resources and referrals to further services.

Role Description and Main responsibilities:

1. To work closely with our caseworker supporting service-users to access the service.
2. Co-facilitate a monthly peer support group.

Other tasks:

- To answer emails and enquiries for the service within our service level agreements
- Triage clients for the service through an onboarding process.
- Co-facilitate a monthly peer support group
- Provide support to our caseworker when necessary
- Record interactions with service users
- Follow all policies and procedures, particularly regarding Safeguarding and Suicide Prevention, (full training will be provided)
- Liaise with our marketing lead to ensure the service is being promoted on social media
- A willingness to undertake training courses
- Uphold HFEH Mind values and behaviours

The type of person we are looking for is:

We welcome applications from fathers or non-birthing parents who may have experienced the challenges of parenthood and want to support others going through similar. By offering your support you will help other fathers and non-birthing parents feel less isolated, understand the importance of their role to both their partner and baby and support their access to relevant support services and resources.

Essential:

- A father or non-birthing parent and/or lived experience of perinatal mental health struggles
- An interest in supporting those with perinatal mental health needs
- Good oral and written communication skills (including listening skills)
- Excellent organisational skills
- Ability to work in a team
- IT skills – able to update spreadsheets, use Microsoft Teams and

Desirable:

- Lived experience of perinatal mental health struggles
- Experience of supporting people with mental health needs, in a voluntary, paid, or personal capacity, (i.e., friends and family)
- Previous involvement with local community groups/networks
- Awareness of the cultural barriers that may exist to seeking mental health support

Time commitment and expenses:

- 6 hours per week, during our core hours of 10am - 4pm.
 - Please indicate your preferred volunteering day(s)/time(s) on your application
- We request a minimum commitment of 6 months of volunteering after the completion of your induction
- We will provide volunteers with an induction, training, and ongoing mentoring to support them in the role
- Reasonable travel expenses will be reimbursed

Why Volunteer at Hammersmith, Fulham, Ealing, and Hounslow (HFEH) Mind?

Volunteering at HFEH Mind is a fantastic opportunity to contribute to the work of a leading national mental health charity. We provide initial and ongoing training, as well as plenty of opportunities for progression within the organisation. You will be treated as a core member of the team from day one and be surrounded by supportive and knowledgeable colleagues fighting for mental health.

What's in it for the volunteer?

Volunteering opportunities have been a route into paid employment within our organisation for many of our previous volunteers. However, the skills and experiences you will gain are likely to support applications for paid employment within the sector more broadly, as well as further training and education opportunities (e.g., Business courses, social work, mental health qualifications). We are keen to foster the individual strengths and interests of volunteers. With the support of the PSFP Team, we will work with you to ensure that your volunteering experience is meaningful and valuable, whilst balancing the requirements of delivering the service.

How to Apply: Please attach your most recent C.V. and complete our application form [here](#).

Closing Date: 11th December 2024