JOB DESCRIPTION

Job title: Perinatal Peer Supporter (x4 roles available)

Service: Bradford Perinatal Support Service

Salary: Grade 2 Point 11-15

Hours: 29.6 hours per week each (part time)

Location: Bradford

Responsible to: Perinatal Coordinator

Summary of job:

The Family Action Perinatal Support Service provides Peer Support for new and expectant mums with mild to moderate mental health issues during the pre and post birth period . Our service users may be experiencing low mood, anxiety, and/or social isolation. Your role as a Perinatal Peer Supporter will be to provide emotional support and empower women to develop healthy recovery strategies. You will assess the needs of women who are referred into the service, provide regular listening visits, and support service users to access services within the local community where appropriate. In addition, the role will involve developing links with other professionals and local support services in order to identify appropriate support and facilitate access for service users whilst generating appropriate referrals for the service.

Key tasks and responsibilities:

1. Utilise your own lived experience to provide peer support for women pre and post birth.
2. Engage with and form trusted relationships with parents and carers
3. Assist parents/carers in their understanding of the importance of the first 1001 days, promoting key messages and providing support to strengthen parent-child attachment.
4. Work in partnership with women to plan for and promote their recovery
5. Complete initial assessments, create plans for support, and carry out regular reviews of client need.
6. Complete outcomes measuring tools with service users to inform decision making around suitability for the service and to measure progress.

1. Complete case recording to a high standard, adhering to the service procedures and protocols.
2. Attend multi agency meetings when required.
3. Work in partnership with other agencies and services, and ensure that service users are signposted to appropriate support.
4. Develop relationships with under-represented or marginalised community groups in order to ensure the service is accessible to all.
5. Ensure all work is carried out to Family Action minimum standards and is designed and delivered to maximise agreed outcomes.
6. Ensure that all assigned work adheres to Family Actions Safeguarding Policy and ensure BSGB procedures are followed in the event of any child protection issues or concerns.
7. Comply with Family Action’s Health and Safety Policy, Data Protection Policy and to protect the health, safety and welfare of themselves and others.
8. Comply with Family Action’s Diversity & Equality Policy and our Ethical Policy in every aspect of your work and positively promote the Principles of these policies amongst colleagues, service users and other members of the community.
9. Promote a positive image of Family Action, representing the organisation in order to increase professional and public awareness of the organisation’s work and of the views and needs of service users.
10. Represent Family Action in relevant external and internal service related forums, participating in task groups, skill sets and service development group.
11. Participate in regular team meetings , reflective supervision and access any training required for the role.
12. Work flexibly as may be required by the needs of the service and undertake any other reasonable duties as required.
13. Evidence Family Action’s values at all times, which underpin Family Action’s mission of ‘building stronger families’ by:
14. Being people focused
15. Reflecting a ‘can do’ approach
16. Striving for excellence in everything we do
17. Having mutual respect for everyone we work with, work for and support through our services

PERSON SPECIFICATION

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| Requirements | | Essential | Desirable |
| Education, Qualifications & Background | | | |
| 1. | A minimum of 5 GCES grade 5 or above with commitment to continued learning and professional development. | ✓ |  |
| 2. | Minimum of NVQ level 3 /Health and Social Care or related qualification |  | ✓ |
| 3. | Qualified in peer support |  | ✓ |
| **Experience** | | | |
| 4. | Personal experience of pregnancy and childbirth, or supporting someone close to you in the perinatal period | ✓ |  |
| 5. | Experience of supporting vulnerable individuals or families | ✓ |  |
| **Knowledge & Skills** | | | |
| 6. | Excellent interpersonal skills with the ability to form trusted relationships with women experiencing mild to moderate mental health issues pre and post birth whilst maintaining appropriate boundaries | ✓ |  |
| 7. | Understanding of the potential emotional impact of pregnancy and birth, and the demands of parenthood on mental wellbeing . | ✓ |  |
| 8. | Understanding of the challenges faced by a diverse range of families living in areas of high deprivation | ✓ |  |
| 9. | Understanding of parent /infant attachment and the way in which emotional distress, stress, and social isolation can impact on parent-infant relationships | ✓ |  |
| 10. | Excellent time management, and organisation with the ability to work autonomously to effectively plan and prioritise work, adapting to new models of working in a confident and professional manner. | ✓ |  |
| 11. | Excellent written and IT skills and proficient in the use of Microsoft Office | ✓ |  |
| 12. | Able to demonstrate knowledge of child and adult safeguarding issues and commitment to adhering to Family Action’s and Bradford Council’s Safeguarding policy and procedures. | ✓ |  |
| 13. | Knowledge of health and safety issues and an ability to take responsibility for the health, and safety of adults and children | ✓ |  |
| 14. | Emotional resilience to cope with sessions where information shared by clients could be of upsetting or distressing nature. Knowing when you need support and confidence to seek support when needed. | ✓ |  |
| 15. | Ability to speak a second language (particularly community languages sought within the service – Urdu/Punjabi/Bengali/Polish/Czech/Slovak) |  | ✓ |
| 15. | Ability to make good use of reflective supervision sessions and commitment to undertaking any training required to fulfil the needs of this role  **CONTINUED ON NEXT PAGE** | ✓ |  |
| Values | | | |
| 16. | Able to evidence Family Action’s values at all times, which underpin our mission of ‘building stronger families’ by:   * Being people focused * Reflecting a ’can do’ approach * Striving for excellence in everything we do * Having mutual respect for everyone we work with, work for and support through our services | ✓ |  |
| 17. | Be committed to equal opportunities and uphold and comply with Family Action’s Equality & Diversity policy in all aspects of your work, promoting its principles amongst colleagues, service users and other members of the community. | ✓ |  |
| In addition | | | |
| 18. | Willing to work hours in a flexible way, on occasion, including evenings and weekends as required to meet the needs of the service. | ✓ |  |
| 19. | Access to a business insured vehicle to travel across the Bradford area. |  | ✓ |