

Mums Matter: Course Support Volunteer

Manchester Mind is an independent Mental Health Charity. We have been supporting better mental health and delivering services for 30 years. We're here for the people of Manchester.

Volunteering with us

Volunteering is a great way to build skills and grow in confidence whilst also helping others. We believe everyone has something to offer and we could not do what we do without our volunteers.

Our values

- Openness** Being receptive to, and appreciative of, the skills, talents and perspectives of everyone
- Belonging** Developing kind relationships that lead to feeling accepted, understood and able to contribute
- Strength** Recognising and developing potential in others and ourselves, enabling resilience
- Collaboration** Generous sharing of our resources, skills and talents enabled by clear and meaningful communication

What is Mums Matter?

Mums Matter is a programme designed to support Mums with a child under 2 years old and who are experiencing depression, anxiety and low mood.

There are a total of eight sessions, six are structured around a self-care topic and include breathing techniques and a meditation. The last two sessions lead the group into continuing as a peer support group. An extra session is delivered for supporters and partners to help them understand how they can better support the person who is attending the programme.

Mums Matter: Course Support Volunteer

As a Mums Matter Course Support Volunteer you will support the Mums Matter Co-ordinator to deliver activities and encourage discussions between participants. You will help to create a safe and welcoming space either face-to-face or virtually using Zoom. It is an opportunity to develop your facilitation skills and encourage safe and open discussions.

Training & Support

All volunteers will receive training in Manchester Mind policies and procedures, the Mums Matter Course and how to facilitate group discussions. Additional training in the use of technology platforms will be provided to support virtual meetings. Volunteers will be supported and supervised by the Mums Matter Co-ordinator.

Activities

- Help prepare resources and activities for the course sessions
- Welcome participants to the sessions and record attendance
- Support the Co-ordinator with the delivery of pre-agreed activities during the course sessions
- Support individuals during the structured sessions
- Encourage discussion from all participants
- Support the Co-ordinator with reviewing and reflecting on each session.

Criteria

- Lived experience of or an understanding of how poor mental health can impact on a new mum
- An interest in supporting improved mental health and wellbeing
- Be a good listener and to be able to communicate clearly and kindly
- Ability to be non-judgemental, self-aware, understanding, positive and supportive
- A commitment to the aims and values of Manchester Mind
- Respect the need for confidentiality
- Have a good approach to self-care and know when to look after your own wellbeing.

Time commitments

Mums Matter courses consist of 8 weekly sessions each lasting 2.5 hours.
We would need you to be able to support a complete course once in a year.
Dates are set based on need and venue availability.

Location

Various Children's Centres in North Manchester or virtually through Zoom meetings

We look forward to hearing from you

In order to protect all our service users, volunteering positions are subject to satisfactory disclosure from the Disclosure & Barring Service (DBS check) which we will fund on application.