# Job Description

**Job Title: Perinatal Support Officer**

**Hours: Negotiable between 10 & 30hrs per week**

**Salary £11.00ph**

**Service: Cherish Project - Perinatal Support Service**

**Temporary: until December 2018**

**Reports to: Cherish Project - Perinatal Support Service Manager**

**Location: Borders Wide**

## Job Purpose

To support delivery of the Cherish Project Perinatal Support Service through;

* Engaging with women, their families and professionals within the Scottish Borders, to raise the profile of the Cherish Project.
* Supporting service users to access peer mentoring and group work programmes, and promote volunteering opportunities.
* Providing emotional and practical support to parents during the perinatal period
* Supporting and guiding the Cherish Project’s Volunteer Mum Berfrienders in their roles.
* Raising awareness of Perinatal Mental Health both within the community and amongst partner organisations.

The Perinatal period is during pregnancy and a year following the birth. We provide emotional support to Mothers who are suffering with low to moderate mental health issues or are identified as vulnerable to developing mental health issues in the perinatal period. This support may be through telephone calls, home visits, group work or support to access other local services.

## Responsibilities

1. To help develop and maintain a referral system, assess referred parents at home (including completing evaluation questionnaires) and manage the transition of appropriate referrals into the service.
2. To develop a professional relationship with referred parents and provide home, group and drop-in support during the ante and postnatal periods.
3. To support new parents to understand their own emotional needs and those of their infant and promote secure attachment for the child.
4. To help match trained volunteer befrienders to parents and provide mentoring support to the volunteers.
5. To engage and maintain effective liaison with statutory and voluntary services working with women during the perinatal period and attending relevant meetings as necessary, to promote the Cherish Project, address potential barriers to access and to help ensure service users receive coordinated help and support.
6. To help organise and deliver workshops covering topics such as relaxation in pregnancy, baby massage and other activities to promote bonding and emotional wellbeing of mother and baby.
7. To collate and provide data using the Cherish Project Outcomes measures.
8. To signpost to other services as appropriate, helping parents not appropriate for the Cherish Project to access other universal services.
9. Promote volunteering opportunities through networking, attending community events and work with community organisations to develop creative and innovative approaches to volunteer recruitment.
10. To ensure you have an understanding (appropriate to your role) of, and comply with Nurture the Border’s procedures for promoting and safeguarding the welfare of children and vulnerable adults.
11. To comply with Nurture the Border’s Equality & Diversity Policy in every aspect of your work and positively promote the principles of this policy amongst colleagues, service users and other members of the community.
12. To comply with Nurture the Borders’s Health and Safety Policy, Data Protection Policy and to protect your own and others’ health, safety and welfare.
13. To work flexibly as may be required by the needs of the service and carry out any other reasonable duties as required.

## Person Specification

### Essential

* Either;
  + Someone who has experienced pregnancy and childbirth, and is able to empathise with the needs of families during the perinatal period
* Or;
  + Someone who has understanding of mental distress, the emotional effects of pregnancy and birth and the demands of parenthood, and who is able to empathise with the needs of families during the perinatal period
* Knowledge and understanding of pregnancy, childbirth, the transition to parenthood and the challenges of parenting.
* Experience of supporting and mentoring others and of working as part of a team.
* An understanding of child and adult Safeguarding issues, an ability to implement relevant policies and procedures.
* A confident and professional approach to working with parents and colleagues and excellent verbal, listening and communication skills.
* Good IT , numeracy, record keeping and organisational skills.
* Ability and enthusiasm to work creatively and independently with an appropriate amount of supervision.
* Knowledge of health and safety issues and an ability to take responsibility for the health, physical well-being and safety of the adults and children attending the service.
* A current driving licence and access to a car that can be used for work.

### Desirable

* An appropriate social care, early years or health qualification e.g. social work, nursing, health visiting, childcare or equivalent relevant experience.
* A good level of knowledge about the services available and professionals working with ‘parents to be’ and new parents, and an ability to contribute to the multi-disciplinary forums.
* Experience of facilitating assessments and support planning.
* Knowledge of child developmental milestones and an understanding of attachment.
* Experience of providing sensitive, non-judgmental support to families