



## Volunteering Opportunity

Butterflies Mums are looking for volunteers to offer friendship to other mums and their families, by sharing their own parenting experiences. This is an exciting opportunity for you to get involved with a pioneering local organisation and gain some valuable experience.

### About us

Butterflies Mums volunteers help parents by sharing the joys and challenges of their own parenting experiences. The project is a community led peer support service that encourages mums to seek help without any judgement. Butterflies Mums help parents to grow in their confidence, strengthen the relationships with their children and widen their social links.

### The skills we are looking for in you

- The ability to listen and empathise
- Parenting experience
- Awareness of the needs of children
- Ability to commit to 2 hours per week

### What we can offer you

- Training opportunities
- Transferable skills
- Ongoing support
- Personal development

If this sounds like you, get in touch.

For more information or an application form please contact Sara or Nikki:

[nicola.billings@centre4.org.uk](mailto:nicola.billings@centre4.org.uk)

[sara.wagstaff@centre4.org.uk](mailto:sara.wagstaff@centre4.org.uk)

or telephone the office on 01472 326612

or apply online: <https://forms.office.com/r/PR7CNM7avV>



## Butterflies Mums

### Volunteer Role Description

Butterflies Mums is a project providing peer support to mothers and their families, enabling them to make social connections and reduce isolation, improve wellbeing, and increase access to local services within North East Lincolnshire.

Our volunteers, who are also mums, are trained to support mums both one-to-one and in groups. Volunteers offer a listening role as well as signpost to services that may be helpful to the woman and her family's individual circumstances.

What will you be doing?

- Actively listening to the needs of the mother and offering encouragement, reassurance, support, information, and ideas without judgement.
- Providing support to mums via home visits, community settings or online face time.
- Giving practical help.
- Give information and signpost to local organisations that can offer support.
- Actively participating in data collection as required for evaluation and monitoring purposes.

What will you gain?

- A rewarding experience: the chance to help other mums.
- Full training
- Reimbursed travel expenses for client support, training and meetings
- Being part of a social network of other volunteers

Who are we looking for?

Mum's who are friendly and approachable and

- Would like to support other mums, sometimes over a long-term period.
- Have empathy and listening skills, ability to build trust, and an interest in developing these skills in training
- Able to complete approximately 24 hours training.
- Are willing during training to reflect on their significant parenting and life experiences.
- Understand the importance of maintaining emotional well-being and self-care.
- Are committed to volunteer for at least 2 hours per week.
- Are committed to maintaining confidentiality and to adhere to the boundaries of the role.
- Are happy to complete an enhanced DBS check required for this role.
- Are committed to attend meetings and receive ongoing training and support.