

Drop-In Group Volunteer

Birthing Partners Drop In

Department:	Care
Location:	Hospital-based
Supported by:	Southampton Care Team

As a **Drop-In Group Volunteer**, you will offer emotional support as part of a hospital-based support drop in for birthing partners.

Your role may include:

- Engaging in conversation with birthing partners who are attending The group
- Providing emotional support for attendees
- Setting up for the session's activities and tidying up at the end
- Providing refreshments for group attendees

We're looking for someone who is:

- A good active listener.
- A warm, friendly and enthusiastic volunteer, happy to get stuck in
- Able to communicate well with a wide range of people.
- Comfortable offering support to those experiencing emotional situations.
- Able to work both independently and as part of the team.
- Non-judgemental
- Able to follow instructions to be safe at all times.

Your commitment:

- Our support groups take place regularly and we are looking for volunteers able to support on a regular basis – this group runs every other week on a Thursday from 5-7pm and you are welcome to attend each session, or alternate sessions
- To enable you to get the most of your training we ask that you are available to volunteer for a minimum of 12 months

Training and Support

- A dedicated member of Rainbow Trust staff will guide and support you in your work.
- You will be supported through a full induction to the charity and training relevant to your role, to help you get the most from your time with us.
- Training will cover areas such as safeguarding, active listening skills,

Rainbow Trust Children's Charity enables families who have a child with a life threatening or terminal illness to make the most of time together, providing expert, practical and emotional support, where they need it for as long as it is needed.

bereavement, health and safety, boundaries, confidentiality and GDPR

- Further modules will be available for you if you would like to develop your knowledge
- All care volunteers will receive regular one to one support and more formal supervision sessions

Why choose Rainbow Trust?

- We are a Sunday Times Top 100 Not-for-Profit organisation and a leading charity for children and young people
- Professional training and opportunities to develop your skills and knowledge
- The enjoyment of becoming part of our friendly and welcoming team, knowing you are making a valuable contribution to the lives of the families we support
- A calendar of social events for volunteers, including Christmas events and celebrations for Volunteers' Week
- We will reimburse your out-of-pocket travel expenses

Ready to apply?

- Get in touch with our Volunteering Team by email on volunteering@rainbowtrust.org.uk or call **07535250785** to talk to our Care Volunteering Manager Alex who'll be happy to answer any questions you might have.

Selection process:

- Enrolment form, references, interview, Disclosure and Barring Service Check (DBS)