

Sheffield Volunteer Doula Role Outline

Volunteer Title: Sheffield Volunteer Doula

Role: To befriend and provide practical and emotional support to an expectant mother through the latter stages of pregnancy, through labour and for the first six weeks of family life.

Qualities and Skills Required:

- Flexible
- Non-judgmental
- Mature outlook
- Commitment to personal development
- Commitment to completing training and course work to a minimum of Level 2
- Caring and sensitive
- Approachable
- Reliable
- Be able to work as part of a team

Qualifications needed:

No formal qualifications are required as it is important to have the personal attributes as above but all volunteers will be expected to complete the course work involved with the training so we can assess what information and level of knowledge the volunteer has gained. Support with your learning is available and tutorials will be given on a 1-1 basis.

Please note the minimum age for volunteering as a volunteer doula is 18 years old and you must have proof of address for the last 5 years (including if you lived outside of the UK) for DBS purposes.

Tasks:

- Befriend a mum to be who is referred to the project
- Meet or visit her as mutually agreed on a weekly basis at home or in public places
- Accompany to ante-natal class or appointments, if needed or necessary
- Available to be her birth partner or additional birth partner if appropriate offering practical and emotional support with use of 2nd doula with tag teaming if needed
- Effectively listening and displaying positive body language and communication skills
- Advocate for her if necessary or appropriate
- Giving encouragement and motivation and empowering her to make positive choices
- Respect her wishes
- Helping her to access appropriate services within her community
- Adhering to confidentiality
- Complete necessary paperwork
- Keeping touch with the team and seek advice and support whenever needed including attending supervisions



The Doula will need to be able to develop a positive working relationship with:

- the mum-to-be
- the community midwife
- hospital staff
- other health professionals
- doula team
- other volunteers
- other expectant mothers

Training:

- Information session and an informal interview about the project
- Volunteer training –weekly training for 5/6 weeks covering hospital tours, health & safety, boundaries, confidentiality, working with interpreters, communication skills, etc.
- Active Birth Course held over two days
- Breastfeeding support training held over two days
- Online training for child protection and safeguarding
- All volunteers will complete the OCN assessment unit, which will consist of a variety of forms of activities, ie keeping a reflective diary, contributing to group work, written work as well as assignments.
- Further training opportunities will be on-going and in accordance with the necessary skills identified during the programme
- Personal development folio will be supported and encouraged to enable the volunteer doulas to perform their tasks to the highest possible standard
- Mandatory annual updates on infant feeding

Support:

- Individual supervision will be provided on a regular basis as agreed between the volunteer doula and the Locality Worker to meet individual need
- Support done through regular catch up sessions with fellow doula volunteers
- Supervision from health professional if felt needed
- Volunteer travel expenses
- Use of volunteering purposes mobile phone

Time commitment:

You would need to commit to attending ALL the training sessions and then supporting a minimum of 4 mothers over a 12 month period. The more mothers you support the more experience you will get from volunteering!

You will be expected to visit the mum you are matched with at least one time each week for 1-2 hours from 6 weeks antenatally to 6 weeks postnatally.

If the mum requires labour and birth support, you would be expected to go on 24hr call from 2 weeks before her due date.

We will also team you up with a back up doula for each match who can support at any point during this match and especially during labour and birth, should that be required.

Why become a Volunteer Doula?

Volunteer Doula Project recognises and supports the rights of all women to have a positive experience throughout pregnancy and childbirth.

The aim of this pioneering and exciting service is to provide one to one support to expectant mothers throughout the latter stages of pregnancy, childbirth and the first few weeks of family life. It is hard to comprehend how difficult it is to be unsupported during pregnancy and childbirth. These are vitally important months in the future of a family. The experience of these months will

influence and stay with the family for a lifetime. This service will aim to help to make this a positive and life enhancing experience for you as a doula and the mother you have supported.

We ask you to be part of this experience.

We would hope that whilst the person you are supporting will gain greatly from this it will also be a personally rewarding experience that will stay with you for life.

This volunteer opportunity will provide you with an insight and training opportunities, which may inform and assist your future work and personal development.

Please note this role falls within the Privacy and Decency sections of the Sex Discrimination Act 1975 and is only available to women.

