

# Job Description:

## Community Breastfeeding Peer Supporter

### Background of post

Funded by The National Lottery Community Fund, the Breastfeeding Network Ayrshire and Arran are delighted to continue delivering group and 1:1 peer support in North Ayrshire, supporting parents and families with young children in Kilwinning, Saltcoats and Kilbirnie with parenting, infant feeding and mental health. Support will take the form of weekly peer support groups and activity sessions, one to one face to face and distanced peer support (via text, phone or video calls) and walking groups.

### Main duties

The community Breastfeeding Peer Supporter will report to the community peer support coordinator and liaise with people in the community, BfN staff, volunteers, health professionals and other community services. The Community Peer supporter will host weekly indoor and outdoor groups at various locations across North Ayrshire, offering face to face peer support with infant feeding and mental health and wellbeing support. The Peer supporter will also offer one to one support remotely via voice calls, text and NearMe video where required.

- Run a local Tea and Tots group based in North Ayrshire by attending the group each week and supporting families at the group as appropriate
- Maintain and develop useful resources at the group and provide lunch each week
- Invite other professionals to attend the group, related to target topics to cover and topics raised by parents as useful
- Work with volunteers in North Ayrshire to encourage them to support local parents at the groups and 1:1 over the phone
- Keep accurate documentation on support given to parents
- Develop partnerships by engaging and communicating with other organisations and community members, some of whom may have barriers to understanding health messages
- Share information with parents about local family support and Early years Centre activities
- Refer mums/babies with medical problems to the associated Midwife or Health Visitor
- If not yet qualified as a Breastfeeding Supporter, then refer complex breastfeeding problems to the Project Coordinator, a qualified Supporter or a Health Professional
- Undertake further training as required by the project manager, for example related to mental health, parenting skills, Bookbug, baby massage etc.
- Attend local internal and external meetings as required
- Contribute to the monitoring and evaluation of the service as required
- Abide by all BfN policies and procedures
- Participate in annual individual Performance Reviews
- Work as an effective team member with other Community Peer Supporters – both paid and voluntary – and take part in team meetings
- Assist with the organisation of special events to promote breastfeeding awareness e.g. National Breastfeeding Awareness week
- Provide absence and holiday cover for other Ayrshire Peer Supporters

- Assist with organisation of events and other community activities as identified e.g. Study days, stalls, conferences etc.
- Support with social media activity including advertising, private messaging and content development.

## Person Specification: Community Breastfeeding Peer Supporter

Please refer to this document carefully when completing your application form and preparing for your interview. You must demonstrate how you meet the criteria on your application form.

Qualifications	Essential	Desirable
Continuous Breastfeeding Helper Registration with The Breastfeeding Network (BfN) since qualification and have had at least minimum supervision required from your named supervisor or equivalent qualification	✓	
Breastfeeding Supporter Registration with the BfN or be currently in training to become a Breastfeeding Supporter, or be prepared to sign up to the next Breastfeeding Supporter training course.		✓
Experience of working as a volunteer with BfN offering breastfeeding support to mothers	✓	
Show evidence of continued professional development since qualification		✓

Experience and Knowledge	Essential	Desirable
Experience of supporting mothers face to face with breastfeeding	✓	
Experience of working as a volunteer with BfN (or other organisation) offering breastfeeding support in a variety of settings	✓	
Experience of working in a health or community setting in paid or volunteer capacity		✓
Experience of home visiting to support mothers		✓
Experience of working with diverse ethnic and social groups		✓
Knowledge of BfN, its ethos, policies and procedures	✓	
An awareness and understanding of supporting equality and valuing diversity within the role	✓	
Experience of working with families affected by domestic abuse and mental health issues		✓
Knowledge of the Infant Feeding culture in Scotland and the specific issues that affect families	✓	
Experience using various social media platforms		✓

Skills and Abilities	Essential	Desirable
Ability to speak and write fluently in English	✓	
Excellent active listening skills	✓	

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Ability to work effectively with all colleagues, mothers, members of the community and Health Professionals	✓	
Excellent interpersonal skills, including sensitivity to different perspectives, diplomacy and negotiating skills	✓	
Ability to research evidence-based information	✓	
Ability to travel frequently within Ayrshire and sometimes further afield to attend seminars, conferences and training	✓	