



**Approachable
Parenting**



EHSAAAS Project Volunteer Role Description

The project:

The Ehsaas project is run in partnership with Spurgeons. It supports Pakistani women who are pregnant or who have a baby under 1 year old. These women are referred into the service because they may be newly arrived into the UK, do not speak English, are isolated, and have low mood or anxiety. The project covers 4 districts in Birmingham: Hodge Hill, Ladywood, Hall Green and Perry Barr.

Ehsaas support these women through designating project workers; working alongside Children's Centres to offer support; holding regular coffee mornings; delivering workshops on topics such as well-being, breastfeeding support, nutrition, exercise; allowing women the space to talk with staff and volunteers who speak community languages; helping women access services.

Approachable Parenting are responsible for recruiting and training volunteers to support the project and also to help access women who can benefit from the project. The volunteers' role is to support the women so they can access services and to increase their confidence, self-esteem and their overall well-being.

Volunteers will be expected to commit to 2 hours a week or 8 hours a month. Training will be given and volunteers will be supported by the Approachable Parenting and Children Centre staff.

Examples of the volunteer roles:

- ❖ To assist in *Chit and Chaat* coffee mornings; assisting in setting room up, greeting mums, assisting with delivery of any focussed workshops, talking to mums and engaging with their children, undertaking any administration as required.
- ❖ To volunteer at the sessions running at the Children's Centres.
- ❖ To be a listening ear to the women on the project either on a one to one basis through telephone or face to face sessions, or during the workshops.
- ❖ Being a friendly face to women who are isolated and sharing local knowledge of the area if applicable.
- ❖ To support women in becoming more confident and increase in their self-esteem and well-being
- ❖ To meet women at their appointments or when accessing groups at the Children's Centres or other venues.
- ❖ To promote Ehsaas to organisations and friends and family.
- ❖ To assist the outreach worker to research activities already running and venues for the coffee mornings.

- ❖ To maintain confidentiality.
- ❖ To undertake other activities if deemed necessary for the success of the project.
- ❖ To adhere to the policies of Approachable Parenting or the Children Centre.

Desirable skills and abilities:

- ❖ Fluent in Urdu, Mirpuri or other commonly used Pakistani language.
- ❖ Lived experience of being a mum.
- ❖ Good communication skills.
- ❖ Approachable and friendly.
- ❖ Empathetic.
- ❖ Reliable.
- ❖ Ability to work proactively.
- ❖ Knowledge of Approachable Parenting and the work we do.
- ❖ Experience of working with the BAME community.

How to apply:

If you are interested in volunteering for this project, please send an email to Charlotte at ap@approachableparenting.org.uk or WhatsApp message to me on 07936 725 487, to explain why you think you would be suitable for the role. I look forward to hearing from you!