

Emotional Wellbeing Specialist Volunteer

About Home-Start Essex

Home-Start Essex is a local independent charity that supports parents and caregivers across Mid, South, and West Essex to give children the best possible start in life. We offer compassionate, confidential, and non-judgmental support to help families feel less isolated, build confidence, and manage the challenges of parenting.

Our experienced staff and trained volunteers provide tailored support, across a number of services.

We work alongside families in their communities, building trusted relationships and helping them develop the strength and skills they need to nurture their children.

Purpose of Role

To support parents/carers who are struggling with their emotional wellbeing during the perinatal period and up until their child starts school. You will provide valuable support to help develop coping strategies, build stronger emotional connections with their children and feel less isolated and more supported during a vulnerable time.

How You Can Help

As an Emotional Wellbeing Specialist Volunteer, trained in perinatal and infant mental health, you can support families through either:

- Weekly home-visiting: Providing in-person emotional support and encouragement.
- Weekly telephone befriending: Offering a listening ear and regular check-ins by phone/video.
- Weekly wellbeing support groups:
 - Mothers in Mind – provide support within a face-to-face group for parents attending with pre-school children who are struggling with their emotional wellbeing during the perinatal period, facilitated by a Family Support Co-ordinator.
 - Wellbeing online support groups – provide support within an online group with a Wellbeing Co-ordinator facilitating the group

What We Offer - Training & Support

All Family Support Volunteers complete a Preparation Course before starting their role. This includes:

- **8 e-learning modules** to complete at home, ideally before online sessions
- **Online face-to-face sessions** to build on the e-learning (format and number of sessions may vary)

In addition to this, you will also be required to complete the e-learning Perinatal & Infant Mental Health training course.

The Perinatal & Infant Mental Health training will equip you with the knowledge and skills to support families.

You will be supported every step of the way by a Family Support Co-ordinator, who will help you ensure families receive the right guidance and support.

You will also have the chance to attend ongoing training sessions throughout the year, as well as regular peer support sessions.

Our training is designed to equip you with the confidence and knowledge to make a real difference.

Benefits for you

Volunteering with Home-Start Essex is a rewarding way to give back and grow personally. You'll:

- Make a real difference in the lives of local families
- Build confidence and gain valuable experience
- Boost your wellbeing through meaningful connection
- Meet new people and make lasting friendships
- Join volunteer support groups and social events
- Develop transferable skills & knowledge in Perinatal & Infant Mental Health, that can be used in various settings, including future employment.
- Feel part of a supportive, community-minded team
- Give your time and gain so much in return.