



Amma Event Support Volunteer: Role Description

About Amma Birth Companions

Amma Birth Companions is a Glasgow charity that provides care, information, and advocacy to pregnant people and new parents with limited support. Our services are free and include birth and postnatal companionship, peer support, and education.

Our clients include those who are seeking asylum, refugees, survivors of human trafficking, and individuals from other marginalised groups.

We aim to create a nurturing space where individuals feel seen, informed, and empowered in all aspects of their birth and early parenting experiences.

About Amma Weekly Events

Our Amma programmes support parents to develop friendships, increase confidence, gain knowledge about pregnancy, birth and parenting, and have fun. These events include:

- **Amma Family Group: Every Wednesday, 11:00am-3:00pm:** This user-led parent and baby group provides participants with a safe and inclusive space to meet on a regular basis and build strong, supportive networks with other parents. It includes regular workshops, and activities.
- **Pregnancy Group: Every other Thursday, 12pm-3pm:** These sessions are led by a midwife and doula and are a place for expectant parents to learn about their rights and choices and make friends with others.
- **Nurture Together: Mondays throughout February and March 2024, 11.30-3.30:** This project is an exciting collaboration between Amma and Edinburgh Uni. Over 12 weeks a group of Amma clients will be taking part in a breastfeeding peer supporter training.
- **Activities and Events outside of the Amma Office: Ad Hoc:** Group outings take place in family-friendly settings in and around Glasgow. This helps to foster connections amongst participants and creates opportunities for parents to explore Glasgow and the surrounding areas.

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ammabirthcompanions.org



The Role

The Amma Event Volunteer role is a dynamic and fun one. These are vibrant and busy sessions that participants (and their babies) are excited to attend. We are looking for flexible and friendly volunteers to help make the Amma office space even more welcoming for participants. Working alongside the Amma team, Amma Event Volunteers offer practical support before, during and after sessions. Applicants can commit to supporting regular sessions or offer their time on dates that are convenient within their schedule.

General responsibilities may include:

- Practical support to set up and maintain the space to ensure it's a safe and welcoming environment for participants.
- Welcoming participants as they enter the space, helping them to sign in and get situated.
- Engaging with a diverse group of participants to help them to feel welcome and included in the group and support positive group dynamics.
- Support with children in the group, this may include holding babies or entertaining children to enable parents to engage in the group activities. Parents and Amma staff will always be present.
- Support and encourage the development and running of activities and workshops in response to needs and ideas of the participants.
- Offer informal support to people within the sessions, including active listening and signposting.
- Take part in a debrief sessions and report any problems, issues, safeguarding or health and safety concerns.
- Help with food preparation and clearing up.
- Help with administrative tasks such as reimbursing client expenses.



Qualities and Skills

Essential:

- A caring, compassionate, non-judgmental, and calm disposition
- Reliable and communicative.
- Ability to work as part of a team
- Ability to manage confidentiality and boundaries
- Good spoken English
- Able to attend a short induction training and complete a self-paced online module about Amma
- Belief in Amma's values including a commitment to anti-racism and inclusivity
- Self-motivation, emotional resilience, a flexible approach, and the ability to effectively manage your own wellbeing
- Willingness to follow health and safety guidance including government guidance on Covid-19
- Able to travel to Glasgow

Desirable:

- Ability to speak other languages
- Knowledge of refugee/immigration issues
- Knowledge and/or lived experience of pregnancy and postnatal care
- Experience of supporting people facing issues related to the asylum process, mental health and/or trauma
- Experience working with babies and children

Expenses

If you are joining Amma through a college placement, the college will cover your travel expenses. If not, Amma will cover reasonable out of pocket expenses for your travel.

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