

Home-Start is committed to safer recruitment practice as an important part of safeguarding and protecting children and vulnerable adults



Job Title: Mothers-In-Mind Group Coordinator

Employer: Home-Start Stroud and Gloucester

Hours of work: 20 hours per week (term time only), continuous employment subject to availability of funding

Salary: £11,312 paid across 12 months (£24,496 FTE)

Responsible to: Groups Manager

About Mothers in Mind

Our Mothers in Mind groups support mums experiencing poor mental health during the perinatal period. These structured 10-week groups support mothers to attend a non-judgmental space and share their stories of motherhood and the effects poor mental health has on the family system. Each group is supported by our trained Mothers in Mind coordinators and a trained volunteer. The groups incorporate craft and relaxation activities, peer support sessions and themed sessions (such as building resilience skills or dealing with anxiety). Mothers attend these groups with their babies and toddlers and toys are provided.

Principle Purposes of the job

- To develop, plan and facilitate a programme of perinatal support groups for mothers across Stroud and Gloucester.
- To build and maintain strong links with statutory perinatal services, mental health services, the specialist perinatal mental health team, midwives and health visitors in order to maximise referrals to the project.
- To maintain high standards of practice in supporting families affected by poor perinatal health within the Home-Start model.
- To ensure equality of opportunity, fairness and diversity in all aspects of the scheme's work.
- To implement good safeguarding practice in all areas of work.
- To contribute to the effective day to day operation of the scheme in accordance with the Home-Start Memorandum & Articles of Association, Home-Start's Standards & Methods of Practice, Home-Start Agreement and Quality Assurance Standards.

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Main Responsibilities

Supporting the work of the scheme

- Undertaking work as delegated by the Scheme Director and the Groups Manager to support the strategic management, development and future funding of our perinatal mental health support group.
- Supporting the implementation and review of all Home-Start policies and procedures.
- Complying with the scheme's administration, monitoring and financial systems.
- Promoting the work of the scheme when necessary

Support for families

- Receiving family group referrals and assessing needs of families.
- Using the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to measure the outcomes achieved with the groups
- Maintaining contact with individual referrers during a family's support
- Introducing families to appropriate support outside of the group setting when necessary, which may include some one-to-one support for vulnerable families.
- Planning, running and evaluating group sessions and developing our perinatal group support programme.
- Supporting peer support networks through the groups.
- To be aware of group dynamics ensuring the groups provide a non-judgmental environment for mothers and children.
- To provide a safe environment for mothers and their children
- To be vigilant about the upkeep of equipment ensuring good standards of safety and hygiene are followed.
- To undertake responsibility for the strict monitoring of all health and safety issues within the group settings, and, to work within the policies of health and safety set down in Home-Start Stroud District's group work manual and its Health and Safety policies.
- To ensure you are up to date with all relevant training requirements.

Managing Volunteers

- Helping to recruit, select and prepare suitable volunteers to support families within our Mothers-In-Mind perinatal programme.
- Providing post-group debrief sessions and end of term supervisions to Mothers in Mind group volunteers.

Working in Partnership

- Ensuring appropriate liaison with referrers and other professionals
- Networking appropriately within the community.
- Working closely with other Home-Start schemes within the Gloucestershire consortium to develop support.

The post holder may be required to undertake any other duties that fall within the nature of the role and responsibilities of the post as detailed above.