# Job Title: Perinatal & Infant Mental Health Support Facilitator

**Hours: 14 hours per week**

**Salary: Pro-rata, based on a FTE salary of £27,300 per year**

**Service: Nurture the Borders Perinatal and Infant Mental Health Support Service**

**Contract: Fixed Term until 30th October 2026 (with potential for extension)**

**Reports to: Service Manager/ PIMH Team Lead**

**Location: Borders Wide**

## Job Purpose

## Be part of a compassionate team dedicated to supporting parents and infants during the perinatal period. As a Perinatal & Infant Mental Health Support Facilitator, you will play a vital role in enhancing our group-based support services, empowering volunteers, and fostering a nurturing community where families feel heard, valued, and supported.

## This is a flexible, hands-on role that focuses on facilitating groups, coordinating and supporting volunteers, and assisting with service delivery. You will help create safe, inclusive spaces where parents can build confidence, connection, and resilience.

## Key Responsibilities

### Group Facilitation & Service Delivery Support

- Assist in planning, delivering, and facilitating perinatal mental health groups, including peer support sessions, parenting programs (e.g., Solihull Approach), baby groups, and well-being activities.

- Set up and organise group sessions, ensuring a safe and welcoming space for parents.

- Offer practical and emotional support to parents attending groups, helping them feel comfortable and included.

- Support the evaluation and monitoring of group outcomes by collecting feedback and recording attendance.

### Volunteer Coordination & Support

- Provide guidance, encouragement, and informal supervision to volunteer befrienders.

- Assist in the recruitment, training, and ongoing development of volunteers, ensuring they understand their role.

- Maintain regular contact with volunteers, offering check-ins and facilitating peer support opportunities.

- Help match volunteers with parents in need of additional support, ensuring positive and appropriate connections.

### Flexible Service Support & Community Engagement

- Provide additional support to PIMHPs where needed, including administrative tasks, liaising with professionals, and signposting parents to appropriate services.

- Engage in outreach efforts to promote the service and encourage community participation.

- Assist in organising resources (e.g., information packs, baby items) for group delivery.

- Represent the service at local events and community forums, fostering awareness of perinatal mental health issues.

### Safeguarding, Confidentiality & Professional Boundaries

- Maintain strict confidentiality and uphold data protection regulations when handling sensitive information.

- Follow safeguarding procedures, ensuring concerns are reported appropriately.

- Uphold professional boundaries while supporting families and volunteers.

## Person Specification

### Essential Skills & Experience

✔ Experience supporting families, parents, or volunteers in a community-based setting.

✔ Strong group facilitation skills with the ability to create a welcoming, inclusive environment.

✔ Knowledge of perinatal mental health and the challenges faced by new parents.

✔ Excellent communication and interpersonal skills, with the ability to build trusting relationships.

✔ Ability to motivate and support volunteers, ensuring they feel valued and equipped for their role.

✔ Highly organised and flexible, able to adapt to the evolving needs of the service.

✔ Understanding of safeguarding policies and the importance of confidentiality.

### Desirable Skills & Experience

➕ Experience in perinatal, early years, mental health, or volunteer coordination roles.

➕ Knowledge of parenting programs (e.g., Solihull Approach, Infant Massage, Baby Bonding).

➕ Experience in community outreach or group facilitation settings.

➕ Qualification in health, social care, early years, psychology, or community work (SCQF Level 6 or above preferred).

### Additional Requirements

✔ Driving licence and access to a car for travel across service areas.

✔ Ability to work flexible hours, including some evenings and weekends, as required.

## Organisational Culture & Values

Nurture the Borders is committed to fostering a nurturing, inclusive environment that supports the well-being of both staff and service users. Our work is rooted in compassion, innovation, and respect. We encourage applications from individuals who align with our values and who are committed to empowering families and improving perinatal mental health.

## Additional Information

As this is a developing and responsive service, additional tasks beyond those outlined in this job description may be required to meet the evolving needs of the organisation. The post-holder should be adaptable and willing to take on reasonable additional duties as needed to support service delivery.

- Flexible working hours and remote working options may be available where appropriate.

- Regular supervision and reflective practice sessions will support staff well-being and professional development.

- We encourage applications from individuals of diverse backgrounds and experiences.

- Training opportunities, including parenting program facilitation, will be provided as part of the role.