

## Volunteer

### Breastfeeding Advocate Support

Hull and East Yorkshire Mind is seeking two volunteer Breastfeeding Advocates to support both staff and service users by promoting the benefits of breastfeeding and offering guidance and information. Volunteers should be passionate about creating a breastfeeding-friendly environment within the organisation.

#### What does the role involve?

- Providing information and advice on breastfeeding to both employees and service users
- Receiving training from Humber NHS and delivering this training to wider staff teams
- Promoting the benefits of breastfeeding and supporting the organisation to be breastfeeding-friendly
- Helping to develop and review internal policies related to breastfeeding, maternity, and returning to work
- Working collaboratively with staff and volunteers to create a supportive environment

#### What skills and experience do I need?

- A passion for supporting breastfeeding and promoting infant and maternal health
- Good communication skills and the confidence to deliver training to small groups
- Ability to provide non-judgemental advice and support
- An interest in workplace wellbeing and inclusive policy development
- Basic IT skills for accessing training and documents
- Personal or professional experience related to breastfeeding (desirable but not essential)

#### What will I gain from volunteering in this role?

- Specialist training from Humber NHS to become a Breastfeeding Advocate
- Experience in delivering training and supporting policy development
- The opportunity to champion breastfeeding within a supportive organisation
- Ongoing support from the Volunteer Coordinator and wider team
- Paid expenses, as well as training and induction

#### What happens next?



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