

Baby Massage Therapist Volunteer

Bluebell Perinatal Counselling

23 Elmbank Street, GLASGOW, G2 4PB

Our Perinatal Service supports those struggling with the impact of perinatal difficulties (PND). As a qualified baby massage, volunteering with us will give you the chance to be part of a friendly team and enable you to use and develop your skills in a supportive environment. Your generous volunteering time will bring huge benefits to the families who use our Bluebell Perinatal Service.

Role Description

Bluebell's qualified baby massage volunteers use their unique therapy skills and expertise to create a safe, enjoyable and calm space for mothers and their babies (age 0-6months).

Main Tasks

Setting up the baby massage room

- Welcoming all those who use baby massage
- Creating and maintaining a safe, sensitive therapeutic environment for the mothers and their babies
- Supporting the mothers through the baby massage
- Maintaining Bluebell's codes of confidentiality and conduct (including Health and Safety)

Required skills, qualifications and experience

- We are looking for volunteers who can commit to up to three hours on a Monday afternoon

Recruitment process:

Application – please request an application form via email. Your application will be screened and we will be in touch if you are to be invited for an informal chat.

Informal Chat - This is an opportunity for you to get a feel for how our Bluebell Service works and gives us a chance to get to know you. We will let you know, normally within a week, if you have been successful in joining the Bluebell Baby Massage volunteer team.

Induction and supervision:

- **Bluebell Training:** Understanding Perinatal Mood Disorders We offer all our volunteers the opportunity to complete a ½ day CPD session. Leaflet attached
- **Induction Session:** If you are offered a place on the Bluebell team you will be invited to an Induction Session. Again you will have a chance to visit the centre, we will also get all documentation completed, including PVGs. Please note it can take about 6 weeks for PVGs to come through. Once everything is in order, you will be part of our Bluebell team and start volunteering with Bluebell.
- **Expenses:** Reasonable travel expenses will be reimbursed
- **Supervision:** Regular opportunity to discuss your volunteering experience with management team

If you are interested please contact the Centre at Bluebell@crossreach.org.uk