

Volunteering Opportunity

Grassroots Project

‘Supporting Pregnant Women’

Are you interested in supporting expectant mothers to attend various health care services & appointments? Then this is the opportunity for you!

This will be a challenging yet rewarding opportunity where you will support vulnerable women to have a healthier pregnancy and so will have a positive health affect on both the mother & baby



Do you have these skills

Caring & Supportive?

Respectful?

Trustworthy?

Non-judgemental?

Promote Healthy Living?

Experience of pregnancy?

Ability to communicate with others?

Can you commit to approximately 3-4 hrs per week/fortnight?

If you have answered YES to all of the above please get in touch to find out more!

What will the volunteer get?

The Opportunity to Support & Help others

Various Training Opportunities

Support from Healthy Valleys

Out of Pocket Expenses

Gain Valuable Experience

Improved Confidence & Self Esteem

Satisfaction of being involved in a challenging & rewarding project!



Suitable volunteers will be given support & training. Volunteers will preferably have access to their own transport - although this is not essential

If you are interested please get in touch with Julia from

Healthy Valleys on 01555 880666 or email

julia@healthyvalleys.org.uk

