

Bump Buddies Self-Referral Guidance

To edit a PDF, download the document to your computer. Once opened, click 'Fill & Sign' (usually in the top right corner) and use the 'Add Text' tool.

Bump Buddies is a peer education programme managed by Shoreditch Trust.

Bump Buddies volunteer mentors are locally recruited mothers who have completed our training programme and are DBS checked. They are friendly and open minded, with an enthusiasm for being active in their communities, and offering support in a confidential and non-judgemental way. Our volunteers come from a variety of backgrounds and often speak more than one language. Many volunteers have personal experience of issues which can impact on health and wellbeing in pregnancy.

As a pregnant woman living in Hackney there are many reasons why you might ask for help from Bump Buddies:

- You don't know when, how and where to get care in pregnancy.
- You are feeling isolated and don't have anyone to talk to.
- You are homeless or at risk of becoming homeless.
- You have experienced domestic violence.
- You have experienced female genital mutilation.
- You are struggling to cope with the demands of family and work.
- You would like information on benefits and maternity rights.
- You would like advice on healthy eating in pregnancy and breastfeeding.
- You would like advice on stopping smoking.
- You are wondering how your immigration status will affect your maternity care.

Depending on your needs, Bump Buddies can offer you different types of support:

Information and signposting - We can give you information on a range of issues relating to your health and wellbeing in pregnancy. We can also help you access local specialist services.

1-to-1 mentoring - You can get 1-to-1 support throughout pregnancy from a trained Bump Buddies volunteer.

Volunteers can offer you support and encouragement in accessing services and making healthy choices in pregnancy. They can also be a listening ear, helping you cope with your present circumstances, and prepare for birth and early parenthood.

More information can be found here: www.shoreditchtrust.org.uk/health-and-wellbeing/bump-buddies/



Referral Process

If you are pregnant and would like to discuss receiving support from Bump Buddies please see below:

- The 1-to-1 support relationship is a confidential service. Guidelines for confidentiality will be discussed in your introductory meeting.
- Our funding only allows us to work with women living in Hackney.
- Whether we can support you depends on the numbers and suitability of our current volunteers. We will try our best to find some way to help you but unfortunately we cannot guarantee this.
- Complete a Referral Form and return to: lorna@shoreditchtrust.org.uk

Bump Buddies will:

- Set up an introductory meeting with you to discuss your needs.
- Carefully match a volunteer with you, taking into account issues such as language, cultural knowledge, interests, experience and age.
- Set up an introductory meeting between you, the Bump Buddies Mentor and programme staff member, where a support plan will be completed.
- Supervise the 1-to-1 relationship to ensure both you and your mentor feel supported.
- Give you a named Programme staff member, who can be contacted if you have any concerns which cannot be addressed with your Mentor.

For more information please contact:

Jane Lavelle or Lorna Lewis

Jane email: jane@shoreditchtrust.org.uk

Lorna email: lorna@shoreditchtrust.org.uk

Tel: 020 7033 8573



Safeguarding Policy Statement

Shoreditch Trust is committed to providing a safe, positive and friendly environment to children and at risk adults. We have a statutory and moral duty to ensure and promote the welfare of these groups regardless of Race, Disability, Gender, Age, Sexual orientation, Religion and belief, Gender reassignment, Pregnancy and maternity, Marriage and civil partnerships. This policy extends to the treatment of all of our service users, partners, visitors, and employees of Shoreditch Trust.

Shoreditch Trust abides by the legislative framework in place for safeguarding, including the Children Act of 2004, Safeguarding At risk Groups Act of 2006, Rehabilitation of Offenders Act of 1974 (amended in 2001), Criminal Justice and Court Services Act of 2000, the Criminal Justice Act 2003 and adjacent legislation and policies. We also take into account 'Best Practices' in child and at risk adult safeguarding.

Bump Buddies – Self-Referral Form

Confidential

Your Details:

Name:

Date of Birth:

Postal Address:

Postcode:

Telephone:

Mobile:

Email:

Your preferred language if not English:

Please indicate your preferred mode of contact (please circle): Phone Email Text

Your Pregnancy

Due date:

Named Midwife:

Booking Hospital:

Are you currently accessing other supportive services, e.g. Family Support?

1. Service:

2. Service:

3. Service:



Reason for Self-Referral (please give as much information as possible):

How did you hear about Bump Buddies?

OFFICE USE ONLY

Date Referral Received:

Referral accepted as eligible: Y / N

If no, why not:

Date of initial assessment:

Action taken:

Assessed by:

Allocated to:

