

Cornwall Peer Supporter updates Frequently Asked Questions

We have had quite a few queries about the Peer Support updates and thought we would add them to this newsletter.

Why do I need to update?

The primary reason for Peer Supporters to update their knowledge and skills is to ensure the safety and well being of mums, babies and themselves as Peer Supporters.

We all share the aim of wishing to help and support mums and babies in their feeding.

The aim of updating Peer Supporters is to provide the best standard of Peer Support throughout Cornwall. This will give assurance to the Community Health teams that the Breastfeeding groups have Peer Supporters who are not only trained but updated and supported in their very valued work with mums and babies.

The UNICEF Baby Friendly standard is for Peer Supporters be updated every 12 months.

What if I don't want to update my knowledge and skills?

It is very likely that in the near future, if Peer Supporters choose not to update their knowledge and skills, they will not be able to peer support at Community Groups and similar settings. We want to work with you to ensure that everyone who wishes to remain supporting at these groups continues to be able to do so.

I wanted to update but the venue and dates didn't fit in with me. Will there be any more?

The face-to-face updates were delivered as one-off opportunities for peer supporters who had not managed to access any of the other update options since qualifying/ or within 12 months of training. There will not be any further face-to-face update sessions but Peer Supporters may access the Unicef 1 day training subject to certain conditions - please see below. We are currently developing online update training which will be part of the mix offered to you to enable you to keep up to date and this will cover key topics.

What is counted as an update?

Real Baby Milk are working on offering a flexible approach along with the Children's Centres - Peer Supporters are busy people and already commit amazing amounts of time to volunteering.

The following mix of support and updates count towards that team approach.

- Face to Face 2 hour update (now finished) **or**
- Attending a Breastfeeding (Peer Support) Conference **or**
- Unicef 1 day training (Knowledge spa) **or**
- Online update training **and/or**
- Registering through a link with Real Baby Milk that you have read 3 of the 6 e-newsletters produced and sign up for the UNICEF free research updates
<http://www.unicef.org.uk/Signup/Subscriptions/>

In addition the Children's Centres will need Peer Supporters to:

- attend Supervision with Children Centre Cluster Managers

- complete their Safeguarding training (now online) - this needs updating every 3 years.

Hanna Holcroft who is the Peer Support Co-ordinator for Cornwall is making contact with any Peer Supporters in the County who have not been able to attend the CC supervision and during this contact you can let her know of any other relevant training or event you have attended as this may count too.

Why do Real Baby Milk need to know what support and updates I have received?

Real Baby Milk are working with the Children Centres to support Peer Supporters. We are collating a record of Peer Supporters updates to enable us to work with the children centres to provide the best support for Peer Supporters and identify any gaps.

Who can attend the UNICEF Baby Friendly 1 day training?

Peer Supporters who have regularly been Peer Supporting for 6 to 12 months or more can attend this 1 day training at the Knowledge spa. They need to email helen.shanahan@rcht.cornwall.nhs.uk to book on. There is a pre online part to the course and it is an opportunity to reflect on practice since first training.