

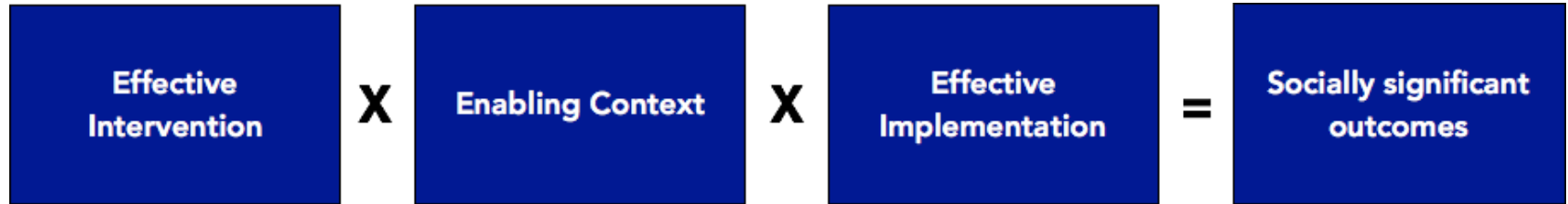
# **Effective and sustainable volunteer programmes – pointers for practice**

Dulcie McBride

Celia Suppiah

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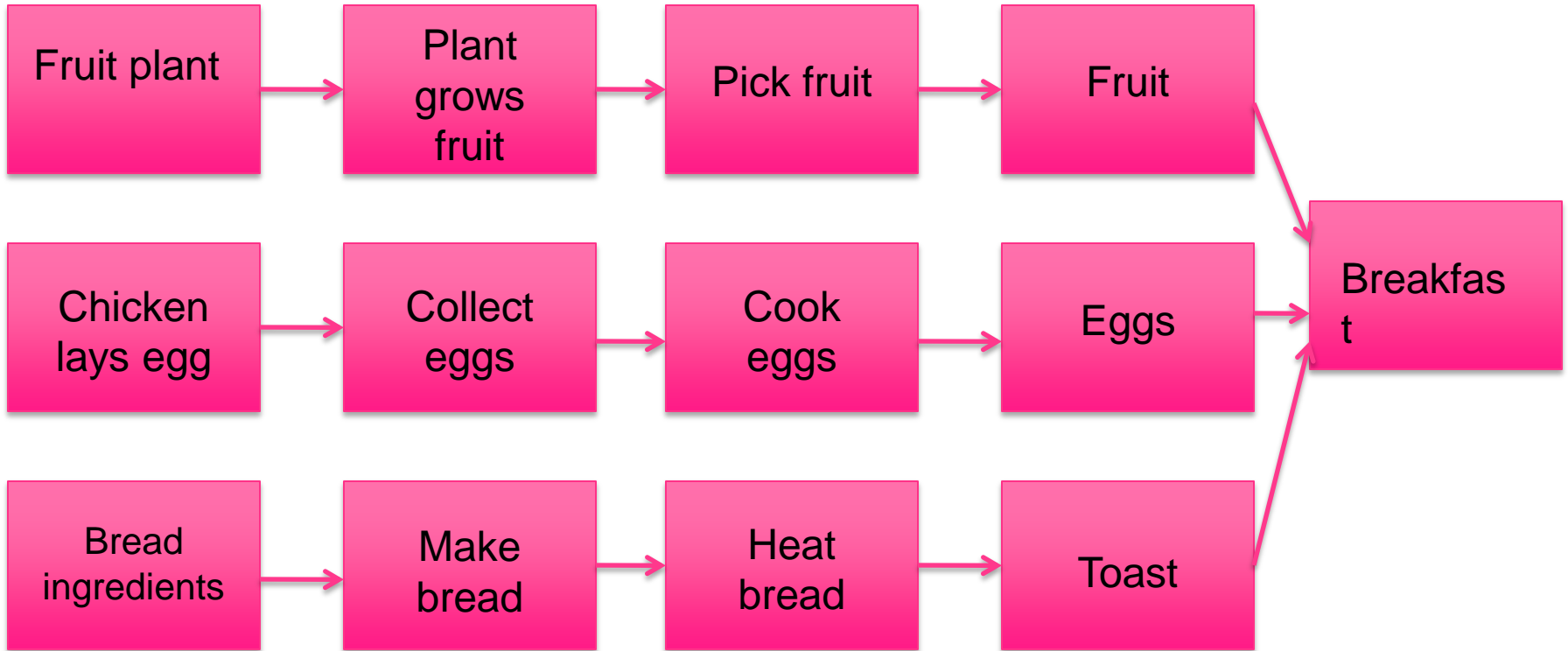
# Formula for Success



**To illustrate – making breakfast...**



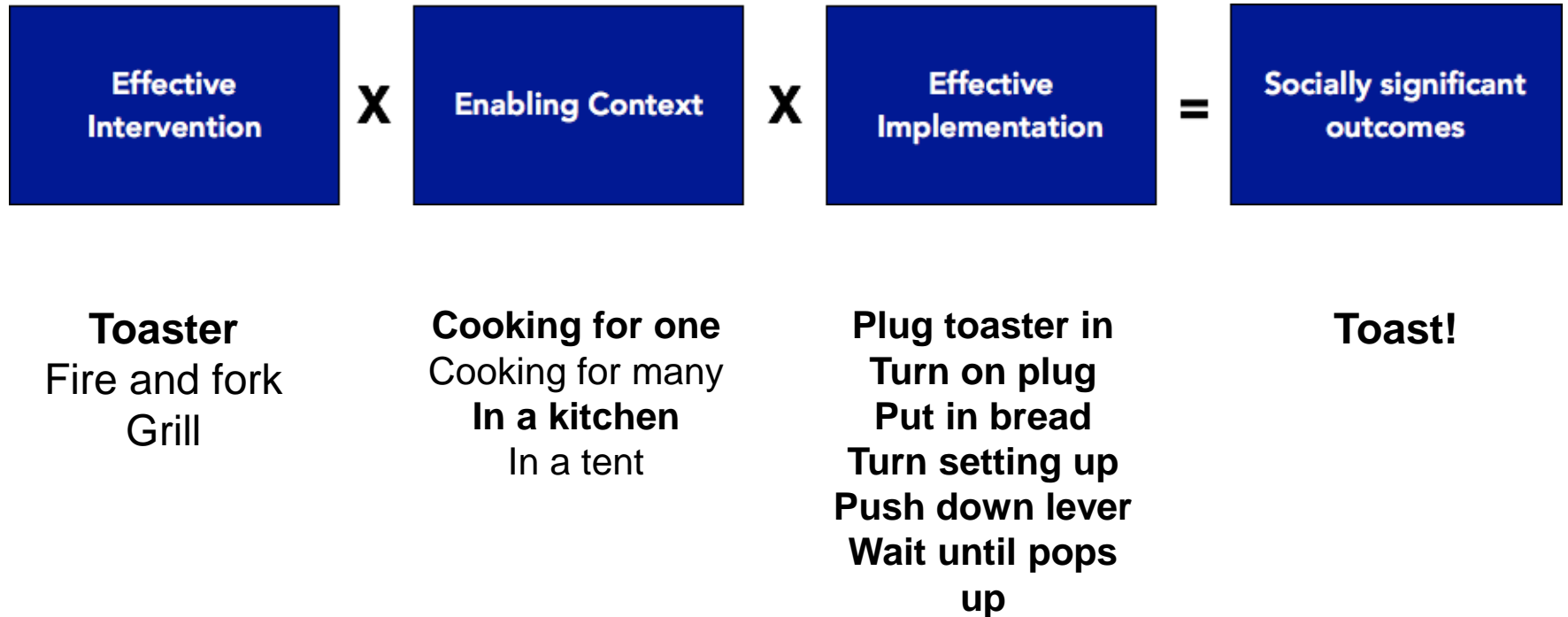
# Breakfast theory of change



# Outcome - Toast

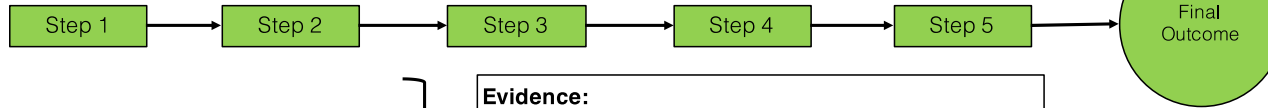


# Formula for Success



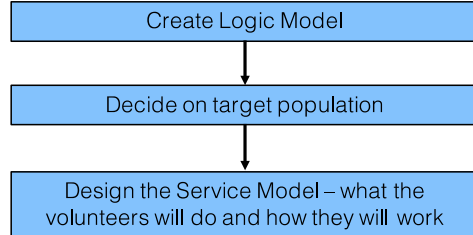
# Intervention

## Theory of Change



Are there steps in the Theory of Change which volunteers can realise?

YES



### Evidence:

- Volunteers may reach and be accepted by parents who do not engage with other services
- Volunteers can create the conditions for behaviour change for parents
- Volunteers may be from target communities and may also be beneficiaries

### Evidence:

Types of volunteer service design

- Community champions
- Volunteers leading groups
- Volunteers working 1 to 1 with parents

Principles which should underpin all volunteer programmes

- Strengths-based
- Relationship-based
- Reciprocal relationships
- Evidence-based but adaptive
- Collaborative
- Clear about the role of volunteer programmes and sets appropriate boundaries

## Service Model

In order to be able to plan implementation and to measure progress, the service model must include:

- Clear description of essential components of the service
- Operational definitions of essential components – how will the essential components be performed
- Defined methods to assess performance of practitioners
- Who will deliver the service

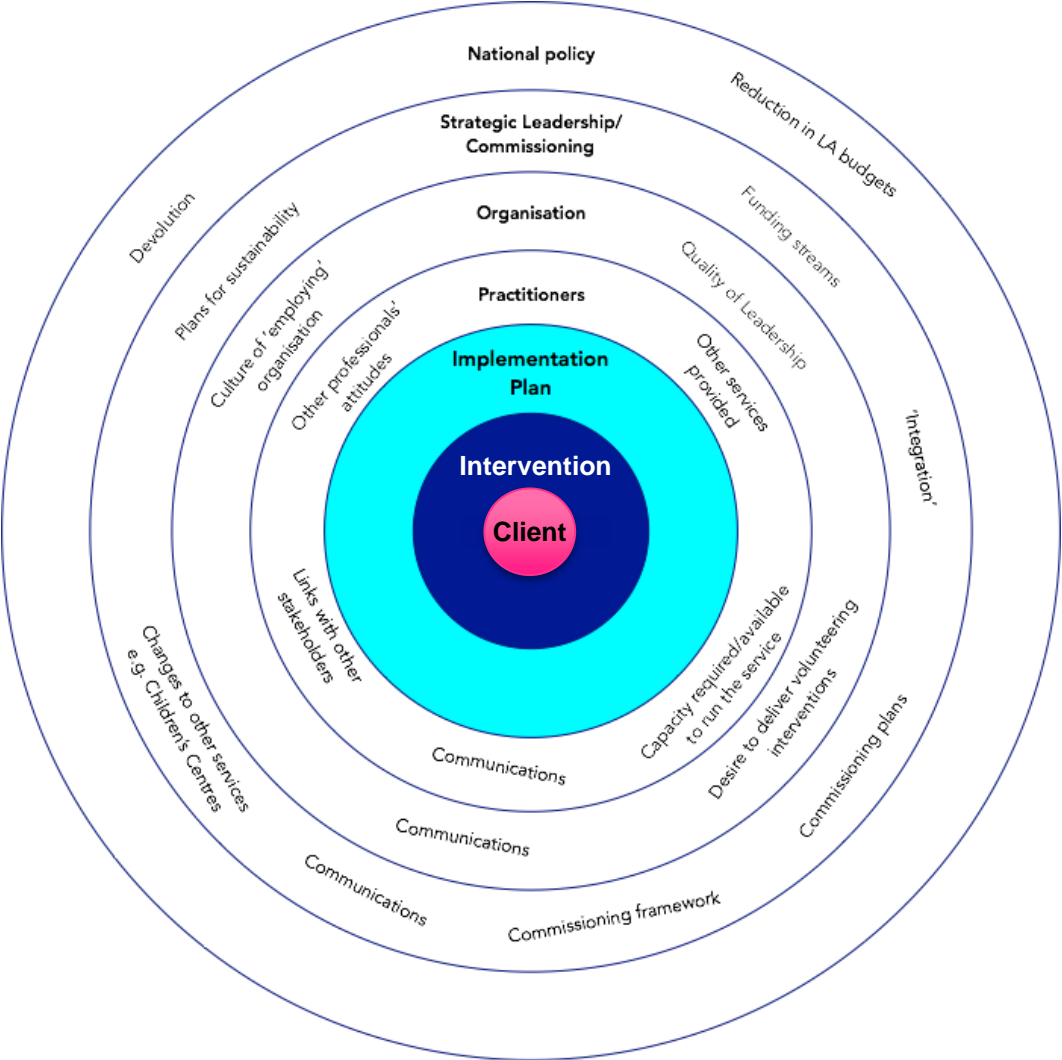
### Evidence:

Elements to consider:

- Suitable frequency of contact with volunteer and parent(s)
- Flexible ending of support
- Manage the ending of support from the start

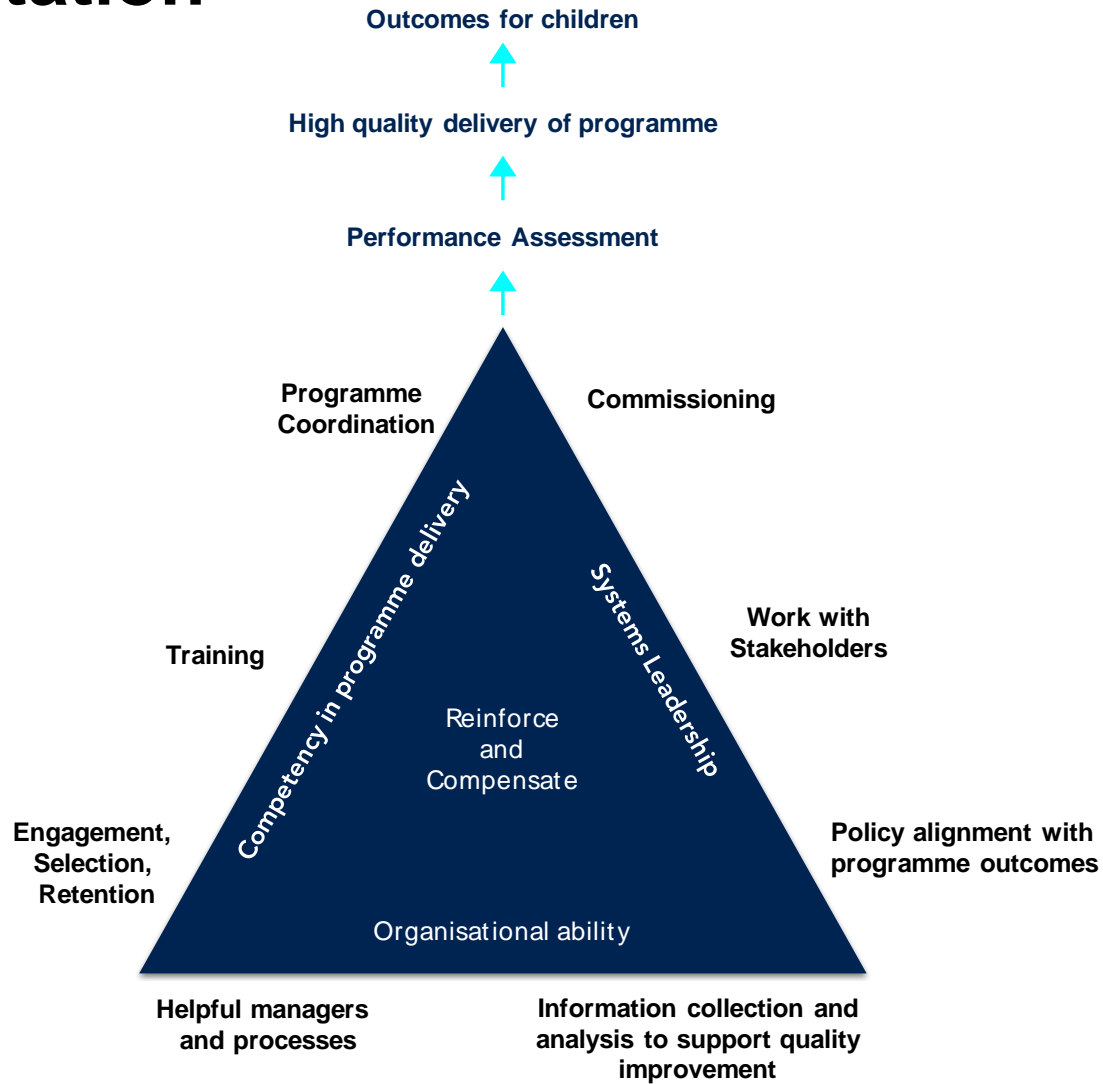


# Context





# Implementation



# Trying out the context tool

Interventions:

- 1) Volunteer Doula programme
  - 2) Post-natal depression peer support
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