



Women's Mental Health & Wellbeing Service

We provide safe, trusted and supportive women-only spaces in both North and South Kirklees, for women experiencing difficulties with their mental health and wanting to maintain their wellbeing. All our activities are provided by women, for and with women.

At the core of all our services is the concept that each woman leads the way out of her presenting difficulties with resources, facilitation and support provided by WomenCentre.

We take an holistic approach to women's lives and their mental health and emotional wellbeing.

Our groups and courses are co-facilitated by workers and volunteers and aim to increase confidence, self-esteem, reduce anxiety and isolation, support recovery from domestic abuse, after grief and loss and develop healthy relationships. We also have specialist support for mothers living apart from their children, refugees and migrants and LGBTQ+

We also offer activity based groups including singing, sewing and knitting, art and craft, reading and walking.

In addition to this, we offer three drop in sessions per week where women new to the service can find out more about what we offer and book an appointment for an initial meeting.

The drop-ins also provide a space where women can access support on a regular or occasional basis as their needs require, including referral on to other mental health providers where appropriate.

Women Together

Women Together is a therapeutic support group for women, using food from different cultures, music and creativity to bring together women from different backgrounds to feel part of a community.

Purpose of the Role

To undertake a variety of duties supporting WomenCentre Women Together project. Volunteers will help support women integrate into the community by access of drop-in and services appropriate within the centre or signposting women outside to other services or community settings.

What we do:

- Support each other and work together.
- Reduce our sense of isolation in a safe space.
- Encourage women to speak up.
- Find different ways for our voices to be heard.
- Make sense of our lives and experiences.
- Share our songs, music, art, food, poetry, and other creative resources.
- To support women to access the clothes exchange.
- Help develop skills for life for women who are new to the community.
- To develop a sense of belonging, improve confidence, encourage participation within the group and develop healthy discussions.

Roles and Responsibilities

1. To support staff with setting up and clearing up of area and other rooms used;
 - a. To place mugs, tea, coffee in the room at the start of and wash and put away mugs at the end of session.
 - b. Offering women a warm drink once they are in the group.
2. To work with an attitude of encouraging all women who attend services to develop a sense of ownership and peer support and offer a listening ear.
3. To answer the front door buzzer and make sure women sign-in and out of the building appropriately.
4. To create a welcoming environment for existing clients and new clients within the group.
5. To develop a sense of belonging and to improve their confidence, to encourage participation within the group and develop healthy discussion and for you to partake in the discussion.
6. To work within the risk assessment / safeguarding protocols particularly with regards to issues of child safety, the clients safeguarding, fire procedures and maintaining the space.
7. To adhere with the policies, protocols and procedures of the WomenCentre.
8. To remain professional at all times and within the confines of WomenCentre boundaries and confidentiality.

NB: This position is open to women only (Equality Act 2010, Schedule 9, Part 1 applies).

