



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.

Walk Leader

Purpose of the role

To plan and run a walking group once a fortnight in the Huddersfield area. You need to be physically active, in good health and enjoy the outdoors.

Qualification

You will be a qualified walk leader or undertake the 1 day walk leader training course in readiness for the role

Availability

The group meets fortnightly on Wednesday mornings.

Roles and responsibilities

1. To plan a guided walk.
2. To ensure route is safe and suits the ability of the participants.
3. To be able to assess and manage risks.
4. Experience / understanding of working with vulnerable women.
5. Experience / understanding of working with women experiencing difficulties with their mental health.
6. To create a welcoming environment for existing clients and new clients within the group.
7. To encourage participation within the group to develop a sense of belonging and improve confidence.
8. To work within the risk assessment protocols particularly with regards to issues of Health & Safety and Emergency First Aid.
9. To support women in the group in adherence with the policies, protocols and procedures of the WomenCentre.
10. To work within the risk assessment protocols particularly with regards to issues of Health & Safety and Fire Procedures.
11. To adhere with the policies, protocols and procedures of the WomenCentre.
12. 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).