



*"It's a real gift to have the opportunity to make a difference to other women's lives." Womankind volunteer*

## COME AND VOLUNTEER FOR WOMANKIND

Would you like to...

Be part of an amazing group of women who care about and want to empower other women?

Help someone change their life for the better?

Be amazed by how much befriending teaches you?

Volunteer for a women's organisation to gain experience in mental health or counselling?

### The Training

Our training comes with over 30 years of experience working in women's mental health. It has been put together and developed by our skilled volunteer service coordinators to give you the very best preparation for the role. Our comprehensive befriending training runs over 3 Saturdays plus some at home study.

*"The training is comprehensive and considering the seriousness of the subject matter, enjoyable. I really loved meeting the other volunteers, it was such a wonderful feeling to be in a room with such fantastic, like-minded women. The lunchtime conversations were riveting!" – Womankind Volunteer*

### The role

Befriending volunteers commit to 2-3 hours per week or fortnight for one year as well as attending monthly group supervision. The woman you support may have faced difficulties such as childhood abuse, trauma, sexual or domestic abuse and will be experiencing mental ill health and social isolation. You will support her emotionally, providing a listening ear, and practically by encouraging and empowering her to get back into the world. Through your help she will become more confident, independent and more able to build healthy relationships and get involved in her local community.

### The women

Not only will you get to be part of a wonderful women's organisation, you will meet and build relationships with the other amazing Womankind volunteers as well as go out, have fun and support another woman who often has no other women to turn to.

*"Connecting with women and hearing their stories, and being able to support women through hard times is such a beautiful and valuable experience"*  
Womankind volunteer



*"If you are interested in any way definitely consider it. Womankind do great work and this service is an important part of what they do."*  
Womankind volunteer