



# Womankind Befriender

Womankind is an established charity helping hundreds of women every year to improve their mental health and well-being. Our wonderful volunteers play a crucial role in delivering our services.

Our Befriending Service is recruiting reliable and resilient women, able to commit to 2-3 daytime hours each week for one year. Befrienders encourage and support vulnerable women to become more independent, empowering them to make their own decisions, find new hobbies and get involved in their local community.

## Training:

Befrienders receive 12 hours of comprehensive training over four weeks. Our training comes with over 30 years of experience working in women's mental health, giving volunteers the very best preparation for the role, and a support network of like-minded women.

## The Beneficiaries:

Upon the completion of training, each befriender is matched with one woman who has experienced rape or sexual assault. Often, she will also have a history of childhood abuse, trauma or domestic abuse/violence. She will be experiencing mental ill health and be socially isolated.

For these reasons we ask that applicants consider whether they have the adequate life experience and are emotionally robust enough to fulfill this role.

## What to Expect from the Role:

As a befriender you would be expected to commit to 2-3 hours on a weekly basis for one year and attend a monthly group supervision.

You and your befriender would start by getting to know each other and gradually, getting out and about. As the relationship develops, you would support and empower her to make changes and develop her confidence in doing everyday things such as getting the bus, joining a class or finding a new hobby.

You would also provide emotional support, using listening skills so she has someone to talk to about the things she is struggling with and be expected to demonstrate a healthy and bounded relationship.

## What Past Befrienders Say:

*"Through doing the befriending training, I have been able to broaden my knowledge of mental health services in the Bristol area, inspiring my future ambitions."*

*"The training has given me the toolkit I need to be a good listener and to motivate my befriender to live her best life and move on from her past. I can't recommend Womankind enough!"*

*"Womankind is doing amazing and essential work for women and I am incredibly proud to have the opportunity to be involved."*