

Volunteer Women's Group Facilitator

Mind in Furness have 2 opportunities to volunteer with our Women's Groups. We are looking for an empathetic group facilitator who can support women in the group with their mental health and well-being.

About the role

Mind in Furness Women's Groups offer a supportive setting for women to learn more about mental health and well-being, ways to develop coping strategies, and the kinds of help on offer.

The group's main focus is around mental health, but not every session is solely based on this. Groups may involve conversation, discussion about a topic, or activities such as local walks and outings, visiting the allotment, creative sessions, relaxation or mindfulness, or hearing from guests from other organisations.

We are looking for an empathetic group facilitator who can support women in the group, lead discussions and suggest activities for the group to do. You will be a good listener, with an understanding and non-judgemental approach.

Any experience or training in supporting people experiencing mental health problems is welcome, however your ability to empathise and support group members is essential for the role. The activities can be directed by the experience of the volunteer, and the needs of the group members.

We currently have 2 opportunities to volunteer with the Women's Groups, in:

- Barrow-in-Furness (Wednesday mornings) and
- Ulverston (Thursday afternoons).

Support, training, induction and expenses will be provided.

**For any questions or more information contact Anna:
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