

FOR WOMEN is a social enterprise managed and led entirely by women.

FOR WOMEN is changing lives by creating a safe space in which women can come together to learn, support and encourage one another. Through peer-to-peer support, group discussions, learning opportunities and training, FOR WOMEN creates spaces where women can come together to expand their skills and be inspired to live a life that is purpose driven, stimulating and that actively promotes and creates change in society.

At FOR WOMEN we know that volunteering is one of the best ways to improve social wellbeing. Women need more meaningful connections and experiences, and volunteering can be central to this. When people volunteer, our sense of purpose and overall wellbeing increases, which benefits everyone.

Through the following principles of wellbeing, volunteering gives the tools to take control of oneself health and happiness.

* Connecting with other women
* Being physically active
* Learning new skills
* Giving to others
* Being mindful

We are looking for volunteers who are enthusiastic and committed.
1-2 hours once a week, day/time flexible

Our volunteers will help support our women's group in a number of ways such as;
• Help facilitate women’s group sessions and wellbeing sessions
• Provide one-to-one informal sessions to build confidence and promote independence
• Assist and accompany our women on outdoor trips to improve mental health and wellbeing

We will cover expenses for any lunch and travel

Please note all volunteers will require a DBS check and references