**Job Description**

**Sunshine Prescription Volunteer/Mini-Training (Women’s Services) Volunteer**

**Description:**

WEB’s Women’s Sunshine Prescription Service enables women from a variety of backgrounds to come along to the centre and experience a safe, non-judgemental space in which to come together with other women, have fun and learn new skills. Our Sunshine Prescriptions form part of our 'Soul Food' project meaning all activities are designed to give people a boost to their confidence and overall emotional well-being. Activities can include anything from arts and crafts, to a trip out to the cinema, to aromatherapy massage. We are currently looking for new, enthusiastic volunteers with a passion for the empowerment of women to join our friendly team. On alternative Thursdays, we run our mini-training sessions which allow the women to have a taste of some of the more in depth training we offer, such as learning about mindfulness, stress management, the importance of gratitude etc.

Sunshine Prescriptions/Mini-Trainings run on alternate Thursdays, 12.30pm-2.30pm in our lovely centre on Gautby Road in Birkenhead.

**When Required:**

Thursday afternoons 11.30pm-3.30pm

**Tasks & Activities:**

* Welcoming women in to the centre
* Listening to women
* Providing support 1:1 and in groups
* Providing a non-judgemental environment
* Sign posting to other services/agencies
* Making refreshments
* Maintaining ground rules of centre
* Assisting Project Support Co-ordinator
* Assisting with the planning and delivery of activities
* Following confidentiality and safeguarding procedures