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## Can anyone volunteer?

As a Women's organisation many of our volunteer roles are only open to women under the Sex Discrimination Act 1975 and 1986 Section 7 (2). This is one such role.

We do have volunteering opportunities for men particularly through our publicity team.

If you have been in an abusive relationship in the past we ask that you give at least 2 years after having left this relationship before volunteering for this role.

## I want to volunteer, what do I do?



For more information about this role contact our Volunteer Coordinator on tel: 01457 890907 or email [gwa@gvb.org.uk](mailto:gwa@gvb.org.uk)

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## Glossop Women's Aid—Who are we?

Glossop Women's Aid was founded in 1979 to provide support to women and children experiencing or fleeing domestic abuse. In addition to providing safe accommodation for women and children we also run a range of community based services including Outreach Support and Advice for women and children living in the community.

***Empowering Women***

***Supporting Children***

***Overcoming Abuse***

***In the High Peak***

**Glossop Women's Aid**

**PO Box 22**

**Glossop**

**Derbyshire SK13 8AE**

**Main Office Tel: 01457 856675**

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## Next Steps Volunteers

Our Next Steps Volunteers provide invaluable informal one to one support to women who are experiencing the effects of domestic abuse.

Registered charity number: 509846

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## What does the role involve?

As a Next Steps volunteer your role is to help reduce the isolation and feelings of loneliness often felt by women who experience domestic abuse and, through providing encouragement and support, enable them to take their next steps towards achieving greater independence and self-confidence.

You will be partnered with a woman who has requested Next Steps support and together you will meet regularly on an informal basis at mutually convenient

Your meetings may include:

- Going out for coffee (or tea!!)
- Helping someone find their way around town / their new community.
- Accompanying people to appointments
- Helping with shopping for household items
- Participating in leisure activities
- Providing company and a listening ear.



Guiding the focus of your meetings will be an informal action plan which you will develop together during your first meeting. This plan will include goals or things the woman wishes to achieve with your support e.g. meeting new people and will help you both work out the steps she wants to take towards achieving these aims.

## What qualities, experience or skills do I need?

- Ability to relate with a wide range of people
- Ability to demonstrate warmth, empathy, compassion, common sense, patience and commitment.
- A non-judgemental attitude and a commitment to anti-discrimination.
- Awareness of the importance of confidentiality and boundaries
- Willingness to attend training



**Time Required:** a few hours per week

**Do I need a car?** Depending on where you live a car may be useful but it is not essential for the role.

## What support and training will I receive?

To ensure you feel properly prepared for your role you will be invited to attend our 12 week volunteer training programme where we cover topics such as what is domestic abuse, the importance of confidentiality and boundaries, child protection, the skills involved in being a Next Steps Volunteer.

You will also receive regular support as an individual and through volunteer meetings

All travel expenses and reasonable out of pocket expenses will be reimbursed