

Health and Well Being Volunteer

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| Organisation Name | Clean Break Theatre Company |
| Organisation Overview | Clean Break provides Theatre and writing based opportunities, including workshops from our studios in Kentish Town NW5 for women who have been through the Criminal Justice System or women at risk of offending with drug/alcohol and/or mental health needs. We work in a safe, women-only environment, creating opportunities for women to develop personal, social, artistic and professional skills. |
| Directions | Buses: 46, 88, 134, 214, 393  Tube: Kentish Town (northern line)  Overground: Kentish Town West |
| Role Title | Health and Well Being Volunteer |
| Responsible to | Members Support Manager |
| Purpose/summary of role | To support the group coordinator in running a health and wellbeing group for women participating in our programme. Issues covered include self-care, building self-esteem and confidence and education around mental health issues and trauma. |
| Description of tasks | Preparing educational resources  Supporting and assisting the group facilitator  Clearing up  External supervision- one or two sessions per season |
| Time Commitment | 3 hours per week  April – July 2019 with a possibly to extend for a year placement.  Day: Mondays |
| Skills and Qualifications | Some experience of working with vulnerable women  Group work or 1:1 therapeutic experience is desirable  Training of any kind with psychological/therapeutic input. |
| Disabled access | Yes. Wheelchair accessible |
| Training and Induction | Yes. You will be given an induction training for the various aspects of the work. |
| Expenses | Yes. Travel and Lunch. |
| Recruitment Method | CV, Interview, reference, trial period, DBS Enhanced  The post is open to women only (exempt under the Equality Act 2010 Schedule 9, Part 1). |
| Contact information | Samantha McNeil- Volunteer Coordinator  2 Patshull Road  Kentish Town  London  NW5 2LB  Tel: 020 7 482 8621  Email: [Samantha.mcneil@cleanbreak.org.uk](mailto:Samantha.mcneil@cleanbreak.org.uk)  Web: www.cleanbreak.org.uk |