

**Women's Aid ABCLN
 Reconnect Group Volunteers**



Make A Difference

Reconnect offers a 12-week personal development programme for women to increase confidence and self-esteem, reduce isolation and focus on their well-being.

Reconnect Groups provide a welcoming & friendly atmosphere where women can relax, meet with other women and share experiences in a safe and supportive environment.

Activities include Goal Setting, Personal Development Plans, Communicate with Confidence, Dress for Success, Connect, Get Creative, Breath Work & Yoga, Nature & Nurture and Walking Together.

Role

- Reconnect Welcome Volunteer
- Reconnect Co-Facilitator
- Reconnect Guest Speaker

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| Location | Reconnect Groups meet one morning per week in Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey |
| Join Us | Monday morning in Ballymena Wednesday morning in Antrim and Carrickfergus Friday morning in Larne and Newtownabbey |
| Time | Time: 10am – 1pm Hours: 3 hours per week Duration: 12 weeks Frequency: Term Time Spring/Autum |
| Your Role | <ul style="list-style-type: none"> • Provide a warm welcome for women taking part in groups • Help Reconnect Worker to plan and deliver activities • Assist with room set up and help tidy up afterwards • Support Guest Speakers to host group activities • Encourage women to participate in activities • Build rapport and listen to women • Help women to realise their potential and complete Personal Development Plans • Report any concerns for women to a staff member • Signpost women to Domestic Abuse Specialists for additional needs-led support |
| What We Provide | <p>Training and development opportunities will be provided for all volunteers including ‘Understanding Domestic Abuse’ and other accredited courses.</p> <p>Opportunity to shadow Reconnect Development Worker and other volunteers facilitating groups.</p> |
| You Can Contact Us | <p>For more information on how YOU CAN Volunteer for Women’s Aid ABCLN contact:</p> <p>Women’s Aid ABCLN Tel: 028 25 632136 Email: volunteering@womenaidabcln.org</p>  |

About Women’s Aid ABCLN

- Women’s Aid ABCLN provides confidential support, information and emergency accommodation for women and children affected by domestic abuse across Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey.

- We offer one to one support, practical assistance and group work for women in the community.
- We provide specialised services and support for children and young people affected by domestic abuse.
- We believe that no-one should have to live in fear or threat from abuse.
- Knowing that help is available, that there is a way out of the domestic abuse they have experienced enables women to transform their lives.
- Through early intervention and preventative work, we challenge attitudes and beliefs which lead to male violence against women.
- Together we are working to end domestic abuse.

Registered with **The Charity Commission for Northern Ireland NIC105905**
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