


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



<p><b>Make A Difference</b></p>	<p><b>Reconnect</b> offers a 12-week personal development programme for women to increase confidence and self-esteem, reduce isolation and focus on their well-being.</p> <p><b>Reconnect Groups</b> provide a welcoming &amp; friendly atmosphere where women can relax, meet with other women and share experiences in a safe and supportive environment.</p> <p>Activities include Goal Setting, Personal Development Plans, Communicate with Confidence, Dress for Success, Connect, Get Creative, Breath Work &amp; Yoga, Nature &amp; Nurture and Walking Together.</p>
<p><b>Role</b></p>	<ul style="list-style-type: none"> <li>• Reconnect Welcome Volunteer</li> <li>• Reconnect Co-Facilitator</li> <li>• Reconnect Guest Speaker</li> </ul>
<p><b>Location</b></p>	<p>Reconnect Groups meet one morning per week in <b>Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey</b></p>

<b>Join Us</b>	<p><b>Monday</b> morning in Ballymena  <b>Wednesday</b> morning in Antrim and Carrickfergus  <b>Friday</b> morning in Larne and Newtownabbey</p>
<b>Time</b>	<p>Time: 10am – 1pm  Hours: 3 hours per week  Duration: 12 weeks  Frequency: Term Time Spring/Autum</p>
<b>Your Role</b>	<ul style="list-style-type: none"> <li>• Provide a warm welcome for women taking part in groups</li> <li>• Help Reconnect Worker to plan and deliver activities</li> <li>• Support Guest Speakers to host group activities</li> <li>• Encourage women to participate in activities</li> <li>• Build rapport and listen to women</li> <li>• Signpost women to Domestic Abuse Specialists for additional needs-led support</li> </ul>
<b>What We Provide</b>	<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>
<b>You Can Contact Us</b>	<p>For more information on how <b>YOU CAN Volunteer for Women's Aid ABCLN</b> contact:</p> <p>Women's Aid ABCLN  Tel: 028 25 632136  Email: <a href="mailto:volunteering@womenaidabcln.org">volunteering@womenaidabcln.org</a></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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