



COMMUNITY  
FUND



Watford  
Women's  
Centre



**my ally**

VOLUNTEER WITH US

## About us

Thank you for your interest in volunteering to support Watford Women's Centre in our brand-new three-year Lottery funded project 'My Ally'.

This project is a Watford Women's Centre project which has been funded by National Lottery community fund.

## About Watford Women's Centre

Watford Women's Centre was established in 1989 by a group of exceptional women who came together to volunteer their time and support to victims of sexual violence and rape.

Over the past 30 years the charity has developed a needs-led service, shaped by what women tell us makes a real and lasting difference in their lives.

We recognise that the challenges women face can often be complex and overwhelming, and we strive to reduce gender inequality, build trusting relationships and empower women to become independent, productive and healthy.

## Mission & Vision

*We provide life-changing services for women to lead independent, productive and healthier lives, and also support our wider community.*

*We aim to create a community-wide culture that has zero tolerance for family or partner abuse and that fosters healthy relationships based on mutual respect and equality*

## About 'My Ally' Project

This programme and all activities are aimed at women living with Domestic Abuse in all forms and women who are leaving domestic abuse.

Evidence from our Therapies services shows that women living with domestic abuse often also present with Childhood and Family trauma that impacts profoundly on mental health.

Our Trauma informed support groups will provide space to explore the impact of trauma on day to day life and the My Ally helpline will provide the emotional and practical support required for women immediately when they need some support or a friendly ear to listen and help them to establish their next steps.

The phone line and the support group will be available to any women who needs our support, whether long term or for a short period.

We will act as a comforter to all women experiencing domestic abuse whether they are at the beginning, middle or end of their journey towards a more positive life.

In Year One we will focus on creating clear referral pathways for women who are engaged with one or more of our current services, 80% of which are resident in Watford, Three Rivers, Hertsmere and some boroughs of North London including: Harrow, Stanmore Edgware.

In Year Two & Three, we will extend our reach through wider promotion and publicity of the My Ally project. By this time, we will have had the opportunity to ensure all infrastructure, processes and procedures are firmly embedded.

Our project team consists of one full time Project Manager, a part time DA Volunteer Coordinator, both supported by the clinical lead and domestic abuse lead at Watford Women's Centre.

## Who are we looking for?

We are looking for volunteers who have either lived experience of domestic abuse and are survivors, or women who have experience of supporting women with domestic abuse, this could consist of councillors, family members or friends of women who have been through Domestic Abuse.

We want to protect all women we work with and therefore we will ensure that we assess the suitability of any volunteers through a robust initial assessment and in-depth training. Our aim is to protect our volunteers so that situations and scenarios they may hear while volunteering do not re-traumatise. We will also offer ongoing support through regular one to ones and clinical group supervision as well as the opportunity to debrief with our team after shifts if the need arises.

We welcome any women to meet with us to discuss opportunities and are able to offer other voluntary opportunities if we feel that this project is not suitable at this time to any women.

## Role 1: My Ally Telephone support

To be considered for this role you will need to meet the criteria set below:

- ✓ You will have four or more set hours per week availability.
- ✓ You can listen without judgement.
- ✓ You will understand the importance of maintaining professional boundaries and the ability to listen without sharing personal opinions.
- ✓ You will have the availability to attend a full training programme consisting of training days (suggested 2 full days in house plus ten hours online learning spread over 2 weeks).

- ✓ You will have a safe, quiet space to answer confidential phone calls while on shift with no interruptions -this can be at home, at a friend or family members home or we can provide a room at the Women's Centre.
- ✓ Be a survivor of domestic abuse (suggested 2 years) or have worked with women experiencing domestic abuse in a professional or personal setting.
- ✓ Not be a current service user of any Domestic Abuse services or counselling services at Watford Women's Centre.



## **Role 2: My Ally Peer to Peer group assistants**

- ✓ You will have a minimum of two hours per week availability.
- ✓ You can listen without judgement.
- ✓ You will have professional boundaries and the ability to listen without sharing personal opinions.
- ✓ You will have the availability to attend a full training programme consisting of training days (suggested 2 full days in house plus ten hours online spread over 2 weeks).
- ✓ You will be able to travel to the Women's Centre or suitable venue close by on a weekly basis through term time to support the peer to peer group.
- ✓ You will be creative and be able to support in activities and session plans for the groups.
- ✓ Be a survivor of domestic abuse (suggested min 2 year) or have worked with women experiencing domestic abuse in a professional or personal setting.
- ✓ Not be a current service user of any Domestic Abuse services or counselling services at Watford Women's Centre.



### Role 3: My Ally project support/ other voluntary roles within the centre

- ✓ Social media promotion.
- ✓ Publicising the project through the community.
- ✓ Capturing feedback and data reporting.
- ✓ Admin tasks.
- ✓ Other voluntary opportunities in the Women's Centre.

Most of the tasks within this 'other' section are Covid-19 dependant or might be only available at certain times and we may need to take your details and get back in touch once we have roles available.

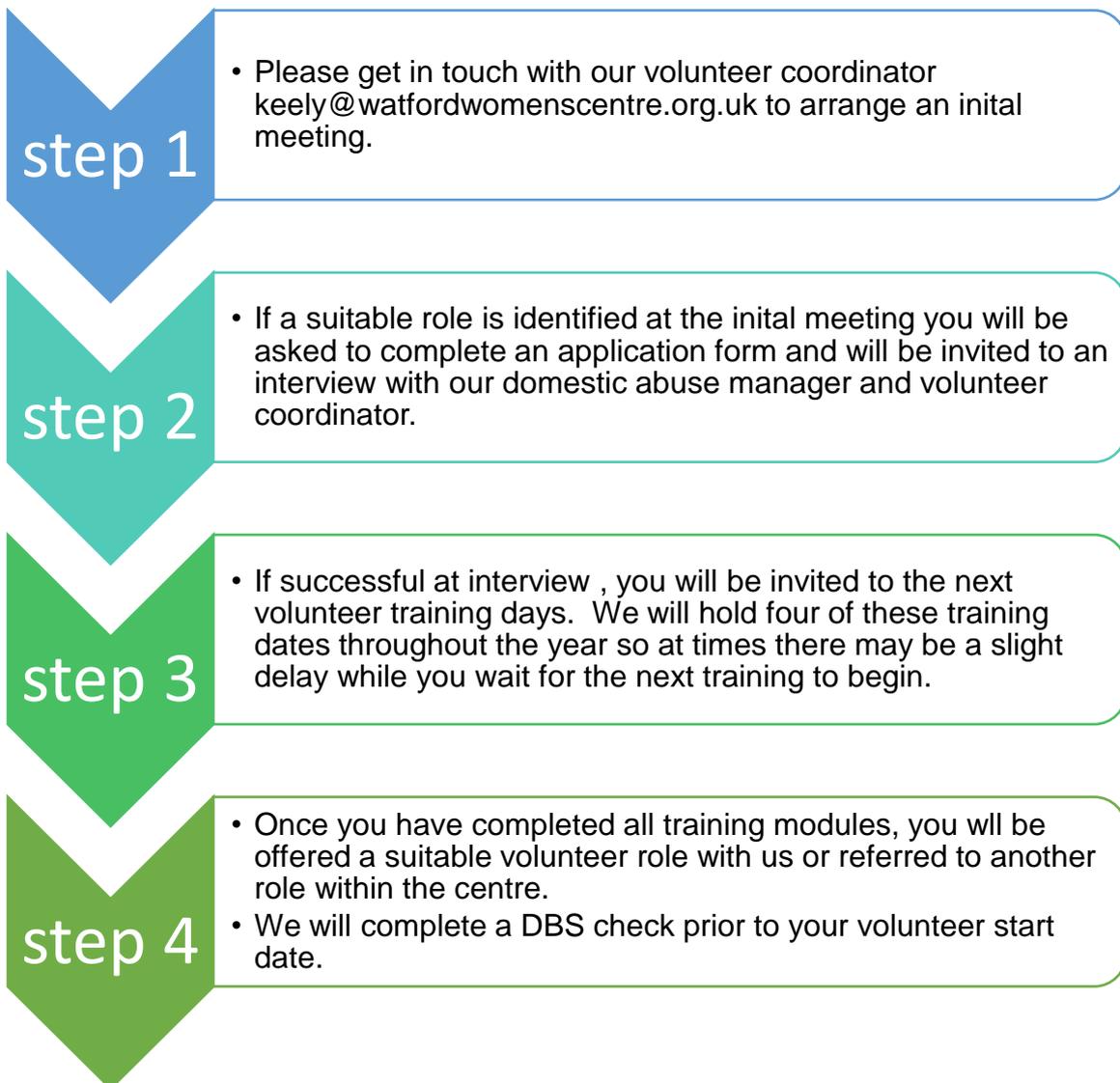
### What's in it for you?

- ✓ Full induction, training, and ongoing support.
- ✓ Clinical supervision.
- ✓ Supporting women.
- ✓ Being part of a fantastic team.
- ✓ Giving something back.
- ✓ Full expenses paid.
- ✓ Group socials.
- ✓ Being part of creating a brand new, exciting project.



YOU TALK, WE LISTEN  
SUPPORT COMING SOON

## Next Steps:



## Key Contacts:

**Volunteer Coordinator**

[keely@watfordwomenscentre.org.uk](mailto:keely@watfordwomenscentre.org.uk)

**Project Manager**

[laura@watfordwomenscentre.org.uk](mailto:laura@watfordwomenscentre.org.uk)

**Watford Women's Centre**

01923 816 229