**Bubble Leader - Role Description**

**About Bristol Women’s Voice:**

Bristol Women’s Voice is a Bristol-based charity working to make women’s equality in Bristol a reality. We make sure that when key decisions are taken in the city women’s voices have been heard and their concerns acted upon. We work to increase awareness of women’s rights and to make sure services meet women’s needs. We bring women together to share ideas and experiences, support campaigns and celebrate success so that together we can make Bristol a showcase for women’s involvement, empowerment and equality.

We are currently running a project to help women and young women stay in contact over the isolating period of the Covid-19 lockdown (3)

The goals of the project are:

* Improve overall health and wellbeing of women and young women in Bristol at this time
* Build capacity among women to have conversations about health, both mental and physical.
* Improve knowledge, skills and confidence relating to health and making connections.
* Empower women to identify and articulate issues with their own health and mental health and, where possible, access support to meet their needs.

This project is using the ‘train the trainer’ approach, and we are looking for women who want to learn more about health, mental health and how to build connection and to share their knowledge within their community. The Bubble Coordinator role requires 1-2 hours per week.

**Main tasks and other activities:**

* Setting up and running a WhatsApp group that provides a safe space for women.
* Reducing social isolation by maintaining regular contact with your group (WhatsApp/text and calls when necessary etc.)
* Learning more about key health and social issues such as lack of exercise, mental health, food shortages, loneliness, spotting signs of ill-health etc. and sharing information with your group.
* Signposting women to services and organisations that can help meet their needs.

**We are looking for someone who is:**

* Confident at recruiting and communicating with other women.
* Able to create a safe and confidential space for women to voice their concerns.
* Able to facilitate and contribute to discussions and to help plan activities.
* Self-motivated and engages with others without close supervision.

**What Bristol Women’s Voice can offer you:**

* Providing training on peer-to-peer support as well as how to run, plan and manage your sessions.
* An opportunity to connect with a wide variety of other women who want to empower women to access health services and take their health into their own hands.
* Access to training and services from partner organisations.

**Contact: info@bristolwomensvoice.org.uk**