



Freelance Group Facilitator: Wellbeing & Life Skills Programme

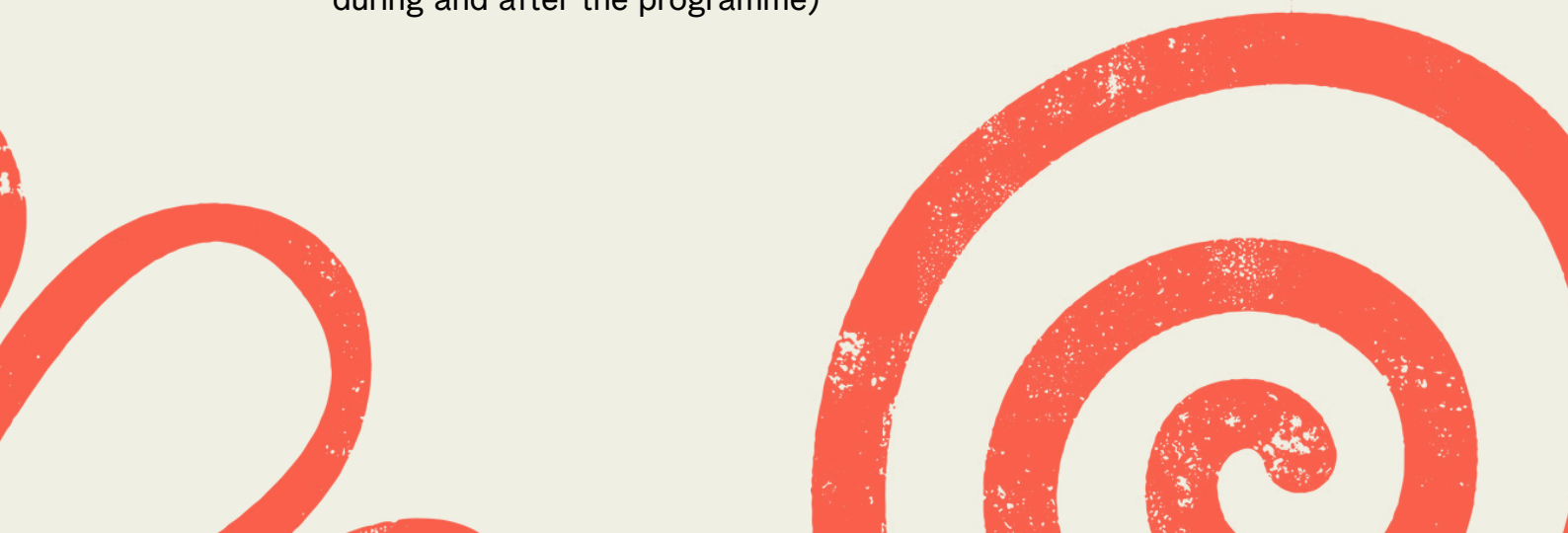
Bramber Bakehouse provides women with the confidence, knowledge and skills for a positive future. Our baking, wellbeing and life skills programme is designed to support women who've experienced abuse, exploitation or displacement.

We run an 8-week programme for between 12-14 women. This programme is centred around baking, wellbeing and life skill sessions, with these aspects woven together during the day. The wellbeing & life skills curriculum include sessions on the five ways to wellbeing, regulating emotions, self care plans, setting intentions, and looking at unique gifts.

We are looking for an experienced and caring individual to facilitate our wellbeing and life skills programme sessions, taking place every Monday between 2nd June and 21st July 2025 in Central Brighton.

You will have excellent group facilitation skills and be used to working in a person centred, trauma informed way. You will collaborate closely with our Programme Coordinator and Baking Teacher, with oversight from our Service Manager.

- Title:** Wellbeing & Life Skills Programme Group Facilitator (freelance)
Location: Brighton
Hours: 1-1.5 days per week, please see detailed breakdown below. You must be available on Mondays between 2nd June and 21st July 2025 as this is a scheduled programme day.
Day Rate: £150 per day
Reporting to: Service Manager (direct contact with the Programme Coordinator before, during and after the programme)



Role Description

Key Responsibilities

- Teach the wellbeing and life skill sessions, working collaboratively with a team of staff and volunteers to facilitate and deliver all aspects of these sessions.
- Thoroughly understand the curriculum, materials and approach of the wellbeing and life skills sessions.
- Prepare each session according to the needs of the group and each individual woman, in consultation with other team members.
- Work closely with the Baking Teacher to integrate the wellbeing and life skills sessions into the daily baking schedule. No baking experience is required, and you will not be expected to demonstrate baking skills.
- Participate in planning meetings, session debriefs, and reflective practice meetings.
- Bring safeguarding concerns to the attention of the Programme Coordinator.
- Support in the physical set-up and pack down of each programme day.
- Provide a welcoming, safe, trauma informed environment for each woman attending the programme.

Availability & Time Commitments

Our baking, wellbeing and life skill programmes run three times a year. The next programme is scheduled to take place from Monday 2nd June to Monday 21st July 2025. This will be held in Central Brighton between 9am – 4pm.

The successful candidate will need to be free to start at the beginning of May to undertake training and induction, familiarising themselves with the programme curriculum, materials and timings in readiness for the programme start date. There is some flexibility around a mid May start date, depending on availability in the weeks prior to the programme starting.

Please find below details of the expected time commitment (approximate):

Training, Induction & Pre Planning (5/6 Days)

- Safeguarding Training, including completion of a DBS: 0.5 days
- Bramber Bakehouse Training, including meeting the programme team: 1 day
- Food Hygiene Training: 3 hours
- Curriculum Prep & Pre-Reading: 2 days
- GDPR Training: 2 hours
- Health & Safety Training: 2 hours
- Attend online applicant interviews if possible. This is a good way to get a feel for the group dynamic and form connections with participants prior to the programme starting: 1 day

We anticipate this freelance role taking approximately 1-1.5 days per week, between early May and late July. Approximate 20 days of paid work (tbc with the Service Manager during interviews).

Personal Specification

Essential experience and skills

- Extensive experience of teaching/ facilitating in a small group setting
- Experience of delivering group workshops with a wellbeing and/or recovery focus
- Experience of delivering workshops for vulnerable individuals with complex support needs
- Experience of working in a person-centred, trauma-informed way

Desirable experience and skills

- Experience working with female survivors of abuse, exploitation, and/or displacement
- Experience of working with and/or supporting volunteers
- Lived past (not current) experience of the issues facing the women we support.

Personal attributes

- Committed to Bramber Bakehouses' values and mission
- Broadly in sympathy with the aims and ethos of the charity
- Passionate about supporting and empowering female survivors
- Able to work collaboratively
- Personable & engaging, with good communication skills
- Adaptable and flexible- able to respond to changing group dynamics
- Able to sensitively create and hold safe spaces for vulnerable women
- Organised and able to work autonomously
- Empathetic, warm, and approachable
- Understands the importance of and keeps within professional boundaries
- Female*

*Due to the sensitive nature of our programmes, we only accept female applications for all roles directly supporting female survivors.

All roles directly supporting female survivors will require a DBS check and mandatory safeguarding training prior to the role commencing.

How to Apply

To apply for this role, please complete our [short form online](#), sending a copy of your CV and Cover Letter. If you have any questions, please email recruitment@bramberbakehouse.co.uk

Applications close at midnight on Sunday 30th March 2025.
We will be holding interviews on Thursday 3rd 2025.

Our commitment to equity, diversity & inclusion

We aim to achieve equity, diversity and inclusion at every level of our workforce. As a result, we will prioritise applicants with lived experience of abuse, exploitation or displacement. We believe organisational diversity matters and we will be more accountable and better able to assess the needs of the women we support if we have a good range of perspectives within our team.

All applicants and employees receive fair treatment, regardless of age, race, religion, sexual orientation, disability or nationality. Please let us know if you require any reasonable adjustments to enable you to perform at your best during the recruiting process and following appointment.

