



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

Wellbeing Volunteer (Baking & Wellbeing Programme)

We are looking for kind and caring volunteers to assist in supporting the team with our eight-week baking programme, supporting and empowering women who've experienced displacement, abuse, or exploitation.

- Title:** Wellbeing Volunteer (Baking & Wellbeing Programme)
- Commitment:** 7 hours per week (9:00am – 4:00pm) on Mondays during term dates
- 2027 Programme Schedule & Key Dates:
- Spring: Monday 22 February – Monday 19 April (No session 29 March – Easter)
 - Summer: Monday 24 May – Monday 19 July (No session 31 May – Bank Holiday)
 - Autumn: Monday 27 September – Monday 22 November (No session 25 October – Half Term)
- Info Session:** Tuesday 13 October 2026, 1:30 – 2.30pm (optional)
- Training:** Online Volunteer Training: Monday 11 January 2027 (Afternoon)
- Interviews:** Monday 7 December 2026 or Tuesday 8 December 2026 (Online)
- Location:** Central Brighton
- Salary:** This is a voluntary position. We offer training, supervision support, reasonable travel expenses, and a communal lunch on programme days.
- Reporting to:** Programme Lead

How to Apply

- Read the Role Description below
- Complete our short volunteer application form at [vacancies](#)
- Complete our optional online equal opportunities monitoring form. The information on this form will be treated as confidential and used for statistical purposes only. The form will not be treated as part of your application.
- If you have any questions, please email recruitment@bramberbakehouse.co.uk

Role Description

Key responsibilities

- Assist the Programme Lead with the Bramber Bakehouse wellbeing and life skills programme.
- Work collaboratively with a small team to ensure the workshop delivery runs smoothly.
- Deliver and support simple trauma-informed wellbeing & grounding techniques.
- Provide a friendly, warm environment to each women attending the Bramber Bakehouse programme.
- Support in the physical set-up and clean up of each workshop as guided by the facilitators.
- Work collaboratively with the team to ensure workshops run smoothly and support participants who need extra assistance.
- During the team debrief meeting at the end of each session, contribute reflections and suggestions to the Lead or other staff members.

Skills, attributes and experience

Desirable criteria

- Experience working with women survivors
- Experience facilitating simple, trauma-informed grounding techniques, such as breathwork, guided visualisation, or somatic awareness practices, to support participants' regulation and well-being.

Person attributes

- Gender Requirement: Female only (Occupational Requirement under the Equality Act for roles directly supporting women survivors of trauma).
- Attributes: Kind, caring, reliable, and aligned with Bramber Bakehouse's mission to empower women.
- Skills: Good communication skills and the ability to work positively as part of a team.
- Commitment: Available for the full 8-week programme duration and able to attend mandatory pre-programme training.
- Physical & Practical Demands: This is an active, dynamic role requiring candidates to be on their feet for extended periods throughout workshop sessions; regular breaks are structured into the day.
- Safeguarding: This role requires a satisfactory basic DBS check*.

*All roles directly supporting women survivors will require a DBS check and mandatory training session about the programme and volunteering at Bramber Bakehouse.