

A Day in the Life of a Her Support Worker at Her Circle

9.00am

I start the day by checking in with the team. We spend a bit of time grounding ourselves and talking through the plan for the day. There's a group this morning and an art session this afternoon, so I want to make sure everything is set up and ready. These spaces matter. They're not just activities, they're where women come to feel safe, connected and understood.

I take a few minutes to reflect on the women who are likely to attend today. Who might need a bit of extra support to walk through the door. Who's been quieter recently. Who's building confidence. This helps me think about how I hold the space, not just what I deliver.

9.30am

I set up the room for the peer-led session. It's important that it feels welcoming and calm. Chairs in a circle, a warm drink ready, nothing too formal. This space is about the women, not us. My role is to hold it safely, not to lead it in a traditional sense.

Women start to arrive. Some come in chatting, others more quietly. I make sure to greet everyone, checking in where needed, giving space where that feels right. For some, just arriving is a big step.

10.00am

The peer-led session begins. One of the women has chosen to bring a topic today, so I support her to open the conversation. I stay alongside rather than taking over, making sure the space remains safe and balanced.

There are moments where the conversation becomes emotional. I gently guide things when needed, making sure no one feels overwhelmed or unheard. There's a lot of honesty in the room. Women sharing experiences, supporting each other, sometimes just sitting in silence together. That connection is powerful.

11.30am

We begin to close the session. I make sure we don't end abruptly. We take time to ground, reflect and check out. Some women stay behind for a quick chat. I check in with one woman who seemed a bit unsettled, just making sure she's okay and knows she's supported.

12.00pm

I stop for lunch. It's important to step away, especially after a group like that. Holding space takes energy, and taking a proper break helps me reset for the afternoon.

Over lunch, I have a quick conversation with a colleague about the morning. We share reflections, what went well, and anything we want to keep an eye on. This work is shared. We don't carry it alone.

12.30pm

I start setting up for the art and craft group. This session is different. It's less about

talking and more about creating, but it still holds the same purpose, connection, calm and a sense of belonging.

I lay out the materials and think about how the space feels. It needs to be relaxed and open, somewhere women can sit alongside each other without pressure.

1.00pm

Women begin to arrive again. The atmosphere feels lighter this afternoon. Some women chat, others get straight into the activity. There's no expectation to talk, but conversation often flows naturally.

I move around the room, sitting alongside women, joining in, checking in where needed. Some conversations are light, others a bit deeper. It's about being present and available, not directing.

One woman who doesn't usually say much starts sharing a bit about how she's been feeling. It happens naturally, without pressure. That's often how this space works. It creates opportunities rather than forcing them.

2.30pm

We start to wind the session down. I give plenty of notice so it doesn't feel abrupt. Women begin to finish what they're doing, some take things with them, others leave them for next time.

As women leave, I check in briefly where needed. For some, this might be the only positive interaction they've had all day. It matters how they leave the space.

3.00pm

Once the room is clear, I take a few minutes to reset the space and reflect on the day. I jot down key notes, attendance, anything important that came up, and anything that might need following up.

I might check in with our advocate if there's something that needs linking across, making sure support feels joined up.

4.00pm

Before finishing, I have a quick debrief with the team. We talk about the day, share anything that stood out, and support each other where needed. Some days feel lighter than others, but having that space to reflect makes a difference.

I leave knowing that today wasn't about fixing anything. It was about creating space, connection and safety. And that's often where change starts.