



Her Support Specialist

Her Circle

Location: Newcastle

Base: Brunswick Methodist Church, Newcastle Upon Tyne

Hours: Full time (35 hours per week)

Salary: £28,000

Contract: Permanent

About Her Circle

Her Circle supports women experiencing complex motherhood through relational, trauma-informed, and gender-responsive approaches. Our work is rooted in connection, safety, and lived experience.

We create spaces where women can come together, feel understood, and begin to rebuild a sense of identity, confidence, and hope. Women consistently tell us that connection, peer support, and safe spaces reduce shame and isolation and support recovery .

Purpose of the Role

The Her Support role is focused on creating and holding safe, meaningful spaces for women through group work, retreats, and community-based activity.

You will lead and facilitate groups, organise and deliver retreats, and support women to build connection with others who have shared experiences. Alongside this, you will provide relational 1:1 support where needed to help women engage and feel safe within the wider offer.

This role is about creating environments where women feel they belong, can be themselves, and can begin to move forward in their own way.

Key Responsibilities

Group Facilitation

- Design, plan and facilitate regular women's groups
- Create safe, inclusive, and non-judgemental environments where women feel able to share
- Use flexible, responsive approaches that are led by the women attending
- Support peer connection, mutual support, and shared learning within groups

- Manage group dynamics in a way that maintains safety and psychological wellbeing

Retreats and Events

- Plan and organise retreats, away days, and group experiences
- Coordinate logistics including venues, travel, resources, and schedules
- Facilitate sessions within retreats that promote reflection, connection, and wellbeing
- Create experiences that feel safe, restorative, and meaningful for the women attending
- Work alongside the wider team to ensure retreats are accessible and inclusive

Community and Connection

- Support women to engage with groups and the wider Her Circle offer
- Build a sense of community across the women attending
- Encourage peer support and connection beyond structured sessions
- Contribute to developing new group ideas based on women's interests and needs

1:1 Support

- Provide relational 1:1 support to women where needed
- Support women to feel safe and confident to attend groups and activities
- Check in with women who may be struggling to engage
- Signpost or connect women into the advocacy service or other support where appropriate

Safety and Boundaries

- Hold clear, consistent boundaries within group and retreat settings
- Recognise and respond appropriately to safeguarding concerns
- Work in a trauma-informed way that prioritises emotional safety

- Manage challenging situations within groups with confidence and care

Team and Culture

- Contribute to a psychologically safe, reflective team environment
- Engage in group supervision and reflective practice
- Work in line with Her Circle's team agreements and values
- Share learning and insight from group work to support service development

Recording and Organisation

- Maintain clear and proportionate records of group attendance and engagement
- Support basic planning, coordination, and administration of sessions and retreats
- Contribute to capturing outcomes and feedback from women

Our Approach

This role requires working in a way that is:

- **Relational:** prioritising connection and trust
- **Trauma-informed:** understanding how trauma shows up in group environments
- **Non-judgemental:** actively reducing stigma and shame
- **Strengths-based:** focusing on what women bring, not what they lack
- **Flexible:** responding to the needs of the women in the room

Women consistently highlight that peer support and safe spaces are transformative, helping them feel less alone and more hopeful about the future. This role is central to creating those spaces.

Person Specification

Experience

- Experience facilitating groups, workshops, or community spaces



- Experience working with women with complex or multiple needs
- Experience creating safe and inclusive environments
- Lived experience of complex motherhood and recovering from it

Knowledge

- Understanding of trauma-informed approaches, particularly in group settings
- Awareness of the impact of stigma, shame, and isolation
- Basic understanding of safeguarding

Skills and Attributes

- Strong facilitation skills and ability to hold group space confidently
- Warm, engaging, and able to build trust quickly
- Organised and able to coordinate events and logistics
- Able to respond calmly and effectively to group dynamics
- Reflective and open to learning
- Committed to Her Circle's values and approach

Additional Information

This is a female-only role, which is a Genuine Occupational Requirement in accordance with Schedule 9, Part 1 of the Equality Act 2010, due to the nature of the service and the needs of the women we support.

What We Offer

- The opportunity to be part of a growing, values-led organisation
- A role focused on connection, community, and meaningful experiences
- A psychologically safe and supportive team culture
- Opportunities to shape and develop the Her Support offer
- Ongoing learning and development