

Cardiff Women's Aid Volunteering with us

2020 - 2021



Table of **Contents**



01

Who are we?

02

How can you get involved?

03

Why volunteer with CWA?

04

Contact Us

“

We will be here until *all*
women and children are **free**
from *all forms* of violence
against **women and girls.**

”

OI

Who are we?

Cardiff Women's Aid (CWA) is a registered charity and company limited by guarantee. It is a member of the Welsh Women's Aid federation and was established in 1974 by volunteers, just like you! CWA provides a variety of services for women and children in our care experiencing any violence/abuse.

CWA works towards an end to all forms of violence against women, domestic abuse and sexual violence. Our mission is to transform society's response to violence against women and girls and in particular domestic and sexual violence/abuse through the services we provide to those affected. Our services include emergency accommodation, 1:1 and group work, an online survivor forum, counselling, outreach, activism, a range of skills-sharing workshops and other volunteering opportunities.

Our services :

O1

Recovery; Information; Safety; Empowerment (R.I.S.E) service:

Duty Team, Accommodation Team, Community Team,
Identification & Referral to Improve Safety (IRIS)

O2

Aftercare:

Psychological Advocacy Towards Healing (PATH),
Counselling services, Surviving Through Hope Openness
Understanding and Trust (SHOUT) Support Network

O3

Group Work:

Recovery Tool-kit, Phoenix

O4

Other:

Trustee board, main board

O1

How can you get involved?



Volunteers play a **crucial role** in the support we provide to women who are victims of violence. This is especially true when women are trying to rebuild their lives after violence or abuse. Our volunteers are vital in helping women find community and friendship, break out of isolation, and find self-confidence and esteem. **Above are some of the volunteering projects we are currently running.**

Why volunteer with CWA?

“Volunteering at Cardiff Women’s Aid makes me feel like I am really able to raise awareness of issues such as domestic violence and women’s rights and help make change. Volunteering is often seen as mundane and something to do just to ‘look good’, but volunteering at CWA is not this at all, it is stimulating and very rewarding, I love it!”

Chimere, Volunteer, Social Media Team & Campaigns Group

Cardiff Women’s Aid is very proud to be an Investing in Volunteers (IiV) accredited organisation, having achieved the Award in April 2020 for the 3rd time. We value and appreciate the passion and hard work our volunteers put in, and we hope this award shows the commitment we have towards involving volunteers in a meaningful, respectful and rewarding way.

Our organisation was founded by volunteers in the 1970s, and as our Chair of Trustees, Dr Rachel Minto, put it “our refuges were established by volunteers; it just wouldn’t have happened without that voluntary action”. Volunteers play a central role in delivering CWA’s services, and have been a vital source of support for us over the years. We are also constantly striving to provide a supportive and welcoming environment for our volunteers and improve and promote our fantastic range of volunteering opportunities.

There are many benefits to volunteering with CWA, including free training around domestic abuse and violence against women, being a part of our supportive community and meeting new people.

“I would recommend anyone to volunteer with CWA. It is a fantastic organisation that makes their volunteers feel very welcomed and you can also fit the volunteer hours around your daily life.”

Feyza, Volunteer on our Wellbeing Café Team

“I love sharing my passion (yoga) with those in need but Cardiff Women’s Aid is more than this. It is a tight knit community built on love, support and female power and it been incredible to become a part of it all. Not only do I get to see familiar faces every week at my classes, but I have also had amazing training opportunities in fields that fascinate me as well as having made amazing friends through this network.”

Mel, Volunteer SHOUT Workshop Facilitator



What is our volunteering process?

We want volunteering with us to be enjoyable and simple! We recruit volunteers through the year and run training sessions on a monthly basis. Check out our volunteer diagram to see our simple process.

We have a volunteer drive with all our resources, policy and procedures, forms and our volunteer strategy for any further information.

Throughout your volunteering we offer opportunities to access additional training and access support at any time.

Our volunteering coordinator oversees our volunteering projects and is on hand to help.

Initial Contact

Application form, equality form,
role description

Contact for interview

DBS & References checks

Induction Training

Induction pack

Volunteering

On-going support, opportunities for
development and feedback

Exit Feedback

**Thank you for wanting to volunteer
with Cardiff Women's Aid, we are all
really happy to have you on board!**

Telephone: 02922 740 005

Email: volunteers@cardiffwomensaid.org.uk

Address: CWA Volunteering, Cardiff Women's Aid, 16
Moira Terrace, Cardiff CF24 0EJ

Check out our range of free SHOUT workshops open to all
women on Eventbrite.