

Wellbeing Group Ambassador

ROLE SUMMARY



Location	Thurrock, Basildon and Tendering
Responsible to	Peer support workers and B3 CEO

Purpose/Summary of Role

Help create safe, welcoming spaces where people feel connected and supported

- Are you approachable and reliable? Have you recently become a parent and want to support other parents in their journey?

Join us as a Wellbeing Group Support Ambassador and help people feel comfortable, welcome, supported and included at our community groups.

Responsibilities and Tasks

- Preparing the room with refreshments, toys for the little ones and tidy away at the end of the session on time
- Take the contact details of new participants and promote the other groups/activities of B3
- Maintain the groups values and rules of being a non-judgemental, friendly and comfortable space by actively listening
- Chat with mums and parent - stimulate conversation within the group
- Share your story and perspective, but do not make their problem about you or give medical advice
- If someone is more quiet, engage with them on a 1:1 basis
- Participate in all activities and ensure all parents are engaged
- Ensure any concerns safe guarding or otherwise are flagged to a staff member of B3 or a family hubs manager the same day
- Undergo a DBS check and safeguarding training prior to commencing the role.

Benefits of Volunteering

When you give your time with B3, you're not just volunteering – you're joining a movement that's making a real difference for families. Here's what you'll gain:

- 🤝 **Meet new people** – build friendships and connections in your community.
- 💜 **Make a lasting impact** – help improve the parenting experience, especially for Black women who face stigma, isolation, and health inequalities.
- 🌱 **Learn and grow** – gain new skills, knowledge, and experiences along the way.
- ⭐ **Boost your confidence and wellbeing** – feel valued and uplifted as you support others.
- 🌍 **Feel fulfilled** – know you're creating positive change and building a stronger, more inclusive community.
- Volunteering with B3 is about walking alongside families, sharing kindness, and helping everyone feel they belong.

Training and Support

Before commencing volunteering, we ask that volunteers participate in the following online volunteer training with B3 which will cover.

- Your roles and responsibilities as a volunteer
- Communication/Active listening
- Equality, Diversity and Inclusion
- Safeguarding
- Mental health/Perinatal Mental health
- Health and Safety

You will have -

- Ongoing Supervision & support from the B3 team
- Out-of-pocket expenses reimbursed
- A chance to gain skills and give back to your community

Time Commitment

Approx 3- 4 hours per group - We welcome **any hours** that you can do in your local area

Support is needed across Thurrock -Tilbury, Sifford , Purfleet , Aveley

Basildon - 1 Thursday per month at present

Clacton one Monday per month at present

Reimbursement of expenses

Travel to and from the place of volunteering (mileage claimed at £0.45 per mile)

Personal Meals and refreshments up to £7 per day (receipts are required for all reimbursements)

B3 - Work tee if required

Admin cost such as postage and stationary

Contact

Nicole Lawal - contact@b3-community.com if you want to have chat about the role or any other role that we have.

sign up via the lin on our website

Status

	Assigned to:
	Open
	Archived
