



Job Vacancy

Peer Support Advocate Healing Conversations

Programme: Perinatal Mental Health
Peer Support



About Sister Circle

Sister Circle is a multicultural, women-led charity dedicated to advancing health equity and justice for women from diverse communities living with complex challenges. Our volunteers and staff, many of whom have lived experiences similar to those of the women we serve, build trusted relationships and provide holistic support.

Our Vision

A future where women's voices and lived experiences are heard, barriers dismantled, and health systems transformed, so every woman can thrive.

Our Mission

We walk alongside women to create change.

We build trusted relationships that create sustainable transformation for women's wellbeing. Our work is rooted in the lived experience of every woman, during their health journeys.

We meet women where they are, offering a trusting, safe and supportive space at the times when they need it the most.

With person-centred support, advocacy, and community partnerships, women make their choices and determine their own care regardless of their circumstances.

We do this by our programmes:

- Maternity Mates: 1-1 and group based support for women during pregnancy, birth and early years.
- Her Health: dedicated advocacy and support for survivors of gender-based violence.
- Healing Conversations: Maternal Mental Health peer support and long-term trauma counselling in community languages.

Our Values:

- Trust and Integrity
- Growth and Learning
- Fearlessness
- Working Collaboratively

Job Advert

Job Title: Peer Support Advocate – Healing Conversations

Location: Hybrid (The Brady Arts and Community Centre, E1 5HU and other community locations across London boroughs).

Contract: Fixed term 1st April 2026–March 2028

Salary: £26,000–£28,000

Hours: Full-time

Reports to: Head of Programmes

We are looking for someone who:

- Has experience delivering peer support, ideally in maternal mental health
- Understands trauma and can provide empathetic, culturally responsive support
- Is confident in outreach, networking, and promoting the service
- Can work independently and as part of a team
- Has strong communication, organisational, and time management skills
- Is reflective, self-aware, and mindful of personal wellbeing when working with trauma

You will be supported to grow professionally, reflect on your practice, and contribute to a compassionate, values-led programme that is rooted in lived experience. If you are looking for a deeply rewarding role where you can make a real difference in women's lives, we would love to hear from you!

Please submit your CV and Cover Letter (maximum 1 side A4) to recruitment@sistercircle.org.uk by 18th March 2026 (midday)

About the Role

Healing Conversations offers perinatal peer support to women experiencing mental health challenges related to pregnancy loss, baby loss, or birth trauma. Launched as a pilot in 2022 with East London Foundation Trust (ELFT), the service now supports women across multiple London boroughs.

Support is delivered through group (up to 12 sessions) and one-to-one (up to 6 sessions) formats, led by trained staff and volunteers with lived experience. Sessions provide empathy, understanding, and practical guidance, grounded in the belief that shared experience is a powerful tool for healing. Core services cover Tower Hamlets, Waltham Forest, Newham, and City & Hackney, with expanded trauma-informed support available across London through the SafeRoots Domestic Abuse Safe Accommodation (DASA) partnership.

The Peer Support Advocate will join the Maternal Mental Health Peer Support Programme, offering compassionate, trauma-informed support to women affected by birth trauma, pregnancy loss, or baby loss. Support is provided in culturally responsive group and one-to-one spaces shaped by women's lived experiences and needs.

This role is meaningful yet emotionally challenging, requiring self-awareness, reflection, and understanding of trauma's impact on wellbeing. Advocates engage with supervision, maintain clear boundaries, and work closely with the Programme Lead, volunteers, and clinical partners to create connected, compassionate care pathways. Responsibilities include outreach and engagement across communities, flexible support across Sister Circle programmes, and assisting women in safe accommodation through the SafeRoots DASA partnership. The role requires independence for lone working, as well as strong collaboration, communication, organisation, and relationship-building skills, alongside a commitment to holding space with care, respect, and integrity.



Key Competencies

Peer Support and Lived Experience

Proven experience delivering empathetic, practical, and meaningful peer support in maternal mental health or related settings. Demonstrates relevant lived experience of perinatal mental health challenges (e.g., birth trauma, pregnancy loss, tokophobia, perinatal depression/anxiety/OCD) and has undertaken their own healing journey, using this insight to provide compassionate and informed support.

Trauma-Informed and Person-Centred Care

Strong understanding of trauma and its impact, particularly in relation to perinatal mental health and domestic abuse. Committed to culturally responsive, non-judgemental, and person-centred approaches, creating safe spaces for women to share and heal.

Collaboration and Multi-Disciplinary Working

Experience working effectively within multidisciplinary teams, including clinical, voluntary, and community partners. Able to contribute to integrated care pathways, attend MDT or planning meetings, and foster coordinated approaches to support.

Outreach and Community Engagement

Skilled in engaging diverse communities, promoting accessibility, and supporting continuity of care. Able to strengthen connections across programmes, including safe accommodation settings, to ensure support reaches women who face multiple barriers.

Professional Practice, Reflection, and Development

Strong communication, organisational, and relationship-building skills. Maintains professional boundaries, engages in reflective practice and supervision, prioritises self-care, and demonstrates a proactive approach to continuous learning, service development, and innovation.

Key Responsibilities

- Facilitate Peer Support Groups and One-to-One Sessions – Lead sessions that provide a safe, welcoming, and supportive environment, informed by lived experience and responsive to participants’ needs, including women accessing support through the SafeRoots DASA partnership.
- Programme Logistics and Volunteer Support – Organise session logistics, including venues and attendance records, and recruit, train, supervise, and support peer support volunteers to deliver trauma-informed, high-quality care.
- Collaboration with Clinical and Sister Circle Teams – Work closely with clinical teams and Sister Circle programmes to coordinate care, attend MDT meetings, contribute to referrals, and support cross-programme learning and continuity of support.
- Outreach, Engagement, and Access – Promote service accessibility across diverse communities and provide flexible support across Sister Circle programmes, including safe accommodation settings, to strengthen reach, engagement, and impact.
- Data Collection, Evaluation, and Reporting – Monitor outcomes of peer support sessions, contribute to programme evaluation, and provide feedback for service improvement, learning, and decision-making.
- Self-Awareness, Wellbeing, and Safeguarding – Maintain awareness of personal triggers, engage in reflective practice and supervision, ensure safe delivery of peer support, and identify or escalate safeguarding concerns as required.
- Professional Practice and Development – Adhere to organisational policies, maintain confidentiality, uphold professional boundaries, participate in training, and contribute to continuous service improvement and organisational objectives.

Person Specification

Peer Support Experience and Lived Experience

- Minimum of 2 years' experience providing peer support in maternal mental health or related settings.
- Relevant lived experience of perinatal mental health challenges, with personal healing journey, used sensitively to offer empathetic, informed, and meaningful support.

Experience and Skills

- Excellent facilitation and presentation skills, with experience of delivering group-based sessions
- Experience designing and delivering community projects, services or group-based support
- Good all-round IT skills and proficiency in Microsoft Suite (Outlook, Teams, PowerPoint, Excel, Word) and experience using Canva or similar design tools

Programme and Delivery

- Ability to plan and deliver programmes objectives within available resources
- Experience monitoring project quality and using feedback to inform service improvement
- Sound understanding of safeguarding policies and procedures, including professional boundaries
- Strong commitment to equality, diversity and inclusion

Communication and Relationship Building

- Excellent verbal and written communication skills
- Ability to build and maintain trusting relationships with beneficiaries, partners and colleagues
- Ability to work independently and as part of a team
- Confident engaging with a range of stakeholders across community and statutory settings

Communication and Relationship Building (continued)

- Experience working with people with socially complex needs and/or in vulnerable circumstances
- Ability to communicate sensitively and effectively with diverse communities

Data, Monitoring and Reporting

- Experience collecting, recording and analysing data
- Ability to monitor outcomes and demonstrate service impact

Personal Attributes

- Organised, proactive and reliable
- Empathetic, non-judgemental and values-led approach
- Reflective and committed to continuous learning and development
- Bilingual in community language (desirable)



Job Benefits

- Annual Leave entitlement: 25 days (pro rata) + Bank Holidays
- Pension scheme with 5% employer contributions, after passing probationary period
- Monthly Wellbeing Time (total of 6 additional days annually for fulltime staff and pro rata for part-time staff)
- Employee Assistance Programme: 6 counselling sessions per year, virtual GP access, legal advice + money back on medical appointments e.g. opticians, hospital stay + Perk Box offering discounts/money off restaurants, retailers (from 1st April 2026)
- Reflective Practice monthly sessions with clinician
- Emergency and Carer's Leave 5 days for full-time and pro rata for part-time employees

Terms and Conditions

- Working hours 9:00am to 5:00pm, or 9:30am-5:30pm, Monday to Friday with one hour per day for lunch. This role will occasionally involve some evening work.
- Requirement of minimum 2 days per week in the office. To meet the needs of the programme you may be required from time to time to work at different locations to your normal place of work, evenings and within other areas of Sister Circle. This job description covers the primary responsibilities but may not include all tasks required. You may be asked to take on additional or different duties as needed.
- DBS requirement: appointments to this post is subject to an up-to-date, satisfactory, enhanced DBS check with a check against the barred list for adults and children.
- The post-holder must have the right to work in the UK and will be required to provide the necessary paperwork to verify this. References will be requested with placement offer.
- This post is open to female applicants only as this is deemed a Genuine Occupational Requirement (GOR) for this role under Schedule 9, Paragraph 1 of the Equality Act 2010.

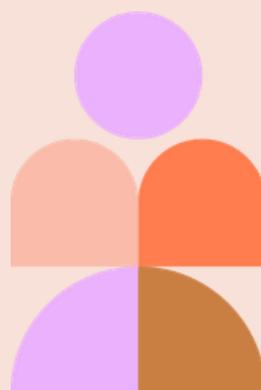


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