Work for LANCASHIRE WOMEN

Registered Charity: 1100976

Job Title:
Perinatal Therapist

Closing Date:
Monday 30th November



Who We Are

Lancashire Women are a leading charity with the core vision of creating a Lancashire where all women are valued and treated as equals.

With over four decades of experience, Lancashire Women work from our mainly women centres to provide safe, dedicated space for women across the county. We bring together a number of services under one roof- all designed to support women who at any one time may be dealing with a range of issues including: social isolation and exclusion, homelessness, poverty, mental ill-health, or offending behaviour.

Our services are available to all women, but in particular we work with those who find themselves in situations which can increase their vulnerability or place them at significant risk of harm - and who are often facing multiple and complex needs.

Our Values

We believe our values need to be translated from the ideals we profess into tangible behaviours which can be operationalised and measured. This way, our teams know and understand how best we can achieve the outcomes and change for the women we work with. Our commitment is to ensure everyone in LW knows and understand the part they have to play and how they can bring our values into their work.

Empower

We work to build on the strengths that all women & girls have, so that they can become more confident; especially in controlling their own life and claiming their rights.

Non-judgemental

We accept each woman exactly as they are and genuinely make no moral judgement about their situation.

Collaborative

We try to be real with all the women & girls we work with so they can have choices about their lives, knowing that they will need courage to make changes that will benefit them and those around them.

Creative

We know we learn more and can achieve more when we work together.

Honest

Creative in our approach to supporting women & girls and seeking solutions with them for the challenges.

About This Role

Job Title: Perinatal Therapist

Reporting to: Team Lead

Salary: SP26 £28,693.82, per annum pro rata

Hours: 22.5 per week

Location: Blackpool

Contract: March 2028, subject to further funding

Overview

The service will provide psychological support for families experiencing neonatal care or are pregnant and affected by the death of a previous baby. The project will take a whole family approach by also offering support to the extended family members e.g. Grandparents, and supporting parents struggling with the emotional impact of caring for children at home and their baby in NICU. The programme will provide open-ended 1:1 BACP accredited therapy across the Blackpool Family HUB network.

The post-holder will work within the service providing Counselling on an individual basis to clients with a range of issues including mild to moderate depression and anxiety linked with perinatal mental health. The post holder will also be expected to complete some group work, when needed, working with other therapists to ensure client needs are met. The post-holder will be expected to manage their own case load, dealing with complex safeguarding issues as well as inputting data onto our client database in a timely manner, keeping all notes up to date and confidential. Working flexibly in accordance with service demands and being adaptable are fundamental aspects of this role. Promoting the work of Lancashire Women to relevant agencies and individuals in the local community is also an essential part of the role as well as promoting Blackpool Family HUBs.

The post holder will work with people with different cultural backgrounds and ages, using interpreters when necessary and should be committed to equal opportunities.

Roles & Responsibilities

- To provide 1-1 therapy sessions and small group delivery as appropriate in Family HUBs / Lancashire Women premises or at outreach venues across Blackpool.
- To implement standards of good practice, adhering to the BACP ethical framework
- To ensure equality of opportunity and standards of client care are met.
- To ensure that required standards of health and safety are maintained where ever working and conduct risk assessments as and when required.
- Ensure no lone working unless necessary precautions and risk assessments are completed
- To use administrative, statistical and recording systems effectively ensuring good practice with regard to any sensitive, confidential material.

- Working with clients towards a positive and sustained change, enabling individuals to achieve emotional well-being and reach their full potential.
- Attend Staff Team meetings and Mental Health Team meetings on a regular basis.
- To attend regular structured supervision sessions with the Clinical Supervisor.
- To take-up appropriate training opportunities in consultation with the Clinical Lead.
- Will be expected to relate positively to other team members and volunteers.
- To work flexibly as and when required and to support other team members as needed.
- To uphold the policies and ethos of Lancashire Women at all times.
- To carry out such other duties as may be required in line with the nature of the post.

Person Specification

In the supporting evidence of your application form, you must demonstrate your experiences by giving specific examples for the criteria within the person specification.

Person Specification		
1	Therapeutic qualification at level 4 or above	Essential
2	BACP Accreditation (or working towards)	Essential
3	Excellent Organisational and Administrative skills including a good knowledge of Microsoft office packages.	Essential
4	Excellent interpersonal and communication skills	Essential
5	Experience of working with clients within the Peri-Natal period.	Essential
6	Solid awareness of legislation and adult safeguarding	Essential
7	Experience of working successfully as a team member to achieve the goals of an organisation.	Essential
8	Experience of working with people from varied social, economic and cultural backgrounds.	Essential
9	Ability to work on own initiative and regulate own workload and meet targets.	Essential
10	Ability to motivate and empower clients to recognise their own skills and abilities.	Essential
11	Ability to respond positively in a crisis situation.	Essential
12	Experience of dealing appropriately with safeguarding	Essential
13	Willingness and ability to travel within an allocated area in Lancashire	Essential
14	Car owner	Essential
15	High level of enthusiasm and motivation	Essential
16	Ability to work under pressure to achieve targets	Essential
17	The promotion of equality of opportunity and good working relations.	Essential

This job description is not intended to be exhaustive. The post-holder will be expected to adopt a flexible attitude to the duties which may have to be varied (after discussion with the post holder) subject to the needs of the service, and in keeping with the general profile of the post. Exempt under the Equality Act 2010, Schedule 9, and Part 1. Section 7(2) e of the Sex Discrimination Act 1975. This role is open to female candidates only.

Employee benefits include:

- A chance to work in a rewarding, ethical and agile environment where every day you are making a genuine difference to the lives of women and girls across Lancashire.
- Employer Pension Scheme.
- Wellbeing support.
- Access to range of support services such as money advice etc.
- Flexible working/work life balance.
- Access to a healthcare plan.
- Birthday day off every year.
- Childcare vouchers/ salary sacrifice.
- An opportunity to work in an Organisation where you are truly valued and integral to our every day operations.
- Be involved in an organisation which puts service users and co design at the centre of all we do.

What our team think:

- *'I began to volunteer and immediately felt at home. I changed my study plans and applied for the role.'*
- *'I joined as a volunteer which opened the opportunity for a paid role. I wanted to be part of the support LW offers to make the difference in society, and have not looked back. LW offers great flexibility and home work life balance.'*
- *'I had heard about LW so many times and not once was there a negative comment. This prompted me to see what they were about and i must say i am not disappointed.'*
- *'Team work is the core. We are supportive of each other, pro-active and work well together'*

Apply now!

https://lancashirewomen.org/about-us/careers

To apply, please complete our application form -

Recruitment – Application form

Got a question about this role?

Please email us at: recruitment@lancashirewomen.org

Closing Date: 30/11/2026

Interview Date: W/C 7/12/2026

Help make a difference to the lives of women across Lancashire.