Faith to Faithless

Volunteer Role Description

Online Social Host

Location: UK-wide, remote

Time commitment: Roughly 2–3 hours per month: hosting one 60-minute Zoom session on the last Tuesday evening of the month (19:00 - 20:00) plus brief preparation and follow-up

Reports to: Advocacy and Peer Support Coordinator (APSC)

Expenses: Necessary expenses will be reimbursed

About Faith to Faithless

Faith to Faithless, part of Humanists UK, provides dedicated support to individuals who leave high-control religious groups. The service is led largely by people with lived experience who understand the unique challenges of stepping away from a closed community.

Leaving a high-control religion can be a deeply disruptive transition: people often face sudden isolation through the loss of lifelong family and social networks, and the challenge of building an independent life from scratch. In some cases, individuals may also experience other pressures or religious abuses, or struggle to find understanding from public services.

We exist to ensure that nobody has to walk that journey alone. Through peer support and social events, we create safe, welcoming spaces where people can rebuild their confidence, connect with understanding peers, and find their feet in wider society.

About the role

Alongside our weekly structured Peer Support groups, which are facilitated by trained non-religious pastoral carers who support attendees through deeper, more challenging discussions around religious exit, we also run informal monthly socials.

The Online Social takes place on the second Tuesday of every month from 19:00 to 20:00 on Zoom and is open to all active service users across the UK. While our weekly peer support meetings are topic-led and explore the harder aspects of leaving religion, the monthly social is intentionally lighter and less structured: a relaxed, friendly space focused on informal chit-chat, hobbies, everyday life, and making new friends.

We are looking for a volunteer to join our hosting team for this session. You will work alongside an existing volunteer host, co-hosting sessions together or alternating hosting duties, so you are always supported. As a host, your role is to set a warm, welcoming, and relaxed tone, gently keeping the conversation sociable and informal so everyone feels comfortable connecting.

The promotion of the event and attendee registration is handled entirely by our staff team.

Afterwards, there is a small amount of admin to complete, including letting the Advocacy & Peer Support Coordinator (APSC) know who attended, how the session went, and reporting any safeguarding concerns should they arise.

All our volunteer hosts also meet once a quarter with the APSC for an online service discussion meeting, and have access to optional weekly online debriefs and monthly reflection support.

Key Activities

As an Online Social Host, you will be involved in:

- Hosting or co-hosting a monthly one-hour online social gathering via Zoom.
- Welcoming attendees and starting conversations with them in a warm, friendly, and empathetic manner.
- Creating an inclusive, relaxed space where people feel comfortable to share or simply listen.
- Gently guiding conversations to maintain an informal, friendly social atmosphere, while being mindful that our Thursday peer support sessions exist for heavier, structured discussions.
- Communicating with the APSC and your co-host via email and online meetings.
- Checking emails for updates ahead of sessions.
- Following our straightforward safeguarding processes and reporting any concerns (you will never be expected to handle safeguarding issues alone).

What you will gain

As an Online Social Host, you will gain:

- Comprehensive induction, training, and ongoing support.
- The chance to be part of a friendly, diverse volunteer community working to make a real difference in the lives of ex-religious people.
- Experience in group facilitation, active listening, and online event hosting.
- Opportunities to attend annual social events with our wider volunteer network.
- Dedicated IT support and access to our digital tools.
- Insight into Humanists UK's wider community and campaigning work.

What you'd bring to the role

You might have skills from your work, studies, or personal life that lend themselves well to this role. To excel in this role, you should:

- Have lived experience of leaving a high-control religious group, or have engaged extensively with people who have.
- Be a warm, empathetic person with good listening skills.
- Be confident enough to talk to new people who may feel nervous or anxious at first, introduce them to others, and put them at ease.
- Be comfortable with basic IT, such as sending emails and using Zoom.
- Be a supportive team player who enjoys co-hosting and collaborating with fellow volunteers.
- Demonstrate commitment to Humanists UK's inclusive, secular values and beliefs.

Support and training provided

We will provide you with ongoing support throughout your volunteering, including:

- A full role induction and peer shadowing with our existing team.
- A paid Enhanced DBS check (including the Adults' Barred List).
- Online safeguarding training for working with vulnerable adults.
- Faith to Faithless' bespoke safeguarding training with our Safeguarding Lead.
- Regular check-ins, and support from the APSC.
- Facilitated Group Reflection Sessions (Clinical Supervision): Monthly online sessions led by an external therapist specialising in religious trauma. These provide a confidential space to reflect on your volunteering, discuss any challenges that come up while hosting, and look after your mental wellbeing. Please note this focuses specifically on supporting volunteers in their role rather than offering personal therapy. We strongly encourage joining these sessions during your early months with us.
- Your own Faith to Faithless email address and secure online storage.

You are welcome to contact us via volunteers@humanists.uk to discuss the role before applying.