

tyneside women's health

Helping women and girls improve their mental health and emotional wellbeing

We are delighted to announce the following vacancy:

Mental Health & Wellbeing Worker Level 2 (Female) Job Ref: L2x0521

25 hours per week

Salary: £21,210 (pro rata £14,331)

Initially for 6 months and may be extended subject to funding

An exciting opportunity has arisen for a Mental Health & Wellbeing Worker to facilitate and develop our therapeutic activities programme, and develop programmes of support for specific target groups.

You will facilitate interventions at our Gateshead and Byker Centres as well as at outreach venues.

You will be a committed team member and willing to develop your skills in order to meet this challenging role.

You will be required to work on specific days, including some evenings.

To request an application pack for the above position please contact us in one of the following ways

- ◆ Email enquiries@tynesidewomenshealth.org.uk
- ◆ Telephone 0191 477 7898

Please note that we will email out application packs so please ensure you have use of an email address for this purpose. (Please contact us if you need help with this)

- The closing date is **4pm on Friday 28th May 2021**
- Interviews will take place soon after

Equality Act 2010 Sch.9 (para.1) applies which means that this is a vacancy for females



Head Office: 30 Half Moon Lane, Gateshead, NE8 2AN
Telephone: 0191 477 7898
e-mail: enquiries@tynesidewomenshealth.org.uk
Web: www.tynesidewomenshealth.org.uk

Registered Charity Number 1126648
Registered Company Number 06702528

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JOB DESCRIPTION

Job Title: Mental Health & Wellbeing Worker (Level 2)

Responsible to: Line Manager

Job Purpose:

To deliver a wide range of centre based, virtual, and outreach mental health and wellbeing interventions to benefit women whose wellbeing has been affected by issues including but not limited to: mental -ill health, domestic abuse; family issues; involvement with the criminal justice system; or, being part of a minority community. To work according to the vision, aims, values and strategic objectives of Tyneside Women's Health.

Key Tasks:

To deliver interventions to enhance women's capacity to engage with Tyneside Women's Health. This role will involve delivery of specific interventions, namely the Wellbeing Group for older women, Reading Group, Physical Activities, Singing Group, relaxation and mindfulness (many of these sessions will be co-facilitated with professionals from each field). You will also be required to build upon the portfolio of therapeutic interventions available and to develop and deliver new interventions to agreed target groups.

Main Responsibilities:

1. To promote, plan, develop and deliver accessible mental health interventions targeted at women at risk of disengaging from TWH.
2. To follow up on women at risk of disengaging at regular scheduled intervals offering a range of methods on engaging women back in, including, telephone and face to face support.
3. To promote, plan, develop and deliver accessible mental health, wellbeing and theme based courses, stand-alone workshops, and open access services.
4. To promote, plan, organise and facilitate accessible support groups and therapeutic activities for women.
5. To facilitate recovery oriented, participation and user led opportunities for and with women
6. To contribute to TWH's overall schedule of mental health and wellbeing interventions, including monitoring and evaluation, and reports to funders and other stakeholders.
7. To undertake one to one assessments with women identifying needs, risks and goals, and to develop support plans with women in response to those assessments.
8. To engage with service users in a person centred, respectful and professional manner.

9. To monitor, evaluate and report on interventions using an outcome based user involvement approach.
10. To raise awareness of women's mental health and emotional wellbeing with health and social care practitioners / trainees, employers and employees, and, the general public.
11. To signpost and refer women to appropriate internal and external forms of support, in order to meet their needs.
12. To build co-operative links and partnership approaches with other practitioners and agencies to improve opportunities for service users.
13. To maintain accurate, confidential records of service user contacts.
14. To participate in any relevant networking and awareness raising events
15. To provide support to Level 1 and Level 2 Mental Health & Wellbeing Workers, sessional staff, students and volunteers as required.
16. To undertake a range of administration tasks including; responding to email requests, contributing to the organisational database and following finance & access procedures.
17. To participate with team members in the collective responsibility for the smooth running of day to day organisational tasks.
18. To take responsibility for continuous professional development, through participation in supervision & appraisal, team meetings and training, as agreed with line manager.
19. To adhere to all Tyneside Women's Health's policies and procedures, in particular health & safety and protection of vulnerable adults procedures.
20. To undertake other tasks commensurate with the level of responsibility of the post and determined with the Management Team and Board of Trustees of Tyneside Women's Health.

I acknowledge receipt of this job description, and confirm that I understand my duties as described within it. I confirm that I understand my performance at Tyneside Women's Health will be measured against this job description within probationary reviews, one to one supervision sessions and appraisals.

Name: _____

Signature: _____

Date: _____

Mental Health & Wellbeing Worker L2 – Therapeutic Interventions / Development Person Specification

ESSENTIAL	How Assessed
Relevant qualification in health, social care or counselling at L3 or above	Certs
Experience of working with adults in a health/social care/ community based setting	PS / Int
Previous experience of supporting women affected by mental health issues	PS / Int
Ability to work with specific target groups e.g. older women	PS / Int
An ability to design, plan, deliver and evaluate group work sessions / courses / one off workshops on mental health related topics	PS / Int
Experience of facilitating mental health support groups, courses, and therapeutic interventions	PS / Int
Ability to plan, schedule and coordinate a timetable of therapeutic interventions	PS / Int
An ability to provide one to one support (both face to face, by email, and over the telephone) to review service user goals, acknowledge achievement, and define new goals	PS / Int
An understanding of issues impacting on women's physical, emotional and mental health	PS / Int
A commitment to working flexibly and collaboratively within a team and with partners	PS / Int
Knowledge and understanding of issues impacting on the mental health and wellbeing of women and how these issues may prevent women from engaging with services	PS / Int
A proven ability of providing support to individuals to overcome barriers to engagement	PS / Int
An ability to set up and maintain systems to ensure that the progress of multiple service users can be monitored and tracked	PS / Int
Knowledge of motivational interviewing techniques	PS / Int
A proven person centred approach to practice	PS / Int
Ability to undertake a needs assessment with an individual based on their mental health and social needs	PS / Int
Ability to create and adhere to individual risk assessments and risk management plans	PS / Int
A demonstrated ability to enable recovery and maximise opportunities for service user progression	PS / Int
A commitment to service user involvement and participation	PS / Int
An excellent understanding of, and commitment to equality and diversity	PS / Int
Excellent communication and inter personal skills	PS / Int
Experience of using a range of evaluation methods	PS / Int
Effective organisational/ administration / IT skills and the ability to keep up-to-date, accurate records	PS / Int
Ability to use IT, including word-processing and email	PS / Int
Ability to use online communication platforms such as Microsoft Teams, Zoom, WhatsApp	PS / Int
The ability to work independently to manage workload	PS / Int
Ability to work within a team	PS / Int

DESIRABLE	How Assessed
Knowledge of other local statutory and non statutory organisations	PS, Int
Qualifications in First Aid, Food Safety, Health & Safety	PS / Int / Cert
Experience of delivering physical activity programmes	PS / Int
Experience of partnership working	PS / Int

PS = Personal Statement

Int = Interview

Cert = Certificate