



Job Title: Wellbeing Practitioner Children & Young People's Services (Safe Haven and Lighthouse Projects)

Employer: Havant and East Hants Mind

Salary: £25,235 FTE (pro rata, actual salary is £8,184.32)

Hours & contract: 12 hours a week (evenings) 12 months fixed term contract.

Current pattern: Tuesday 4-7pm, Wednesday 4.30-8.30pm & Thursday 5 – 8pm (2 non core hours to be negotiated)

Job location: Havant Borough (Leigh Park and Havant town)

Reporting to: Senior Wellbeing Practitioner (CYP)

Job summary:

Havant and East Hants Mind Children and Young Peoples Wellbeing Service supports children and young people to build resilience and to achieve and maintain positive mental health and wellbeing. This ranges from one-to-one support and group work, to outreach into the community and community engagement to provide a range of interventions and activities to support children and young people to manage their own mental health needs.

We are recruiting a part-time Wellbeing Practitioner to support our Children and Young Person's Team in our CYP Safehaven and The Lighthouse Project. HEH Mind have been commissioned by the Hampshire and Isle of Wight ICB Partnership to deliver the Havant Safe Haven which is an out of hours crisis support service for any young person in the Havant, East Hants and Southeast Hants aged 11 - 17 experiencing a self-defined crisis. The Lighthouse Project is funded by the National Lottery Community Fund and is a 'step-down' youth-club style mental health drop-in for 10-18 year olds. The role of a wellbeing practitioner will involve welcoming young people to the drop-in services, supporting young people in crisis through emotional and practical support, empowering young people to self-manage their mental wellbeing by facilitating a range of emotional coping skills (both on a one to one basis and in a group setting), and delivering wellbeing focussed activities such as, art & craft, mindfulness and games.

Duties and responsibilities:

- To provide support to individual and small groups of service users, providing one-to-one and group sessions using appropriate theories, methods and skills in order to promote individual service users' ability to better manage their problems and difficulties.
- To provide face to face and telephone advice and information related to mental health needs and local services which can offer support to the public including young people with mental health needs and their parents/carers.
- To support young people to identify their needs and goals and facilitate the development of wellbeing plans and crisis/safety plans with service users.

- Work in partnership with other agencies and the service user to achieve wellbeing focussed goals; drawing on individual strengths and using a range of internal and external resources.
- To develop, facilitate and review group work for young people on a range of topics and use a range of wellbeing tools alongside service users to encourage proactive and positive mental wellbeing.
- To develop, facilitate and review youth activities such as cooking, art & craft and games.
- To liaise with service users, carers, family and relevant professionals, ensuring they have full information about the project's purpose, activities and outcomes.
- Assist and complete administrative tasks relating to the role.
- To promote CYP services at events and with relevant local organisations.
- To be aware of policy, procedures and responsibilities and to take appropriate action as per Havant and East Hants Mind's policies around safeguarding adults and children.
- To be aware of Health & Safety regulations, particularly related to work surroundings.
- To undertake any other tasks and duties as required as requested by the Senior Wellbeing Practitioner and/or other managers and to meet the requirements of CYP services

Skills and personal characteristics:

Essential

- Must have at least 2 years' experience of working with vulnerable young people
- Must have some understanding of mental health illness, mental health crisis and recovery and the promotion of holistic health and wellbeing
- Must be able to work independently as well as within a team
- Understanding and appreciation of personal and professional boundaries
- Good computer skills are essential
- Must have good communication skills that are adaptable for our varied service user group
- Must have excellent listening skills
- Good time management and organisational skills are important
- Good level of numeracy & literacy is required for the post.
- Applicants must be able to take clear notes, have a methodical and ordered working style and be able to maintain up to date and accurate records
- Ability to embrace change and adapt to changes in service provision, new projects & duties
- Empathy and compassion
- Must have a minimum level 3 qualification in a relevant field (e.g., psychology, health and social care) or demonstrate the equivalent experience and training.

Desirable

- Some understanding of reflective practice would be beneficial
- The use of customer/ user / service user data bases & excel is desirable
- Some knowledge of gathering customer feedback and evaluation
- Personal transport for business purposes is desirable but not essential
- Knowledge of local area and services or organisations that can provide additional support to our service users
- Some experience of working as or working with volunteers

The appointment is subject to two satisfactory references and an enhanced DBS check.