



Havant and
East Hants

Job Title: Wellbeing Practitioner

Job location: Havant and East Hampshire

Responsible to: Designated line manager

We have two vacancies for a Wellbeing Practitioner within the Adults' Wellbeing Team at Havant and East Hants Mind. The first vacancy is for a full time permanent role, the second vacancy is for a one year part time contract.

Employer: Havant and East Hants Mind

Salary: £17,266 FTE

Hours: 37 hours/week for full time role, 22 hours/week for part time role

Full time: Permanent role, £17,266 per annum

Part time: One year role, £10,266 per annum

Closing date for your application: 4pm Thursday 1st April

Interview date: TBC

Start date: TBC pending success at interview and the return of satisfactory references and DBS check.

Requirement:

We are looking for enthusiastic, creative and flexible individuals who are passionate about delivering high quality support services in the interests of the wellbeing needs of the community. These services include assessing need and co-developing recovery plans, facilitating workshops, courses and peer support sessions, delivering 1-1 support, providing face to face and telephone recovery plan reviews, providing telephone check ins and managing safeguarding risks.

Working within the Adult Wellbeing Team Job summary:

EH Mind runs a range of recovery services for adults with mental health and wellbeing needs in Havant and East Hampshire. Within this, we offer a variety of interventions and services that support people with complex mental health problems in their recovery. This ranges from one-to-one support and group work, to outreach into the community and community engagement to provide a range of peer support opportunities and activities to support people to manage their own mental health needs.

Duties and responsibilities:

1. Deliver empathetic, person-centred and empowering face to face/telephone mental health and wellbeing interventions.
2. Have a good knowledge of local support services and be able to appropriately signpost service users and their carers to these services.
3. Co-develop person-centred, empowering recovery plans with services users which have specific, measurable and achievable outcomes.

4. Have a sound knowledge of the recovery model and demonstrate this in the development and delivery of workshops, courses and 1-1 sessions.
5. Participate in training and shadowing opportunities.
6. Liaise with partner agencies and professionals to ensure multi-agency working within recovery planning.
7. Assist and complete administrative tasks related to the role.
8. Facilitate groups and manage the dynamics within these.
9. Comply with HEH Mind policies and procedures, including health and safety regulations related to the workplace.
10. Take appropriate measures to safeguard vulnerable adults and children with the support of management.
11. Work as a team player, supporting with annual leave and sickness cover, as well as duty tasks when needed.
12. Support with the development and delivery of services within other teams at HEH Mind, including participating in events and community engagement.
13. Have an up to date knowledge of common mental health disorders, the symptoms associated with these, the short & long-term effects associated with enduring mental health disorders and a sound knowledge of useful tips, tools and coping skills, utilising internal and external resources.
14. Undertake any other tasks and duties as required and requested by management to meet the needs of the service.
15. Have a good knowledge of IT systems. Including: staying up to date with outlook emails and calendar, maintain up to date and accurate client records, access and utilise online resources as required and make use of Microsoft applications.

About Havant and East Hants Mind & our way of working

The wellbeing team work closely with each other to share knowledge and ideas to get the best outcomes for service users and applicants should be able to work well in the team environment.

Service users are assessed to understand their needs and to identify their starting point in their recovery journey. All service users work with staff and volunteers to create a recovery plan which may offer opportunities to access a range of activities, targeting areas in which they wish to make progress. Such activities within HEH Mind include workshops, courses, 1-1 sessions and peer support groups.

Finally, towards the end of their journey, service users are reviewed to identify progress made and to see how they will apply the new skills they have learnt to meaningful situations beyond services. They also identify goals for continued recovery beyond Mind's service as part of a self-care plan. Signposting on to other organisations and groups may also promote ongoing recovery and support.

Skills and personal characteristics:

Essential

- Must have some understanding of mental illness and recovery
- Must be able to work independently as well as within a team
- Must be able to work with service users in 1-1 and group work settings
- Appreciation and understanding of personal and professional boundaries
- Basic 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
- Equivalent level NVQ 3 as a minimum (should this be in education section as desirable)
- Minimum one-year experience working in mental health/ social care or equivalent setting

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

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