

Wellbeing Practitioner – Children and Young People

June 2025

Havant and East Hampshire Mind
Havant Wellbeing Centre
Dunsbury Way
Havant
P09 5BG

02392498916

www.easthantsmind.org

Re: Wellbeing Practitioner – Children and Young People

Dear Applicant,

Thank you for your enquiry about the above post.

This pack contains the job advertisement, job description and person specification.

For more information about the role and our services, please see our website at www.easthantsmind.org or to discuss the role, contact Annie Knight – Contract Lead – CYP on anniek@easthantsmind.org

To apply, please submit your application form which should outline why you are suitable for the role.

Please return completed application forms to the HR at hr@easthantsmind.org

Yours sincerely

Jody Phelvin
Co-CEO

The benefits of working with HEH Mind

Make a real difference to local people

We're a local Hampshire charity and we're here to make a positive difference to lives and communities. You'll work with a passionate, knowledgeable and dedicated team with a big heart.


Holidays

- It's important to take time off. We give you 25 days a year, increasing by one day per year of service up to 30 days, and bank holidays (all calculated pro-rata for part-timers). We also give an additional winter's leave day in late December.
- Employees are also gifted a days' leave to celebrate their birthday.

Learning, growth and development

- We're committed to supporting our staff with learning and professional development, so we offer opportunities for coaching, training and mentoring.
- Everyone, regardless of role, is offered free Connect 5 mental health and wellbeing training.
- As a rapidly growing organisation there are regular opportunities to grow and develop within roles and through internal promotions.
- Joining HEH Mind makes you part of the Mind Federation, which includes 110 local Minds across England and Wales and access to the Open hub platform and learning, development and good practice sharing opportunities.

Workplace wellbeing

- As workplace wellbeing experts you will be joining a workplace with a strong employee wellbeing focus. Which includes engagement opportunities such as our monthly digital 'Break Room' to meet staff from across the charity.
 - Remote and homeworking flexibility (dependent on role requirements).
 - We are a Mindful employer + accredited. All staff have access to our confidential 24/7 employee assistance programme.
 - If you use a PC within your role, we will provide free eye tests, if necessary.
- 

Job Advert

Havant and East Hants Mind Children and Young People's Wellbeing Service supports children and young people to build resilience and to achieve and maintain positive mental health and wellbeing.

We are looking to recruit a Wellbeing Practitioner for our Children and Young People service working 12 hours per week at our drop-in centre. We require someone to work Tuesday, Wednesday and Thursday evenings and 3 hours per week during the day.

This role will involve empowering young people to self-manage their mental wellbeing by facilitating a range of emotional coping skills (in a group setting and on a one-to-one basis), and delivering wellbeing focussed activities such as, art and craft, mindfulness and games.

This is a great opportunity for anyone looking to get into a career within the charity or mental health sector or someone who has a background working with Children and Young People and would like to make a difference in their local community.




Job Description

Job title:	Wellbeing Practitioner - CYP
Salary and grade:	£25,992.05 FTE. Actual salary £8,429.85
Contract:	Permanent
Contracted hours:	12 hours per week. These must include 3 hours each on a Tuesday, Wednesday and Thursday evening. Plus 3 hours per week to be worked during the daytime.
Working base:	Leigh Park Community Centre / The Pallant Centre
Reports to:	Senior Wellbeing Practitioner
Responsible for:	No direct reports
Checks made:	Enhanced DBS and 2 satisfactory references

Purpose of Post

The purpose of this role is to support and help children and young people to build resilience and to achieve and maintain positive mental health and wellbeing. This is achieved by one-to-one support and group work, to outreach into the community and to provide a range of interventions and activities to support children and young people to manage their own mental health needs.

Key Responsibilities

- To develop, facilitate and review group work for young people (aged 10-18 years) 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 support young people to identify their needs and goals and facilitate the development of wellbeing plans and crisis/safety plans with service users
 - To provide support to individual service users, providing one-to-one 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, telephone and/or email 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
- 

- Work in partnership with Motiv8 Youth Workers, 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 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 be aware of responsibilities and take appropriate action as per Havant and East Hants Mind's policies around safeguarding adults and children
- To undertake any other tasks and duties as required as requested by the Wellbeing Manager and/or other managers and to meet the requirements of the service
- To be aware of Health & Safety regulations, particularly related to work surroundings
- To act in accordance with HEH Minds safeguarding policy and procedures

Person Specification

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
Must be able to work independently as well as within a team
Understanding and appreciation 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 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
Must have good communication skills that are adaptable for our varied service user group
Good level of numeracy & literacy is required for the post. Must have a minimum level 3 qualification in a relevant field (e.g. health and social care)
Ability to embrace change and adapt to changes in service provision, new projects & duties
Empathy and compassion

Desirable

Some understanding of reflective practice would be beneficial

Experience of partnership working


The use of customer/ user / service user data bases and Microsoft Excel

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



Havant and East Hampshire Mind
Havant Wellbeing Centre
Dunsbury Way
Havant
Hampshire
PO9 5BG

02392498916
www.easthantsmind.org

