

Job Description

Post	Wellbeing Practitioner – Stepping Stones
Grade	Grade 2, £13.67 per hour
Location	Kenburgh House, 28 Manor Row, BD1 4QU with a requirement for travel across the District
Responsible to	Service Manager

About us

Bradford District and Craven Mind is a registered charity with a clear purpose to promote positive mental wellbeing and empower and help people experiencing mental health problems to manage and work towards recovery and fulfilment. We do this through:

- Building community and individual resilience for better mental wellbeing
- Providing early intervention advice and support
- Supporting people in crisis
- Empowering and helping people to recover and sustain improved wellbeing.

Everything we do at Bradford District and Craven is underpinned by our Values, which you will see below. The information contained in this job description is not exhaustive but will give you an outline of the role and the duties required, and help you understand the role more clearly

Our Values

- **Caring Always** - Be kind and compassionate. Listening to and valuing people.
- **Working Together** – Working together for a shared purpose. Working together to make the biggest positive difference.
- **Supporting Everyone** – Understanding, celebrating uniqueness and respecting all; reaching out, engaging and helping people feel safe.
- **Enabling All** – Making things possible. Giving hope and resources to make positive change.
- **Improving Continually** – Making the biggest positive difference. Listening and being creative to make the biggest positive difference.

Purpose of the post

We are seeking to appoint someone who is passionate about collaboration and supporting people to stay well in the community. The Wellbeing Practitioner in this post will co-facilitate psychological education groups alongside Assistant Psychologists from the Community Mental Health Teams.

The post-holder will be responsible for delivering initial 1:1 support interventions to people booked to attend the group, for co-delivering the groups, and delivering follow-up 1:1 support sessions to people once the group has ended.

This role plays a key function in working in partnership with our Community Mental Health colleagues, and ensuring that we are providing joined up care to people who access services.

Key duties

- Plan, deliver and co-facilitate psychological education groups alongside Assistant Psychologists
- Provide support to individuals in group and 1:1 settings.
- Have a good understanding of support services across the Bradford District and Craven, and signpost/complete onward referrals for people to relevant services for support.
- Complete individual assessments and outcome measures for people using services.
- Develop tailored support plans to help people to stay well.
- Record information electronically and maintain up to date records.
- Champion and embody partnership working across the system.
- Attend relevant stakeholder meetings, contributing and encourage referrals into service
- Ensure that in all aspects of the role you embody the aims, objectives, and core values of Bradford District and Craven Mind.
- Ensure that the relevant colleagues and a competent understanding of, and comply with, all Bradford District and Craven Mind's policies and procedures.
- Take responsibility, with colleagues, for ensuring that all Health and Safety, Safeguarding, Information Governance and Equality & Diversity requirements are met and all other Company policies complied with.
- Undertake any other reasonable duties or tasks deemed necessary by the senior management team.

Person Specification

Bradford District and Craven MInd is committed to promoting mental health awareness, reducing stigma, and improving the quality of life for people with mental health

challenges. We value diversity, inclusion and lived experiences when recruiting our staff and volunteers.

	Essential
Knowledge	<ul style="list-style-type: none"> • Understanding of the key issues within mental health, and the potential challenges that people may face • Knowledge of other relevant health & social care organisations across the Bradford District & Craven • Knowledge of risk management and health and safety issues • Understanding of safeguarding and good practice • Understanding of confidentiality and data protection
Experience	<ul style="list-style-type: none"> • Experience of working with children, young people or adults in a health, social care or any other relevant setting (this can include voluntary experience) • Experience of supporting people in a clear, meaningful and non-judgemental way either via telephone or in person (this can include voluntary experience) • Experienced and confident in managing challenging situations, and recognising and responding to safeguarding concerns (this can include voluntary experience)
Skills and abilities	<ul style="list-style-type: none"> • Excellent proven communication and organisational skills, including an ability to encourage and engage people in ways to make positive changes in their lives. • Excellent IT skills, including use of Microsoft Packages • Ability to work as part of a team and work alone and use own initiative • Ability to gather relevant information to support and assess risks
Personal qualities	<ul style="list-style-type: none"> • Healthy and secure personal boundaries • Committed, passionate and flexible with a can-do attitude • Commitment to supporting people in a person-centred and non-Judgemental way • Committed to equity, diversity and inclusion. • Understanding of and commitment to Mind in Bradford values. • Willingness to travel across the District • Car driver with full UK driving license and access to own transport