



## THE BALSAM CENTRE

# RECOVERY and WELLBEING WORKER

## JOB DESCRIPTION

'Open Mental Health' is a Somerset Alliance of local voluntary sector organisations and the NHS.

Our shared ambition is to ensure that people living with mental health problems get the right support at the right time. Working together, we support people to live a full life, by enabling access to specialist mental health services, housing support, debt and employment advice, volunteering opportunities, community activities and physical exercise, to help support and improve people's wellbeing and quality of life.

The charity The Balsam Centre is a member of the Somerset Alliance and the lead organisation for South Somerset. Its aim is to reduce health and social inequalities and provide opportunities for people to improve their life chances.

This is a new role which will involve working with a wide range of partner organisations, including the NHS and working in different locations across South Somerset.

<b>Job Title:</b>	<b>Recovery and Wellbeing Worker</b>
<b>Responsible to:</b>	<b>Balsam Centre Manager</b>
<b>Base:</b>	<b>The Balsam Centre, Balsam Park, Wincanton, Somerset, BA9 9HB (or as agreed)</b>
<b>Salary:</b>	<b>£26,500 pro rata</b>
<b>Term:</b>	<b>1 year fixed term contract</b>
<b>Working Hours:</b>	<b>21 per week</b>
<b>Annual Leave:</b>	<b>28 days pro rata</b>
<b>Probationary Period:</b>	<b>3 months</b>
<b>Notice:</b>	<b>2 months</b>
<b>Expenses:</b>	<b>Mileage allowance for occasional car use</b>

<b>JOB PURPOSE:</b>	
	<p>The Recovery and Wellbeing Worker will work holistically with people introduced for mental health support, engaging them in one to one and group activities that support personal recovery and help build their confidence, practical skills, social networks, resilience and independence. The post holder will assist people to improve their physical as well as their mental health, through the use of tools and strategies for a healthy lifestyle. OPEN Mental Health work will focus on support for adults, young adults and older people.</p> <p>The post holder will inspire and motivate people to improve and maintain their own health and wellbeing through use of a range of evidence based social and therapeutic interventions in a personalised, co-produced and trauma informed approach. They will work in partnership with an existing multi disciplinary team at the Balsam Centre and with other partner organisations across South Somerset to ensure that people access the right services at the right time. Partners include Somerset Foundation Trust, Chard WATCH, South Somerset CAB, MIND in Somerset, Local Authority staff, a range of mental health Voluntary Sector organisations, Peer Support staff and Volunteers and Experts by Experience.</p>
<b>The Main Responsibilities of the Post Holder are to:</b>	
<ul style="list-style-type: none"> <li>• Take on appropriate introductions from partner or other agencies and develop and run personalised programmes of activity for people experiencing mental ill health, flexibly and effectively.</li> </ul>	
<ul style="list-style-type: none"> <li>• Actively engage those people introduced, in recognised social, therapeutic, creative, practical and community activities, working with them at the Balsam Centre/in their own communities or agreed localities in South Somerset.</li> </ul>	
<ul style="list-style-type: none"> <li>• Share information within OPEN Mental Health and develop and implement personal action plans as appropriate, always working within the boundaries of confidentiality and data protection.</li> </ul>	
<ul style="list-style-type: none"> <li>• Create a safe, positive environment that supports and enables individuals and groups to participate, achieve and flourish.</li> </ul>	
<ul style="list-style-type: none"> <li>• Build relationships of trust with individuals and groups that maintain appropriate boundaries.</li> </ul>	
<ul style="list-style-type: none"> <li>• Accurately record individual, group and session notes. Collect, collate and input information for monitoring and evaluation purposes in line with the requirements of the post, including inputting to purpose built databases and/or systems.</li> </ul>	
<ul style="list-style-type: none"> <li>• Keep abreast of mental health, wellbeing and related and relevant therapeutic matters, initiatives and policy at local and national level. Be responsible for own CPD.</li> </ul>	

<ul style="list-style-type: none"> <li>• By agreement and negotiation with relevant parties (as necessary) use the resources of the community, natural, physical and human, to further the development of recovery and wellbeing activities.</li> </ul>
<ul style="list-style-type: none"> <li>• Work constructively and creatively with other team members and partners to meet the agreed targets and outcomes of the Alliance.</li> </ul>
<ul style="list-style-type: none"> <li>• Take on any other duties which may reasonably be requested to further the aims of the Alliance or The Balsam Centre.</li> </ul>
<p><b>PERSON SPECIFICATION</b></p> <p>The post holder will need to be flexible in terms of meeting and working with beneficiaries. It may be necessary to run a group or activity away from the Centre, work out of doors and/or with local community projects. The job may occasionally involve lone working or home visits. A reasonable level of physical fitness will be required to participate in some activities.</p>
<p><b>ESSENTIAL:</b></p>
<ul style="list-style-type: none"> <li>• Substantial mental health and therapeutic experience and associated qualifications.</li> </ul>
<ul style="list-style-type: none"> <li>• A proven, successful track record and substantial experience of team working in a mental health or wellbeing environment</li> </ul>
<ul style="list-style-type: none"> <li>• Familiarity with the use of a range of therapeutic tools including e.g. CBT, Motivational Interviewing, Solution Focused Brief Therapy</li> </ul>
<ul style="list-style-type: none"> <li>• Experience of working with specialist support needs and/or communities of interest experiencing disadvantage</li> </ul>
<ul style="list-style-type: none"> <li>• Group work facilitation experience and skills</li> </ul>
<ul style="list-style-type: none"> <li>• Excellent people and communication skills</li> </ul>
<ul style="list-style-type: none"> <li>• Excellent time management and flexibility</li> </ul>
<ul style="list-style-type: none"> <li>• A responsive, resourceful and pro-active approach</li> </ul>
<ul style="list-style-type: none"> <li>• A personal commitment to making a positive difference to the health and wellbeing of beneficiaries</li> </ul>
<ul style="list-style-type: none"> <li>• Ability to develop and maintain effective working partnerships at all levels</li> </ul>
<ul style="list-style-type: none"> <li>• An understanding of key concepts such as co-production, peer support, inclusion, recovery and wellbeing</li> </ul>
<ul style="list-style-type: none"> <li>• The ability to plan and provide practical opportunities for different therapeutic and creative activities, healthy eating and physical and social activities for different groups and abilities</li> </ul>
<ul style="list-style-type: none"> <li>• Familiarity with vulnerable adult safeguarding principles and procedures.</li> </ul>
<ul style="list-style-type: none"> <li>• Knowledge and understanding of relevant health, safety, legal and ethical frameworks</li> </ul>
<ul style="list-style-type: none"> <li>• Ability to function effectively both independently and as a member of the team</li> </ul>
<ul style="list-style-type: none"> <li>• Confidence and humour</li> </ul>
<ul style="list-style-type: none"> <li>• Sound general IT skills</li> </ul>
<ul style="list-style-type: none"> <li>• A clean and current driving licence and access to a vehicle</li> </ul>

<b>DESIRABLE</b>
<ul style="list-style-type: none"><li>• A professional counselling Diploma and associated experience</li></ul>
<ul style="list-style-type: none"><li>• Relevant specialist skills, interests or knowledge</li></ul>
<ul style="list-style-type: none"><li>• A knowledge and understanding of the challenges of life in a rural community</li></ul>