

## Histon & Impington Mental Wellbeing Worker Role Description

### Role Summary

This part time role is to continue the development of mental wellbeing awareness and services to make Histon and Impington a mental health friendly community. Working with volunteers, the community, schools and existing providers to develop, deliver and coordinate a range of activities across Histon and Impington that promote the emotional and mental wellbeing of all ages in the community.

The objectives of the role are:

- Increase mental wellbeing awareness and break down barriers in the villages
- Assist with early intervention and prevention
- Provide signposting and advocate for support services

The role includes working with students in the village schools who will benefit from help with their mental wellbeing, either in small groups on a one to one basis. This will be as part of the teams in the schools.

This is a non-clinical role which will work in partnership with and signpost to existing clinical provision and will not involve direct provision of mental health services. The role will have dedicated line management and access to support.

### Key Responsibilities

Area	Main Activities	Approx Time
<b>Developing Community Initiatives</b>	Recruit and support a group of volunteers to develop their capabilities to raise awareness of mental wellbeing Arranging teaching and information sessions for members of the community Join with volunteers for Mental Health First Aid or similar training Work with the Histon and Impington Mental Wellbeing Forum to implement the vision for improving mental wellbeing within the community	20%
<b>Supporting Students at Impington Village College (IVC)</b>	Work as part of the IVC pastoral team on a one to one and small group basis with a range of students who have been identified as needing help with their mental wellbeing Support whole school initiatives to raise awareness of mental wellbeing This will involve regular dedicated time in the school during the school day and will be term time only	25%

<b>Supporting Students at Histon and Impington Junior and Infant schools and Early Years Centre</b>	<p>Work with small groups of students and parents who have been identified as needing help with their mental wellbeing</p> <p>Support school initiatives to raise awareness of mental wellbeing with students and parents</p> <p>This will involve regular times in the school during the school day and will be term time only</p>	20%
<b>Signposting</b>	<p>Provide information on emotional wellbeing/mental health topics and services and signpost access other appropriate services</p> <p>Work with volunteers to run drop-in sessions at various locations and times in the villages to offer advice to residents</p>	10%
<b>Networking</b>	<p>Develop positive working relationships with existing local providers including charities, primary care and mental health service providers</p> <p>Work jointly with other operational roles within the community including Village Older Persons Coordinator, Village Youth Worker, churches children's and young people's workers, children's and school family workers</p>	10%
<b>Publicity, admin and other</b>	<p>Using available social media, web and local advertising to raise awareness of mental wellbeing and the support available and to promote events and initiatives</p> <p>Collect data to monitor and evaluate the effectiveness of different activities</p> <p>Be proactive with regard to personal learning and understanding, maintaining up to date knowledge of mental health, best practice and the evidence base in relation to mental health promotion and attend relevant courses</p> <p>Take responsibility for organising own work effectively and for delivering results</p>	15%

## Person Profile

<b>Education &amp; qualifications</b>	While a qualification in the area of mental wellbeing/health is desirable it is not essential to the role
<b>Specialist knowledge &amp; skills</b>	<p>Awareness and understanding of the main issues facing people experiencing mental health issues and the range of available preventative and treatment options</p> <p>Good working knowledge of other relevant services and agencies</p> <p>Understanding of when and how to refer for specialist help</p>
<b>Interpersonal &amp; communication skills</b>	<p>Good listening skills and empathetic style</p> <p>An accepting and open approach to diversity</p> <p>Able to deal calmly and confidently with people experiencing distress</p>

<b>Relevant experience</b>	<p>Experience of organising, delivering and evaluating activities and events</p> <p>Mental wellbeing promotion with a broad range of people</p> <p>Working with, and supporting, volunteers</p> <p>Working with young people and schools</p> <p>Establishing and maintaining effective working relationships with a range of professionals</p>
<b>Additional requirements</b>	<p>Flexibility to adapt and change as the role evolves</p> <p>Good understanding of the importance of confidentiality and the principles of data protection</p> <p>Good working knowledge of MS Office</p> <p>Enhanced DBS clearance will be required</p>

## Terms and Conditions

<b>Contract</b>	The contract is for an initial 2 years through Histon and Impington Community (HICOM) charity, but may be extended if funding is available.
<b>Hours of work</b>	<p>70 hours per month flexibly with the majority during the school day and in term time</p> <p>Regular dedicated time in the schools (school day and term time only)</p> <p>Limited amount of weekend and evening work will be required for community events</p>
<b>Salary</b>	c. £10,500 per year
<b>Probationary period</b>	There will be a three month probationary period.
<b>Location:</b>	Working around the community and in the local schools with a base in IVC