Job Description

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| **Post** | **Good Life Facilitator**  |
| **Location** | **Based in Cambridge, working in central Cambridge, South Cambridgeshire and Huntingdonshire** |
| **Line Manager** | **Good Life Deputy Manager** |
| **Hours** | **Full time and Part time roles available:****Up to 37.5 hours per week, which may include some evening/weekend work** |
| **Salary** | **£24,437.00 per annum NJC April 2023 Scale Point 12 £12.49 per hour** |
| **Main Objective** | To work as part of a team to deliver the strengths-based Good Life Recovery and Inclusion Service which is underpinned by the following co-designed principles:* We all have mental health, which fluctuates throughout our lives
* Support through the tough times needs to be readily accessible
* Those with lived experience can play a vital role in supporting others
* We all have strengths, passions and talents we can share
* Feeling connected is key to positive wellbeing and resilience
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**Vision**

Our vision is a society in which everyone has positive mental health and feels part of a connected community.

**Mission**

Our mission is to:

* support those with poor mental health to live well, whatever that means for them
* enable people to maintain positive mental health, especially those who are going through tough times
* inspire connections and eliminate stigma within our communities for the benefit of everyone’s mental health

**Values**

Our values are central to everything we do. They define us as an organisation.

* Respect
* Empowerment
* Inclusivity
* Integrity
* Courage
* Compassion

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| **Specific Duties and Responsibilities** |
| This is a community based service which will include:**Delivery of:*** 1:1 Good Life sessions, including support in individuals own homes and within their local communities as required across Cambridgeshire and Peterborough – including Hunts and Fenland
* Co-delivered workshops and activities
* Good mood cafes
* Peer support groups and skills shares
* Suicide and self-harm prevention sessions
* Specialist, community-based Personality Disorder Service
* Information and signposting sessions
* Guidance on the use of online Qwell Wellbeing Service
* Support to individuals seeking to access debt advice
* Ensure that all support provided by the service reflects the strengths-based principles
* Proactively work alongside PRISM and Social Care teams

**Promotion/facilitation of:*** Co-production, co-design and innovation fund opportunities
* Peer support volunteer opportunities
* The Good Life service and partnership opportunities within the community

**Additional duties:**

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| * Participate in lone working systems
* Provide cover for telephone triage as and when required
* Travel independently to community locations, including service user’s homes, to deliver the service
* Undertake all other duties commensurate with the role description
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| **This post is subject to satisfactory enhanced DBS clearance.** |
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| **General Responsibilities** |
| **Equality*** Promote the equality, diversity and rights of others by ensuring people are respected and valued as individuals.
* Ensure equal access to services, that people are treated with dignity and without discrimination.
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| **Quality** * Work within all CPSL Mind’s policies and procedures at all times, with specific reference to the Safeguarding and Child Protection policies.
* Implement quality assurance systems within CPSL Mind.
* Monitor compliance with quality systems including Mind Quality Standards.
* Have due regard for health and safety and security in the workplace and contribute to raising awareness.
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| **Services** * Maintain a strength-based service which recognises and celebrates the talents and abilities of the individuals accessing the service.
* Maximise the potential for genuine co-production of service delivery wherever possible
* Take a dynamic approach to risk assessment and mitigation.
* Work collaboratively with individuals and other services as necessary in situations where an individual feels unsafe, and escalate as appropriate.
* Liaise with the other mental health services across Cambridgeshire and Peterborough, as required
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| **People** * Recognise and respect the role of co-producers as equal partners within the Good Life Service.
* Create productive working relationships within CPSL Mind and with partner agencies.
* Identify individual and team development needs to continually improve performance and knowledge.
* Develop personal skills to improve performance and knowledge.
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| **Performance*** Follow agreed work plans and monitoring and evaluation methods, ensuring that reports on performance are available.
* Actively participate in all training relevant to the delivery of this role.
* Participate in regular line management one to ones, clinical supervision and annual appraisals
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| **Resources*** Ensure that equipment and materials are available to achieve service outcomes.
* Pro-actively manage limited resources.
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**Person Specification**

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| **Competency** | **Essential** | **Desirable** |
| Proven ability to take a strengths-based approach to empowering individuals in ways that improve their mental health and wellbeing.  | √ |  |
| Experience of delivering equitable and inclusive co-produced services |  | √ |
| Skills necessary to empower individuals to use their existing skills/talents to make positive changes in their lives | √ |  |
| Skills necessary to facilitate individuals to explore the use of evidence-based self-help skills, either on a one to one or group basis. | √ |  |
| Identification, assessment and mitigate risk - and escalation of issues required |  | √ |
| Clear understanding of principles of suicide prevention and safety planning |  | √ |
| Flexible approach to service delivery | √ |  |
| Demonstrable understanding and experience of supporting individuals experiencing symptoms associated with a Personality Disorder diagnosis. |  | √ |
| Knowledge and experience of managing professional boundaries. |  | √ |
| Proven ability to work under own initiative and problem solve as necessary |  √ |  |
| Effective time management skills | √ |  |
| Ability to regularly update and maintain information within data protection legislation.  |  | √ |
| Good communication skills across a range of media i.e. face to face, telephone, writing documents, emails, presentations and data collection. | √ |  |
| Positive approach to mental health, wellbeing and tackling stigma |  | √ |
| Ability to reflect on own practice  | √ |  |
| Self-aware, with an ability to manage own wellbeing | √ |  |
| Car Owner & Full Driving Licence held | √ |  |

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| Post Holders SignaturePrint Name |  | Date: |  |
| Line Managers SignaturePrint Name |  | Date: |  |