

HEALTH AND WELLBEING LEAD PRACTITIONER - Wellbeing (Self Management)

PERSON SPECIFICATION

This lead practitioner will support the delivery and development of the Health and Wellbeing service a holistic supported self-management service for people living with long term health conditions(s) by providing one to one and group support.

Attributes	Essential (minimum acceptable attributes)	Desirable (attributes of the ideal candidate)	How we will assess
Education, qualifications and training	<ul style="list-style-type: none"> • Degree level qualification or equivalent in health and social care • Registration with the Scottish Social Services Council or Health and Care Professionals Council • Evidence of continuing professional development through further qualifications or specialist training in relation to leadership, management, community development or care 	<ul style="list-style-type: none"> • Evidence of continuing professional development through further qualifications or specialist training in relation to collaborative strengths based approaches to work with people e.g. Solution Focused Brief Therapy (SFBT), Cognitive Behavioural Therapy (CBT), Person Centred Planning, Motivational Interviewing (MI), Community Building and Asset Mapping 	<ul style="list-style-type: none"> • Application • Certificates
Skills and knowledge	<ul style="list-style-type: none"> • Practical knowledge of person centred, asset based and outcome focused approaches to working with people • Good interpersonal skills • Good facilitation and group work skills • Ability to multi task and meet agreed deadlines • Good written and verbal communication skills • Developing constructive relationships and engaging sensitively with people who are living with a long term condition(s) 	<ul style="list-style-type: none"> • Understanding of participative approaches to leadership and team building • Working knowledge of a range of mental health and long-term conditions and/or disabilities • Practical experience of delivering long term conditions self-management support 	<ul style="list-style-type: none"> • Application • Certificates • Group facilitation exercise • Written statement • Meet the Thistle • Interview
Experience	<ul style="list-style-type: none"> • Experience of delivering support for people who experience disability, mental health and/or long-term conditions • Working with people in ways that are person centred, asset based and outcome focused • Successful collaborative working with statutory bodies, community organisations and other external agencies • Experience of monitoring and reporting on service quality in line with specified standards • Experience of managing a caseload and prioritising workload 	<ul style="list-style-type: none"> • Experience of practicing participative approaches to leadership and team building • Experience of collaborative strengths based approaches to work with people e.g. Solution Focused Brief Therapy (SFBT), Cognitive Behavioural Therapy (CBT), Person Centred Planning, Motivational Interviewing (MI), Community Building and Asset Mapping • Experience of delivering services in 	<ul style="list-style-type: none"> • Application • Certificates • Written statement • Interview

	<ul style="list-style-type: none"> • Ability to support and develop volunteers and peer supporters 	economically deprived areas and working with vulnerable people with complex needs	
Personal qualities	<ul style="list-style-type: none"> • Reflective practitioner • A team player • Creative and proactive • Flexible and adaptable • Empathic • Shares Thistle's values • Able to demonstrate resilience and perseverance in the face of resistance and opposition 		<ul style="list-style-type: none"> • Application • "best selfie" • Meet the Thistle • Interview
Other	<ul style="list-style-type: none"> • Driving licence • Car owner 		