

Health and Wellbeing Worker
(Marie Outreach Trust – MOT Service)
Job Description



The Health and Wellbeing worker will be based at The Marie Trust day centre. The role will involve increasing awareness of health and wellbeing issues and look at ways to tackling health inequalities for homeless people and vulnerable people with complex needs. The post will involve promoting health knowledge through a variety of activities including facilitating group work, workshops, 1 : 1 support and case work.

The MOT Program aim is to prevent homelessness and supports individuals to sustain tenancies, exit homelessness and to re-engage in communities through the use of a social prescribing model which recognises that people's health is determined primarily by a range of social, economic and environmental factors. Social prescribing seeks to address people's needs in a holistic way. We also aim to support individuals to take greater control of their own health.

The post-holder will:-

Understand the specific needs of homeless people and to understand the particular health needs of older and younger homeless men and women and be able to identify ways of meeting these needs

To be able to find ways of overcoming barriers homeless people face in engaging and accessing health and housing services when rough sleeping, in temporary accommodation and in B & B's.

Support people with lived experience of homelessness to participate in the program and support the delivery of the service, through a Peer Mentoring Model.

Promote a harm reduction approach when working with individuals who are still involved in the use of alcohol or substances, whilst doing so, be aware of the health, safety and risk factors affecting who are not ready to disengage from addiction and be knowledgeable about interventions and services to support them.

Be aware of ways to identify people at risk of suicide and of the interventions available to support vulnerable adults.

Be creative in their approach in supporting individuals who have low self-esteem and low expectations which prevents them from engaging whilst performing a person centered approach to their needs.

Be creative in their approach to engaging with vulnerable people who use The Marie Trust services in providing opportunities for engagement as a means to support engagement out with the centre in communities.

Help individuals find the right services, and provide support to access appropriate intervention and support services for individuals who indicate a willingness and need to receive other forms of assistance and support.

Design and deliver a program which will offer drop in sessions, group sessions for people to come together i.e. recovery groups, harm reduction, and providing opportunities for therapeutic activities which will support individuals to take the first step toward a structured life.

Provide one to one support to motivate individuals to overcome barriers to health and set personal goals for improving their health and wellbeing. In doing this you will help people understand their health conditions and develop strategies to improve their health and wellbeing in working in collaboration with the Marie Trust Pharmacist.

Provide 1:1 support to individuals and initiating and sustaining appropriate behavioural changes through case working approach

Partnership and Collaboration Working

Develop strong networks with partner's agencies develop a wide knowledge of community services best matched to individuals needs and to support individuals to appointments in order to access services.

Support an integrated approach to health improvement within the organisation; notify colleagues as appropriate regarding clients who may require specialist support and advice in preventing homelessness and maintaining links with the fuller Marie Trust team

Develop links with key stakeholders and identify possible resources in the community to raise awareness of health related conditions and improve quality of life. In doing this keeping up to date with developments in health including mental health and addiction recovery.

Have a commitment to health and safety and be knowledgeable in regards to risk assessments of vulnerable individuals. In doing so be knowledgeable regarding the use of MAPPA in the supervision of individuals with offences and understand the role of communication in safeguarding.

Administration

Support the Service lead to formally consult with service users on a regular basis in order to help evaluate the centre's provision of opportunities and engagement and establish what is required to better meet clients' needs.

Monitor and record in a consistent and professional fashion all work performed and outcomes achieved with individuals and groups using the recording systems in place to enable outcomes to be tracked and to keep abreast of the issues affecting learners. In doing this be accountable to stakeholders and funders

Use effective monitoring and recording when working with individuals who are ready to engage in one to work.

Contribute and attend meetings with the project lead and MOT team in highlighting positive practice, areas for further development, clients' needs and barriers to engagement and future planning exercises, in doing so provide input to the work which is being undertaken by the post holder.

Complete performance targets within time scales as directed by Project lead and Monitor and evaluate the effectiveness of the service using outcome indicators and service user feedback

Perform any other relevant duties as required of the post. The Health and Wellbeing Worker will report to the MOT Project lead

SALARY: £25.000 PER ANNUM HOURS: 35 hours per week

