

**Health and Wellbeing Worker**

**March 2021**

**Job Description**

**Job Title:** Health and Wellbeing Worker

**Contract:** Fixed Term Contract to November 2022, 18 hours per week

**Grade:** 4

**Location:** Edinburgh

**Salary: £24,857 to £30,261** per annum (depending on experience) [pro-rata to 18 hours]

**Mission Statement**

To prevent youth homelessness and to support young people to build better futures.

**Context**

The Health and Wellbeing Worker will be based within the Youth Development Team but will work with other teams in the organisation. The Health and Wellbeing Worker will use a person-centred approach with young people to build trust and enable them to improved outcomes with a focus on:

* Mental and emotional health, self-esteem, and confidence
* Relationships, boundaries, and safety

The Health and Wellbeing Worker will work with young people within drop-ins, one to one support and group work. Where appropriate they will support young people to gain additional support from statutory services.

**Reporting to**

**Health and Wellbeing Team Leader**

**Key Responsibilities**

* Provide support to young people on a needs led basis within a flexible framework and varied settings, including one to ones, issue based group work and drop ins.
* Promote the development of resilience in young people.
* Promote and maintain a service user involvement ethos across services.
* Work within legal frameworks such as: National Care Standards for Housing Support Services, GIRFEC, Child Protection and POVA.
* Maintain effective record keeping systems and information for the purposes of monitoring and evaluation.
* Develop partnership working in a manner that promotes the work of Rock Trust and facilitates appropriate referrals.
* Provide formal and informal support and supervision to sessional staff and volunteers as directed by the Service Manager.
* In conjunction with other staff, provide a cost-efficient service and source additional funding where appropriate.
* Participate fully in the evaluation of current services and the development of new initiatives.
* Contribute to ‘best practice’ initiatives within Rock Trust
* Ensure an awareness and application of organisational policy and procedures and to contribute to the promotion of good practice.

The Health and Wellbeing Worker is expected to maintain an up-to-date knowledge of all relevant legislation, policies and good practice. It is Rock Trust’s desire to encourage and enable the personal and professional development of members of staff and, to that end, will support staff in line with the requirements of the job and the responsibility of Rock Trust. The Health and Wellbeing Worker will be expected to undertake such appropriate training as is necessary to facilitate this.

This job description is not exhaustive. It merely acts as a guide and may be amended to meet the changing requirements of the Rock Trust at any time after discussion with the post holder.

**Person Specification**

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|  | **Essential** | **Desirable** |
| **Qualifications and Experience** |  |  |
| Current professional registration with appropriate governing body (HCPC, BACP, or BAAT) | X |  |
| Additional post qualifying qualifications such as CBT, Counselling, Health Promotion, Mental Health First Aid |  | X |
| Completed ASSIST training |  | X |
| **Skills and Knowledge** |  |  |
| Knowledge of the health and wellbeing issues affecting young people who have been homeless or are vulnerable to homelessness, including Care Leavers | X |  |
| A working knowledge and experience of Person-Centred Practice | X |  |
| (Post qualifying) experience of supporting young people through one-to-one support | X |  |
| Experience of developing and delivering group work to young people | X |  |
| Work well as part of a team (own and other teams in organisation) | X |  |
| Experience of working in partnership with voluntary and statutory services | X |  |
| Ability to manage a caseload within a working theoretical model | X |  |
| Confident communicator with excellent interpersonal skills | X |  |
| Excellent organisation and time management skills |  | X |
| Basic IT Skills in Word, Excel and Outlook | X |  |
| Ability to work to tight deadlines under one’s own initiative, with a can-do attitude | X |  |
| **General** |  |  |
| Willingness to work on a flexi time system involving attendance at events outside of office hours | X |  |
| Creative approach with a passion for problem-solving and pursuing new ideas and initiatives | X |  |
| Full UK driving license and access to a car |  | X |