

JOB VACANCY | NOVEMBER 2021

SESSIONAL WELLBEING WORKER

Responsible to:	Children and Family Services Manager
Rate of Pay:	£14 per hour
Hours:	Sessional - As and when required
Location:	Home Based - Travel through the West of Scotland
Duration:	Until March 2023
Annual Leave:	Runs from 1st April to 31st March. Leave will be accrued upon hours worked and paid into the monthly salary.

OUR APPROACH TO WORKING WITH CHILDREN AND YOUNG PEOPLE

Forces Children Scotland are committed to taking a children's rights-based approach to all aspects of our work from planning to service delivery. This means we strive to ensure our work is grounded in the United Nations Convention on the Rights of the Child. Engaging in co-production with children and young people can help ensure their right to participate in matters affecting them is meaningfully upheld and implemented.

PURPOSE OF THIS ROLE

This role will form part of our 'Your Minds Matters' wellbeing project team on a sessional basis. The project aims to improve the mental health and wellbeing of Armed Forces Children and Young People across Scotland, a need borne out of consultation with our young people and families. The role will be responsible for working with children and young people in a variety of settings and several contexts to support their mental health, including one-to-one support, group projects and wider community engagement as directed by the full-time team.

The post-holder will work closely with the members of the Wellbeing team, including the full-time Wellbeing Worker, full-time Digital Wellbeing Worker and Children and Family Services Manager, as they strive to develop and deliver 'Your Mind Matters' to Armed Forces Children and Young People.

RESPONSIBILITIES & DUTIES

- Deliver one-to-one mental health and wellbeing support to children and young people.
- Respond to the needs of the service on an ad-hoc basis to meet the needs of the Your Mind Matters Project.
- Deliver mental health and wellbeing group support to children and young people
- Build authentic trusting relationships through in-person or digital mental health and wellbeing supports with children and young people.
- Connect with Armed Forces children and young people across the West of Scotland from a range of different backgrounds to ensure that their mental health is prioritised and supported.
- Play an essential role as part of the Your Mind Matters Wellbeing team within the organisation.
- Act as an ambassador for Forces Children Scotland and a champion for the mental health and wellbeing of the young people that we support.
- Carry out any other duties commensurate with the post as identified by your line manager or the wider team.

PERSON SPECIFICATION

Skills and Experience

QUALIFICATIONS

A relevant qualification, to a minimum standard of HNC/SVQ 3 (SCQF level 7) in a discipline related to working with children and young people, or equivalent work experience with other relevant settings. We would also welcome applicants who have accessed specific mental health and wellbeing learning opportunities and can transfer this across to practice.

EXPERIENCE (Essential)

Minimum 1 years' experience of working in one or more of the following areas:

- Youth Work.
- Community Work.
- Education.
- Mental Health and Wellbeing support for children and young people.
- Experience of working with vulnerable young people to support mental health.
- Experience of delivering mental health support for children and young people.
- A strong understanding of trauma and adversity in childhood and the impact this can have on mental health.

EXPERIENCE (Desirable)

- Understanding of the issues affecting Armed Forces Children and Young People and their families
- COSCA Certificate in Counselling Skills or similar accreditation that ensures a listening, caring environment that values the wellbeing of young people

KNOWLEDGE (Essential)

- Demonstrate a working knowledge of child protection and GIRFEC.

- Demonstrate an awareness and understanding of the issues around children and young people's mental health and how best to respond to wide-ranging needs.
- Knowledge and understanding of group dynamics in a mental health context.
- Knowledge and understanding of, and commitment to, equality of opportunity and inclusion.
- An up-to-date knowledge of issues which affect young people, including an awareness of trauma-informed care.
- An understanding of the issues impacting Armed Forces Children, Young People and families.

SKILLS

- Develop and maintain appropriate relationships with children and young people, parents, carers, colleagues, and other professionals.
- Ability to deliver one-to-one and group mental health and wellbeing sessions with young people in a trauma-sensitive manner.
- Be creative in response to the evolving world of supporting mental health and wellbeing for children and young people.
- The ability to create safe spaces for young people by demonstrating key skills such as active listening, setting boundaries and the commitment to sustaining caring and professional relationships, in-person or via digital supports such as Zoom.
- Have a working knowledge of child protection guidelines.
- Positively advocate on behalf of Armed Forces Children and Young People to a wide range of individuals and agencies, notably regarding their mental health and wellbeing.
- Initiate, engage in, and promote meaningful opportunities to support the mental health and wellbeing of Armed Forces children and young people
- Ability to evidence work and contribute to funding reports.
- Ability to work both collaboratively as part of a team and on own initiative.
- Good verbal/written skills and the ability to communicate clearly and sensitively.
- Self-motivated, team working and ability to use initiative.
- Use information/digital technology including office applications.

COMMITMENT TO

- Children's rights and ensuring that this is filtered through all aspects of the role.
- Promoting and developing an inclusive stigma-free environment that supports mental health and wellbeing.
- The values and ethos of co-production alongside children and young people
- Working in partnership with young people, empowering them to make decisions about their own lives.
- Developing and sustaining a caring, listening service that values the mental health and wellbeing of children and young people.

ADDITIONAL INFORMATION

A full driving licence and access to a car is required. The post covers the West of Scotland and therefore will include a significant amount of travel. The post holder will need to be prepared to work flexibly, including evening, weekend, and occasional overnight stays through the sessional contract. We encourage applicants that have lived experience of mental health for this role. We would also encourage applicants from an Armed Forces background.