

## Job Description

### **Wellbeing Worker Falkirk Outreach Services**

This is a new post

For over 50 years, Cyrenians has tackled the causes and consequences of homelessness.

We understand that there are many routes into homelessness, and that there is no 'one size fits all' approach to supporting people towards more positive and stable futures. That's why all our work is values-led and relationships-based. We meet people where they are, and support them towards where they want to be.

Our Vision is an inclusive society in which we all have the opportunities to live valued and fulfilled lives.

Our way of working is built on our four core values, which are at the heart of all our work and decisions:

[Compassion](#) | [Respect](#) | [Integrity](#) | [Innovation](#)

[Read more about us and our values](#)

[Read about our strategic aims](#)

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## **1 General**

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The project is a new innovation and has been funded to "Test the Concept" in the first instance. It is a joint funded project by Falkirk Suicide Prevention Fund and Health & Inequalities fund

The 12-month project has been designed to minimise people moving into crisis whilst they wait on secondary care appointments by providing 'Keep in Touch' support through 1;1, group activities and weekly drop ins.

By using a trauma-informed and relationship-based approach the service will test the concept of:

- Addressing impact for people on waiting lists by providing support
- Reducing rate of suicide, self-harm and demand on crisis intervention
- Reducing non-attendance at first appointments.
- Developing coping strategies and support with providing routine and structure
- Timely & compassionate support promoting wellbeing and recovery
- Reducing loneliness and social isolation
- Providing a safe non-judgemental place for people to feel heard

This project builds on an existing relationship and partnership with Falkirk Health and Social Care Partnership to deliver the Community Link Service. The team have an established referral pathway in place with the medical practices they work with, this role will be used to enhance the level of support available to referred clients.

The postholder will work autonomously and be heavily involved in direct delivery work and evidencing the objectives of the service are being met.

You will work from our offices in Arnotdale House within Dollar Park, Falkirk and pilot a non-clinical holistic service providing 1:1 support and/or structured group activity to people on the waiting list for adult mental health services. The postholder will use a trauma-informed and relationship -based approach, to provide people with coping strategies whilst awaiting their first appointment, reducing the demand on crisis intervention.

The postholder will be provided with clear objectives and targets to measure the change and progress in this innovative project.

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## **2 Tasks and Responsibilities**

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### **Supporting People**

- Provide, through good conversations, a specialist and professional service to people who may be experiencing severe and multiple disadvantage and build non-dependant relationships with them.
- Enable people to identify personal goals and priorities to improve their health and wellbeing as well as implementing pathways to and from any relevant services.
- Support people to plan their days, encouraging consistency and structure to enable them to manage their day-to-day needs.
- Use of Decider Skills to support people to recognise their own thoughts, feelings and emotions and utilise these skills to use in the future to support their mental health
- Provide Group activities with the focus on mindfulness and wellbeing through music and creative arts utilising our outdoor green space
- Deliver Keep in touch weekly evening online drop in session Implement effective pathways to access the service to ensure there are minimal barriers and appropriate timescales.

### **Monitoring**

- Collect data on any work done as part of the post.
- Input into evaluation of service and other reporting requirements as directed by the Outreach Manager.
- Record data in written and electronic form to suit the needs of the service and its users.

- Comply with organisational and legislative requirements in relation to the protection of vulnerable groups, such as Child Protection and Public Protection.

### **Training and Development**

- Participate in the training provided in relation to the role and the wider organisation.
- Contribute to and, where appropriate, attend partnership meetings.
- Attend and participate in practice and Cyrenians team meetings and Cyrenians staff forums.
- Participate in regular support and supervision and annual review of performance and service.
- Any other tasks identified by the service manager/line manager as appropriate.

## **3 Person Specification**

<b>Knowledge and Experience</b>	
Effective interpersonal skills in working on a 1:1 basis that allows building of trust with vulnerable people.	Essential
Knowledge and experience of working with people who are experiencing complex social emotional circumstances	Essential
Experience of working with people who have presented as passive or active suicide ideation	Essential
Experience of delivering and facilitating group activities	Essential
Ability to develop a non-dependent relationship with awareness of personal and professional boundaries.	Essential
Ability to use IT systems to produce written reports and record client contact.	Essential
Ability to work in partnership with other organisations	Essential
Ability to work autonomously on own to plan workloads, meet deadlines and also work as part of a team	Essential
Ability to demonstrate resilience in dealing with emotions and distress	Essential
Strong understanding and sensitivity to the needs of people who may be isolated, have long term health conditions, experiencing poor mental health or living in deprivation.	Essential
Demonstrable strong understanding of changes faced by those living in areas of deprivation and interest in health inequalities, health improvement and well-being.	Desirable
Experience of launching and working in a "Pilot" Project	Desirable
<b>Qualifications and training</b>	
Relevant qualification in topics such as health behaviour change, trauma informed practice and motivational interviewing, Decider Skills	Desirable

Skills in presenting information clearly and concisely to a variety of audiences.	Essential
<b>Values and attributes</b>	
Committed to supporting those who face disadvantage or stigma	Essential
Able to demonstrate Cyrenians values of respect, integrity compassion and innovation	Essential
Organised, flexible and "can do" attitude	Essential
Committed and enthusiastic, about ability to bring about change	Essential

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## 4 Terms & Conditions

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<u>Employer:</u>	Cyrenians
<u>Accountability:</u>	Cyrenians Board of Trustees (via Cyrenians Chief Executive Officer)
<u>Line Manager:</u>	Outreach Manager
<u>Liaison with:</u>	Community Links Workers
<u>Workplace:</u>	The post holder will work from Cyrenians offices at Arnotdale House, Falkirk
<u>Working Hours:</u>	16 to 37 hours per week Evening work will be required and working hours will be adapted to accommodate this
<u>Annual Leave</u>	25 days plus 10 public holidays pro rata
<u>Salary:</u>	£23,997 - £26,834 per annum (scale points 20 to 24) Pro rata for part time - this equates to £10,377 per annum for a 16-hour week at SCP20
<u>Pension</u>	Auto-enrolment into Qualifying Workplace Pension Scheme (QWPS) which is a Group Stakeholder Pension Scheme – current contributions being 5% employee and 3% employer. Option of enhanced Employer contributions to the same QWPS of 6% initially, rising to 9% after 2 years and 12% after 5 years (subject to employee contributions of 6%)
<u>Duration:</u>	In the first instance the post is funded for 12months from date of appointment
<u>Disclosure:</u>	PVG Scheme membership required

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## 5 Application deadline

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<u>Closing date:</u>	12 noon on Tuesday 27 <sup>th</sup> June 2023
<u>Interview date:</u>	Wednesday 5 <sup>th</sup> July 2023

Please refer to the Recruitment Information leaflet for further information on completing and submitting your application form.  
Further information can be found at [www.cyrenians.scot](http://www.cyrenians.scot)