**12- Week Integrated Wellbeing Programme: Long Term Health Conditions and Mental Wellbeing**

**Job Description**

**Group Work Facilitator**

**Pay**: £40 per hour (4.5 hours per week – includes 2 hours session preparation time per week)

**Hours**: From October 2017 - 12 consecutive weeks (days and hours negotiable)

**Based** **at**: St Joseph’s Hospice, Mare Street, Hackney.

**Responsible to:** Live Well Information and Support Service (LWISS) Manager

**Deadline to apply: Monday 25th September at 5pm**

**To apply please send your CV to:**

**Maaria Bhatti | Live Well Information & Support Team Manager |** m.bhatti@stjh.org.uk

**Job Summary**

The Live Well information and support services have been awarded funds by City & Hackney Clinical Commissioning Group to deliver a 12 week peer support course for people who have Long Term Conditions. The programme aims to provide an opportunity to support Hackney residents to make lifestyle changes, to take control of their medical condition and develop support networks.

There is a strong association between mental and physical ill health. People with long-term conditions, such as diabetes or cardiovascular disease, have significantly raised rates of depression, anxiety and other mental health problems. On behalf of LWISS, you will deliver a course that will explore mental health conditions people experience alongside their life limiting illness and share psychological and practical wellbeing coping strategies that will help participant’s manage their physical and mental symptoms.

**Main Duties and Responsibilities:**

* To support Hackney residents aged 18 and above who are experiencing a life limiting illness and mental health issues.
* To take responsibility for the running of the peer support sessions for 12 weeks in partnership with LWISS.
* To plan and deliver a range of activities in partnership with LWISS, which supports the mental, emotional, social and physical wellbeing of the group.
* To ensure that participants complete all monitoring and evaluation procedures relevant to the course (facilitator will be provided with these).
* Participate in all aspects of the service as required, such as completing all monitoring and evaluation procedures, developing resources required, keeping receipts of all workshop materials for reimbursement and ensuring all purchases for the programme delivery are within the budget assigned.
* Work in an empowering and motivating way to enable people to participate in planned activities.
* Develop group work as appropriate, helping to ensure a safe and comfortable environment and positive outcomes for all members of the group.
* Maintain positive contact with the participants attending the programme.

**Person Specification**

**Essential Qualifications**

* Some evidence of previous training or learning (formal or informal) which relates to supporting adults who have physical and mental health needs is essential for this role along with good literacy, IT and verbal communication skills.

**Preferred Qualifications**

* Any formal qualifications or training in relation to mental health, counselling, group facilitation.

**Essential Professional & Technical Knowledge, Skills and Abilities**

* Knowledge regarding working with people with physical and mental health needs.
* Knowledge, proven skills and/or training in working with service users and applying appropriate theories, methods and skills in order to promote individual service users’ ability to better manage their problems and difficulties.
* Able to work with service users to construct good assessments of needs for services/personal development.
* A knowledge and understanding of working in groups and group dynamics.
* Knowledge of and a commitment to user led services
* Willingness to seek advice appropriately.
* Experience of evaluating and monitoring projects.