

**Mind in Haringey**

Station House

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Company limited by guarantee.

Registered in England and Wales

Reg No: 2125188

Reg. Charity Number: 801618

**Project worker – Ex-service persons Wellbeing worker**

**Salary:** £27,500 per annum (pro-rata 22.5 hours)

**Responsible to:** Projects Manager

**Accountable to:** Chief Executive Officer

**Based at:** Station House, 73c Stapleton Hall Road, N4 3QF

**Terms:** 22.5 hours per week excluding breaks.

**Annual Leave:** 28 days per annum (including bank holidays) (pro rata)

**Deadline for applications:** Wednesday 4th August 2021 4pm

**Interviews:** Monday 16th August 2021

**About Mind in Haringey**

Mind in Haringey (established in 1984) is one of the leading mental health services in Haringey. We provide information, advice and support to anyone affected by a mental health problem, primarily in Haringey. We work to prevent mental health problems, promote mental wellbeing and ensure those with mental health problems are respected and included in our local community. One in four people are affected by metal health in Haringey, out of a population of 225,000 that's over 54,000 people. This includes 2,413 children and young people.

Our mission is to support anyone in Haringey with mental health issues by listening to people, defending their rights and helping them to lead fulfilling lives.

**Summary**

Mind in Haringey is seeking a project worker facilitate the delivery of a service for ex-armed forces men and women throughout North London which provides wellbeing activities, CBT psycho-educational groups and counselling.

Ex-armed forces are a group that each local authority has a quota to house in their borough and in North London. We know this population exists and is largely unsupported. Unfortunately, there is only one pop-in centre in London which is not easily accessible from North London boroughs. This suggests that a community service like ours, which breaks down the stigma of mental health problems by promoting community integration and addressing social isolation, is needed in North London.

In Haringey alone, it is estimated that around 34,500 in the 16-74 age group – which includes many ex-armed forces men and women - have a common mental health problem, mainly anxiety, depression and stress-related disorders (source: Mental Health Observatory, NEPHO).

The successful candidate would be expected to help facilitate client wellbeing advocacy support, a CBT psycho educational support group (Coping With Life Skills). The wellbeing support will seek to empower clients through goal setting, active support and regular measures of progress.

The project worker will be expected to be comfortable in using standardised measures and tools to help clients evaluate and work on areas in their life which they decide will help them and their wellbeing. Training would be provided to run a psycho-educational course called Coping with Life Skills (CWLS). CWLS is a form of group cognitive behavioural therapy which aims to help clients in regard to a range of topics such as depression, anxiety and stress. Each topic is covered over 6 weeks, by the end of the end of which, clients will gain access to a booklet worth of worksheets that they can use to maintain the skills and lessons learned. In addition, each client would then be offered up to 10 one-to-one sessions of therapeutic counselling. Counselling would be offered by a trained counsellor. The successful candidate would be expected to work alongside the counsellor.

The role will involve working with the wider team as well as external stakeholders to ensure that the community is kept up to date with the services that we are offering and the strong reputation of Mind in Haringey as a leading provider of mental health services in the borough is maintained.

You will have the opportunity to see at first hand the positive difference the service has on local resident’s lives. The staff team is a lively, committed group who work well as a team and enjoy what they do.

**Key Responsibilities:**

* To support individuals through the referral procedure, on their initial visits, during their assessment and throughout their time with the service.
* To go out and build strong links with local organizations such as HAGA, St Mungo’s (charity for homeless people), Combat Stress, drug recovery services and Homes for Haringey; all of which work directly with ex-armed forces men and women - as well as new connections with organisation’s who work with the ex-armed forces community.
* Devise and implement care/wellbeing plans for each service user.
* Signpost service users to other services (both internally and externally) where relevant to ensure they are receiving support that will be most beneficial to them (depending on their needs) and the wider community. This could include access to our in-house wellbeing programs and activities.
* To support individual recovery through the use of tools such as the Outcome Star (a self-assessment tool for monitoring an individual’s journey towards change), Wellness and Recovery Action Plans.
* Work with and support project staff in monitoring outputs and outcomes.
* Identify and research possible venues/locations for Mind in Haringey to advertise its services.
* In conjunction with other members of the team, to actively encourage user participation and involvement in the planning, development and evaluation of the wider range of mental health services and to support the work of the Service User Forum.
* To work closely with other community mental health services to develop and maintain an effective and quality service.
* To work with volunteers to assist you in delivering the service.
* Build positive relationships with appropriate voluntary and statutory sector partners in the borough, so that we build a reputation as a good and efficient organisation to work with and enhance cross-sector referrals.
* To support mental health promotion within the local community.
* To maintain service user records and collect data as required by funders to support the analysis, audit and evaluation of the service and produce other written reports as required.
* To input data onto our service user data base.
* To participate in and complete all training relevant to the delivery of the service.
* To participate in regular, line management supervision and annual appraisal.
* To maintain standards of care with regard to health and safety, equal opportunities, confidentiality, individual and personal choice.
* To work within all Mind in Haringey’s policies and procedures at all times with specific reference to the Safeguarding of Vulnerable Adults and Child Protection policies.
* Undertake any other appropriate duties relevant to the post as directed from time to time by the Operations Service Manager.

**About You**

The successful candidate will be able to demonstrate that they have the following skills, abilities or experience gained from 2/3 years’ experience working in mental health with vulnerable adults.

E denotes an essential skill, ability or experience, D denotes a desirable skill, ability or experience.

* Demonstrable track record of supporting vulnerable people who suffer from mental health problems (E)
* Knowledge of the benefits system including Universal Credit and Personal Independent Payments (D)
* Experience of engaging in outreach work with hidden groups such as ex-service individuals (D)
* Experience working with and/or an understanding of the challenges faced by ex-armed forces men and women (E)
* A passion and commitment to helping people to become independent and live fulfilling lives (E)
* Experience of working on a wide variety of tasks and successfully prioritising them (E)
* Excellent interpersonal skills (E)
* Experience of project planning (D)
* Experience of working in a not for profit environment (D)
* The ability to write in coherent English (E)
* The ability to work with a range of people (E)
* The ability to be a strong team player (E)
* The ability to work with minimal supervision, plan workloads and organise varied projects and activities (E)
* To be computer literate in a variety of software packages (E)
* You must possess good organisational and communication skills, including presenting oral and written reports (E)
* You must have strong negotiation skills (E)
* You must have a positive attitude. (E)
* You must have a commitment to equal opportunities (E)
* You must have a commitment to team working (E)

This post is subject to satisfactory enhanced DBS clearance