



Better Lives, Better World

Job Description

- Job Title:** Wellbeing Worker (2 posts)
- Responsible to:** Deputy Chief Executive
- Responsible for:** Sessional and freelance workers, self advocates, volunteers
- Key relationships:** Project Worker (Mindfulness),
Tyneside Project Workers and Link Workers

MAIN PURPOSE

To support local adults with a learning disability and/or autistic adults to improve their health and wellbeing, through improving their understanding about health, and through enabling them to have a healthy lifestyle.

Overall Objectives of the post:

- To devise and deliver Skills for People health and wellbeing programmes
- To work with community partners to remove the barriers to participation experienced by learning disabled people to community-based health and wellbeing activities.
- To co-curate our programmes working with groups and community partners.
- To carry out all aspects of project management including planning, delivery, monitoring and evaluation.
- To work with colleagues to develop and promote Skills for People, its reputation and work.

Main duties

The main duties are set out below.

- 1. Support to disabled people and their carers**
To support adults with a learning disability and/or autistic adults and their carers
 - to take part in our health and wellbeing programmes. these will include programmes courses and workshops about healthy living, managing stress, mindfulness bases activities, as well as some practical activities
 - to plan to improve their lifestyle, health, and wellbeing

- to make best use of community facilities, and online support (where appropriate) to improve their health and wellbeing
- to feel connected and supported in their community in the way they wish

2. Support to groups of disabled people

- To provide support and facilitation for groups of disabled people and their carers
- To support adults with a learning disability and/or autistic people to take on leadership roles.

3. Awareness raising and education

To provide health and wellbeing workshops, courses, and information to raise awareness among disabled people, and their parents/carers and others.

4. Protection of the rights of disabled people

To protect the rights of disabled people through individual and group work. To protect people's right in all aspects of their lives.

5. Supporting disabled people to be involved

To support disabled people and carers to play an active role in all aspects of Skills for People including governance and service delivery, as directed by line managers.

6. Liaising and Networking

To maintain contacts with relevant, partners, agencies, and individuals, attending relevant meetings and events to achieve the aims of Skills for People, raise awareness of the work of the organisation and develop partnership opportunities.

7. Social media

To use a range of social media platforms to deliver our work.

8. Administration

- To prepare accessible and useful materials to support the work of Skills for People.
- To be actively involved in promotion of the work of the organisation and income generation for the organisation.
- To carry out evaluation and research of your work.
- To maintain appropriate records of work.
- To submit verbal and written reports as requested by line managers.
- To organise and chair team and project activity meetings.

Other Duties:

- To work with Skills for People's core values as a disability led organisation.
- To attend and participate in team and staff meetings at Skills for People.
- To participate in training, supervision, and appraisal.
- To follow the organisation's policies and procedures.
- To travel regularly across Tyneside and occasionally regionally and nationally as required
- To undertake any other reasonable duties as required

Person Specification

Please refer to this person specification your supporting letter. Pay particular attention to qualities that are assessed at the application stage.

Note that all jobs at Skills for People are subject to DBS clearance.

Experience, knowledge, skills and personal qualities	Essential (E) Desirable (D)	How assessed CV/letter/interview/ presentation/references/ certificates
Experience		
1. Experience of working with disenfranchised people and/or people with learning disabilities.	E	CV/letter/interview
2. Finding out people's views and ideas and responding to them in practical ways.	E	Interview/presentation
3. Planning, organising and facilitating groups.	E	Letter/interview/ presentation
4. Working in person – centred ways.	E	CV/letter/interview
5. Working in community setting with a wide range of community health partners	E	CV/letter/interview
6. Experience of facilitating person centred plans or of working with Individual Service Design.	D	CV/letter/interview
7. Working in ways that support people with learning disabilities to take the lead.	D	CV/letter/interview/ presentation
8. Designing and delivering training or awareness raising.	D	CV/letter/interview
9. Working in a user-led organisation.	D	CV/letter
Skills		
1. Can communicate effectively and accessibly with people with learning disabilities.	E	Letter/interview/ presentation
2. Ability to coach individuals and groups to identify solutions and develop knowledge and skills to support behavioural change.	E	Letter/interview/ presentation
3. Able to plan, prioritise and work on your own initiative, sometimes with minimum supervision.	E	Letter/interview

4. Able to present information in a variety of ways as appropriate to the situation / audience.	E	Letter/interview
5. Can manage situations where conflict might arise.	E	Letter/interview
6. Well organised and strong team working skills.	E	CV/letter/interview
7. Transferrable skills to support disenfranchised people and/or people with learning disabilities to take the lead.	E	CV/letter/interview/ presentation
8. Can manage plan, organise, and deliver programmes of activities.	E	CV/letter/interview
9. Can use a range of smart devices, online platforms, and social media to connect with a wide range of people.	D	Letter/interview
10. Flexible to work outside ordinary office hours, in evenings and at weekends when necessary.	D	Letter/interview
Knowledge and qualifications		
1. Understanding about healthy living	E	CV/letter/interview
2. Minimum Level 3 qualification relating to Health & Social Care e.g., Physiotherapy, Psychology, Diabetics, Education, Nutrition, Fitness (or equivalent)	D	CV/certificates
3. Knowledge of the oppression and discrimination faced by disenfranchised people and/or people with learning disabilities.	E	CV/letter/interview/ presentation
Personal qualities, attitude, and values		
1. Passion for health and wellbeing with an enthusiastic and genuine approach to helping participants improve their health and wellbeing.	E	Application/interview/ presentation
2. Trustworthy and honest.	E	Interview
3. Friendly and approachable.	E	Interview/references
4. Well organised and reliable.	E	Interview/references
5. Can meet the travel requirements of the post (by personal or public transport).	E	Interview/references
6. Demonstrates Skills for People's values.	E	Interview/references
7. Can work outside ordinary office hours, in evenings and at weekends if required.	D	Application/interview