

Mums Matter Mental Health Practitioner Job description

Job Title:	Mums Matter Mental Health Practitioner
Hours:	12 hours per week, to be delivered over weekdays with availability for one evening per week
Salary:	£13.42/£14.27 (unqualified/qualified to NVQ Health & Social care level 3 or equivalent) (Up to 6% pension contribution)
Contract:	12 hours fixed until 31 st March 2025
Holiday:	5 weeks pro rata plus bank holidays
Responsible to:	Perinatal Team Lead
Supervisory responsibility:	Volunteers
Base:	Blended – Home/out in the community
Probationary period:	3 months

Job Purpose

Mums Matter is a six week course designed by mums for mums with a post-natal mental health problem. The course was designed with three principles in mind; managing the everyday, dispelling myths and nurture me. These courses are run by our Perinatal Team Lead.

Your main role is to provide specialist one-to-one mental health support to women in the perinatal period, throughout mid & north Powys, to enable them to live their life their own way by providing the right support, when and where they want it, to enable them to manage their mental health and wellbeing.

The one-to-one support will deliver an individually tailored and person-centred approach, designed around what matters to the person and their individual circumstances. You will do this by being available and flexible to respond to the demand.

Another element of your role is to support the work of our Perinatal Team Lead by managing and developing a small number of our Mums Matter monthly Peer Support groups throughout mid and north Powys (of which there are currently 12) and managing the volunteers associated with this work.

You will also be expected to network with all relevant agencies and groups to develop strong working relationships/partnership working, including attending the 7th session of the Mums Matter courses.

Main Duties

1. One-to-one support to help people take small steps, regain control and deal with their immediate issues
2. Help people to build resilience for their future.

3. To be able to deliver support both remotely (phone and on-line platforms), in the community and in people's own homes.
4. To oversee the running of a small number of peer support groups, which will include evening work.
5. Attend the 7th session of Mums Matter courses.
6. Working to our Guiding Principles (or values) – below.
7. Working closely with the Mid & North Powys Mind team and other external organisations, building and maintaining excellent working relationships and ensuring a seamless 'team around the person' approach
8. To pull in additional support - either provided by Mid & North Powys Mind or external agencies - if required and requested by the person, maintaining contact and supporting throughout
9. To support people to acquire the information, knowledge and skills to achieve their personal goals and improve their situation
10. Support people in a way that suits their individual needs, working flexibly and ensuring the person's choice is paramount
11. To be mindful of possible Safeguarding concerns and other risk concerns, reporting any concerns to your Manager straight away and following our Safeguarding Policy.
12. To take part and engage in all induction events, reflective practice sessions, fortnightly team meetings and monthly.
13. To be responsible for thorough monitoring and evaluating of the service, in line with the requirements of our funders
14. Proactively network and advertise the services effectively.
15. To provide regular supervision for all volunteers under your management, as per Mid & North Powys Mind's Staff and Volunteer Supervision Policy, keeping a record to be shared in a timely manner with both personnel files and the staff member.
16. Monitor and manage your own client caseload.
17. To promote the service and its successes as widely as possible through both advertising and partnership working, where capacity levels allow.
18. To work within the policies and procedures of the Organisation.
19. To undertake all relevant training as identified by the Organisation.
20. Work closely with and undertake any reasonable task requested by the Perinatal Team Lead.

Person Specification

Experience and Qualifications

- Experience of running group sessions
- Relevant experience of working with women who have experienced mental health problems and an appreciation of their needs
- Excellent organisational, IT and communication skills
- Experience of effectively managing volunteers

Knowledge

- Knowledge of and/or lived experience of peri-natal mental health problems including the stigma surrounding such problems.
- Knowledge of the issues of supporting people with a range of mental health problems

Essential Qualities

- Ability to reflect, learn, adapt and make changes
- Ability to work on own, set own priorities and take initiative

- A commitment to equal opportunities
- Flexibility and responsiveness
- Ability to work independently and as part of a team
- Ability to network and build good working relationships with a wide range of agencies
- Ability to act responsibly to ensure the safety of self and others
- Ability to manage administration and evaluation procedures using computerised systems
- Ability to listen actively and with empathy
- Ability to travel within the district by car (mileage paid)
- Excellent communication skills
- A clear understanding of the need to work within the framework of the Mid and North Powys Mind's ethics and policies.
- A willingness to work unsociable or extra hours where lieu time will be granted
- Ability to travel within the district (mileage paid) as travelling is essential in this post

Desirable Qualities

- Ability to speak Welsh or a willingness to learn
- Willingness to learn or ability to speak Welsh.
- Relevant experience within the voluntary sector.
- QCF/NVQ level 3 Health & Social care or equivalent (or a willingness to undertake this if contracts are extended)

We work to the following Guiding Principles

- The person decides what matters
- Only do work which is of value to the person
- Decisions are made in the work. This means decisions being made at the frontline by staff / managers / senior managers who learn how things work, and remove barriers to achieving the purpose of people living their lives their own way.
- Staff feel trusted and safe in their organisation
- Expertise is made available at the first point of entry to meet demand. This involves putting staff with the right skills and knowledge in frontline support teams for understanding and addressing the problems members bring.
- To “Pull and not Push” – that is, pull in the right thing for the citizen (rather than refer or signpost the person on). It means taking responsibility to engage with the staff member or agency that you are pulling, to ensure they do the things that matter to the person
- Get it right first time for the person or obtain good information and knowledge in discussions **before** pulling in the person or agency who can provide the right response at the right time in the right place.
- Work to the choices of the person who will make the final decision about the actions to take.