



Job Description – Derbyshire Living Well: Mental Wellbeing Coach

Contract:	Permanent
Responsible to:	Derbyshire Living Well Voluntary Sector Manager (DFMH)
Probationary period:	Six months
Location:	High Peak or North Dales area of Derbyshire – DFMH Buxton or Matlock Office
Hours:	Working hours to be between 8am and 6pm Monday to Friday. Occasional evening work may be required by prior arrangement.
Travel:	A valid full UK car driving licence, business car insurance and access to a car for work purposes. A business mileage rate of 45p per mile will be paid.
Note:	This post is subject to an enhanced DBS criminal records check. You will be required to produce necessary identification documents to comply with the Home Office rules preventing illegal working.

Job Purpose

We are looking for dynamic, knowledgeable people to join the new neighbourhood mental health model entitled **Derbyshire Living Well**, within the High Peak and North Dales area of Derbyshire.

This is a unique and exciting opportunity to truly make a difference to the future of mental health support offered in Derbyshire.

The role involves supporting and motivating individuals to improve their mental health by helping them develop self-care skills, build resilience and better utilise community resources.

We're looking for an individual, who is motivated by the potential to make a difference to the lives of people and their communities.

A strong understanding of individuals with multifaceted needs and complex mental illness is required for this role.

About You

We are looking for an individual who;

- Has experience working with individuals with multifaceted mental health needs and complexity- including serious mental illness

- Genuinely cares about making a difference and is motivated to improve mental health outcomes for people and their communities.
- Has a level five qualification in a mental health based subject (i.e. Diploma of higher education, higher national diploma or foundation degree) or equivalent experience at professional level
- Be willingness to attend training and personal development
- Has experience managing a caseload of individuals with complex needs
- Has a working knowledge and understanding of mental health and the ability to recognise the indicators of deteriorating mental health.
- Has good communication skills and are willing to work as part of a team
- Has the ability to prioritise work tasks and develop effective work streams both for oneself and individuals in teams
- Has a sound knowledge of information governance and the management of risks

About the Wellbeing Coach role

You must be able to deliver the following:

- Manage a caseload of individuals with complex needs
- Provide coaching support to individuals on a 1:1 or group basis giving information, guidance, advice and support
- Support individuals to develop '**My Story**'- a way of telling their story, capturing their goals and co-design a journey of support
- Provide emotional and practical support to individuals- building confidence and skills and grow their ability to self-manage their mental wellbeing
- Connect individuals to appropriate interventions e.g. housing advice, debt support, education etc.
- Coach people to plan and set their own goals and support them to identify possible solutions to the problems they are facing
- Work as part of the Multi-Disciplinary Team and receive and share information within that team in order to safeguard individuals and support them to work towards their goals and aspirations
- To maintain accurate information systems of records and activities, complete data sheets and monitoring and evaluating data
- Organise and facilitate group-based workshops and activities, ensuring self-help and peer support groups cover a flexible timetable
- Support service design, coproduction, development and improvement ensuring quality is maintained throughout
- Develop appropriate resources and materials for the service
- Support identification of spaces and places to build a network of places across High Peak and North Dales area that people can connect with
- Establish and maintain links with other services in High Peak and North Dales area

- Ability to travel across High Peak and North Dales area
- Working with relatives, carers and visitors to educate them about mental health conditions
- Effectively support delivery of the new neighbourhood mental health model.

Other Duties of your role

You will be required to;

- Perform other duties when required, appropriate and commensurate to a job at this level, or individuals range of competencies.
- Work as a member of a team; no one works in isolation.
- Respect all individuals involved with the team, their views and opinions. Respect all volunteers as valuable members of the team.
- Support the team in all its functions, wherever possible, e.g. profiling and networking.
- Demonstrate commitment to equal opportunities and diversity.
- Maintain confidentiality of all information relating to clients and their families, Staff, and Volunteers.
- Adhere to the quality system and have a commitment to developing quality within the team.

PERSONAL SPECIFICATION – Mental Wellbeing Coach

ATTRIBUTES	ESSENTIAL (E) / DESIRABLE (D) CRITERIA	
JOB/ TECHNICAL KNOWLEDGE, SKILLS	E	Sound working knowledge of adult safeguarding practices
	E	Knowledge of mental health issues and the ability to recognize the signs of metal health deterioration
	E	Substantial experience of managing a caseload of individuals with complex needs
	E	Knowledge and understanding of person-centered services and client involvement activities
	E	Willingness to attend training and personal development activities
	E	Has a level five qualification in a mental health based subject (i.e. Diploma of higher education, higher national diploma or Foundation degree) or equivalent experience at professional level
	D	Experience of working in/with a charity or the voluntary sector
PEOPLE SKILLS	E	Able to work as part of a multidisciplinary team
	E	High level of verbal communication skills.
	E	Good interpersonal skill with ability to network and establish links with all relevant stakeholders
	E	Ability to plan and delivery successful group based activities
ADMINISTRATION SKILLS	E	Good written skills
	E	Ability to plan and prioritize workload
	E	IT literate, including Word, Excel and use of databases
	E	Develop appropriate resources and materials for the service
OTHER	E	Ability to work on own initiative, and manage time effectively
	E	Understanding the importance of confidentiality
	E	Understanding of and commitment to equal opportunities for individuals with mental health issues.
	E	A valid full UK car driving licence, business car insurance and access to a car for work purposes
	E	Ability to work flexibly to meet the needs of the service