

Project Worker: Time Out (children & young people's emotional health & wellbeing)

Person Specification

	Essential / Desirable
Experience	
Building and maintaining relationships, including formal partnerships, with statutory, voluntary, education and business agencies	E
Experience of developing & delivering training / workshops & activities	E
Experience of working with young people	E
Working knowledge of Zoom or similar online platform to deliver to groups and/or individuals	D
Experience of developing / delivering support services for children and young people	D
Experience of support work with groups and / or individuals	D
Training, supporting and supervising volunteers	D
Personal experience of mental distress / ill-health	D
Experience of working in school settings	D
Skills	
Excellent verbal and written communication skills	E
Excellent organisational skills	E
Confident, practical application of common ICT packages e.g. Microsoft Office / email / internet / social media & website design	E
Creative approach to boosting children and young people's wellbeing	E
Good interpersonal skills and ability to work in a multi-disciplinary team	E
Excellent presentation and promotion skills	E
Ability to work on own initiative and manage and prioritise your own workload	E
Flexible and creative approach to help people identify support needs, explore available options and respond to people's needs	E
Able to analyse and present information and to produce reports for monitoring and evaluation	E
Able to manage stress, work under pressure and use appropriate self-care strategies	E
Visual / performing arts	D
Knowledge	
Knowledge of statutory and community providers locally, regionally and nationally	E
Understanding of co-production, peer support and mental health recovery, particularly relating to young people	E
Understanding of the range of and prevalence of mental distress and of factors which can affect emotional health and wellbeing,	E

including discrimination and stigma	
Knowledge and understanding of safeguarding for children and adults at risk of abuse	E
Values & Attitudes	
Commitment to a user-led service and valuing the involvement and participation of people who have experienced mental distress	E
Commitment to Healthy Minds' aims and values	E
Commitment to continuous personal development, learning and reflective practice	E
Commitment to equality and anti-discriminatory practice	E
Commitment, ability and desire to work in harmony with colleagues, seeking positive outcomes & solutions and taking responsibility for both your own actions and those of your team	E
Personal Circumstances	
Willing and able to work flexible hours, including occasional evenings and weekends by prior negotiation	E
Ability to travel	E