

Peer Support Worker (SMI Project)

Location:	The Cellar Trust, Farfield Road, Shipley BD18 4QP
Salary:	£21,635 FTE per annum pro rata (£14,423 per annum for 25 hrs pw)
Hours of work:	Part time: 25 hours per week. Flexible working options considered.
Contract:	Fixed term (12 months)
Holiday:	25 days per year plus 8 bank holidays
Responsible to:	Head of Service
Informal enquiries:	David Grant-Roberts (Head of Service): david.grant.roberts@thecellartrust.org
Closing date:	4pm Tuesday 11 January 2022
Interview date:	w/c Monday 17 January 2022

Working for the Cellar Trust isn't about having a job - its about changing and saving lives. We are a mental health charity that supports people across Bradford, Airedale, Wharfedale and Craven, delivering brilliant services to give people a helping hand with their mental health. Whatever your role is you will have the chance to make your mark and see the impact of your work.

The Role

The Cellar Trust works with other VCS organisations on a project to help the community mental health teams (CMHT) support their clients. We are looking for someone with lived experience of mental health difficulties to deliver peer support to CMHT clients. You will offer one to one provision for a 6-week period as well as assisting people to engage in peer support groups, well-being groups and community activities. This is a 'peer support' role where the successful candidate will be trained to use their lived experience to support others. The role is emotionally demanding due to the nature of distress experienced by clients and the worker's own lived experience.

Who you are

We are looking for someone with lived experience of mental health problems who is able to draw on this to provide peer support to people who are struggling to find the help they need within the services currently on offer. You will also have experience of working with people to build confidence and skills and you will be passionate about mental health and about making a difference to people's lives. Experience of working in mental health is not essential, as training will be provided. This is a community-based role so you will need to be comfortable with travel and independent working, as well as working as part of a great team.

What you will do

- Provide one to one support for individuals in a recovery-focused and person-centred way, which builds confidence and helps people to move forward.
- Use your own lived experience of recovery from mental health problems, as appropriate, to inspire and support others.
- Facilitate peer support and/or wellbeing groups.
- Manage a caseload of people, ensuring all are given time and seen regularly.
- Build safe, trusting relationships with individuals based on non-judgmental listening and shared lived experience.
- Model personal responsibility, self-awareness, self-belief, self-advocacy and hopefulness.
- Promote and demonstrate effective and professional communication at all times with service users, carers, colleagues and other departments to ensure joined up high quality support.
- Liaise with professionals and organisations across the district including referrers and partners.
- Ensure that notes and data is recorded in an accurate and timely manner, and all associated paperwork is kept up to date, escalating safeguarding or serious incidents as appropriate.
- Plan own workload and manage own time in order to meet agreed delivery targets.

- Engage in the supervision, training and personal development activities consistent with the requirements of the post, and take a proactive approach to continued personal and professional development.
- Work independently across the community, including regular travel across Bradford, Airedale, Wharfedale and Craven.
- Sign-post clients to resources, opportunities and activities in the community to promote choice and informed decision-making.
- Undertake a range mandatory and role specific training including safeguarding, data protection, health and safety and mental health awareness training.
- Work in accordance with all Cellar Trust policies and procedures.
- Perform any other duties relevant to the post, taking a flexible, team-based approach to the role.

What you will get

- The chance to work for a dynamic, friendly and supportive charity.
- Opportunities to develop your skills and experience in peer support work within a mental health setting, in a rewarding and fulfilling environment.
- Training and development opportunities.
- Access to our free employee assistance programme, including a 24hr helpline and counselling support.
- The option for flexible working if suited to the role – have a chat with us about your circumstances and we will see if we can accommodate your requests.

Person specification

All aspects of the person specification will be assessed through the application process with additional questions at interview stage. Please ensure that all of the criteria are addressed in your Expression of Interest.

Criteria	Essential	Desirable
Qualifications	Good general education to at least GCSE level 4 or equivalent.	Peer Support accreditation
Experience	Lived experience of mental health difficulties.	Experience of managing a client caseload and recording client notes.
	Experience of mental health provision.	Experience of using a range of self-management or recovery tools and techniques.
	Experience of working in a peer support role or of mentoring others.	Experience of working in a mental health setting.
	Wide range of life experiences relevant to discovering personal strengths and building connections with the wider community.	Experience of working in the voluntary sector. Experience of delivering groups.
Skills	Good interpersonal skills, including active, non-judgemental listening skills.	Language skills (spoken) in one or more of the following: Urdu, Punjabi, Polish, Bengali, Slovak.
	High level of self-awareness – ability to critically appraise own performance.	
	Excellent written skills.	
	Good IT skills including the use of Word, Outlook and Excel and using databases to input data.	
	Ability to reflect on personal experiences of mental health problems, using services and giving and receiving support.	
	Ability to reflect on work practice and be open to constructive feedback, including using supervision to help support personal wellbeing and job role.	
	Ability to plan and prioritise workload.	
Knowledge	Awareness of the potential role of peer support in mental health services.	Understanding of data protection.
	Understanding of the impact of stigma and discrimination in relation to mental health.	
	Awareness of safeguarding issues.	
Personal Qualities	Possess emotional maturity.	
	Comfortable with sharing personal experiences in the context of a work role.	
	Ability to maintain a healthy work/life balance.	
	Flexible and reliable.	
	Committed to professional and personal development	
	Committed to equity, diversity and inclusion and developing awareness in these areas.	
Other	Willingness to undertake an enhanced Disclosure and Barring Service (DBS) check	Completion of own wellbeing plan or equivalent
	Able to work some weekends and evenings when required	
	Willing and able to travel to a range of locations across the district to include accompanying clients to community locations.	
	Willingness to learn and use breakaway techniques if necessary	

How to Apply

To apply for this post please answer these **three Qs** and submit them typed in an email or word document to recruitment@thecellartrust.org before the closing date (4pm Tuesday 11 January 2022).

1. What skills and experience do you have for this role?
2. How do you use your values in practice?
 1. How would you work in a trauma informed way?

If you would like a copy of any of the recruitment documents in another format, such as a paper copy, please email recruitment@thecellartrust.org. Only candidates invited to interview will be informed and due to the volume of applications received we may only be able to give feedback to people who are unsuccessful at interview stage.

The Cellar Trust believes in equity and we celebrate diversity. We are an inclusive workplace, where everyone is welcome and supported to be themselves. We are a Disability Confident employer and offer a guaranteed interview to candidates with a disability who meet all the essential criteria in the person specification. If you would like to request a guaranteed interview because of a disability please specify this in your application.