

**Peer project worker- Lead**

**Job Advert**

**Job Title:** Young Mind project worker

**Grade/salary:** £27, 346 per annum

**Hours:** 37.5hrs per week

**Accountable to** Deputy CEO

**Supervised By:** Operations Director

**Location:** Redbridge

**Contract Term:** March 31st 2024

**Closing Date:** 9:00am 10th November 2023

**Interviews:** Week Commencing 20th November 2023

**About Mind in Tower Hamlets, Newham, and Redbridge**

We are a local, registered charity affiliated to national Mind. The organisation supports those with mental health issues in Tower Hamlets, Newham and Redbridge towards recovery and leading a better life.

We work with communities from diverse backgrounds and continually invest in building an inclusive organisational culture with diverse leaders through active Listening, Learning and Leading. Over the last 18 months we have explored racism and the impact that this has had on the lives of our clients and staff. This has resulted in the development of our strategic objective towards becoming an anti-racist organisation (ARO).

**Background**

The Young Minds service is an exciting new programme which aims to deliver mental health support to young people across Redbridge diverse communities. The service will aim to understand the barriers facing young people attempting to access mental health services, as well as the mental health challenges that young people face in managing their wellbeing and will work with young people to develop interventions which will respond to their needs.

We will provide a voice for young people through our young Minds youth council – Young voices to help influence the wider mental health system across NEL. We will provide workshops focusing on key mental health challenges that our young people talk about, as well as providing peer support group facilitation to ensure that young people have an opportunity to use the tools learnt to manage their mental health and wellbeing

**The purpose of this role**

* To undertake a listening campaign to understand the needs of mental health and wellbeing of young people, to support the co-design and delivery of the programme.
* To deliver a 12- week programme aimed at improving the psychological wellbeing of young people by building resilience, challenging stigma, and promoting wellbeing.
* To establish a youth council for young people within Redbridge to enable them to influence key stakeholders about what they want and need from mental health services within the borough.
* To provide information, signposting, and support as interventions to young people accessing the programme with the aim of contributing to the improvement of their psychological wellbeing
* To support young people accessing the programme to engage in MIND Tower Hamlets, Newham and Redbridge Peer leaders training and support the set-up of young people peer groups across the borough to support wellbeing.

**The ideal candidate should have:**

* Experience of working within mental health services in the voluntary or Statutory sector
* An understanding/awareness of Mental ill health and the impact it can have on the lives of young people.
* Experience of setting up and facilitating workshops, Wellbeing groups, or activities

There are opportunities for training and benefits including: a company pension, 30 days’ annual leave pro-rated until the end of contract, a comprehensive E-Learning Programme, access to the Employment Assistance Programme (EAP) and Death-In-Service benefits.

This post is subject to an enhanced Disclosure and Barring Service Check.

**Applications welcome from all sections of the community.**