



# Rekindle Ail-ddeffro

Job title: Lead Wellbeing Practitioner

Location: Rekindle offices in Newtown, Powys

Reporting to: Service Delivery Manager

Hours: 21 hours/week (9am – 5pm, with a 1-hour lunch break, across 3 days/week)

Contract: Permanent

Salary: £27,000 - £30,000

## About Rekindle

Rekindle is the only charity in Mid Wales that solely specialises in preventative and early intervention mental health support for 16 to 25 year olds. We aim to transform the lives of young adults, many of whom have been failed by existing services, by providing tailored, person-centred and holistic support to those who are experiencing, or at risk of experiencing, poor mental health.

Rekindle aims challenge the stigma associated with mental health, and get young people talking. We believe in person-centred care: through the use of the Recovery Model, we support young people in the way they wish to be supported. We aim empower them to take control over their lives, build resilience, set their own goals, become part of the wider community, and live the life they want to live. We help them to do this through our offering of services which together provide wraparound, open-ended support for young people. Young people can access counselling/psychotherapy and/or 1-2-1 general mental health and wellbeing support, and then continue their journey with Rekindle by joining groups and activities, and having a say in the running of the charity.

## Role Overview

The role of Lead Wellbeing Practitioner a senior role which encompasses: the operational management of the one-to-one wellbeing support service, team (currently 1 other team member) and caseload; management of the Activities Coordinator (1 day/week role responsible for coordinating and delivering a weekly drop-in and group activities); and delivery of one-to-one holistic, practical mental health support and group activities, rooted in the recovery model, to our clients.

The role is for 21 hours/week, which will generally take place within normal working hours but there may be occasions where you'll be required to work in the evening or at weekends. You will join a small professional team made up of management, clinical and administrative staff and volunteers.

## Key Responsibilities

- Provide one-to-one mental health and wellbeing support using a holistic, recovery-based model ensuring the support provided is empowering and varied depending on the unique needs of the young person. This may include developing wellbeing and recovery plans, delivering psychoeducation, active listening, and providing

practical support and guidance around issues such as housing, finances, self-care, relationships, employment, education, training, accompanying to appointments, advocacy, etc.

- Facilitate a weekly drop-in and group activities in conjunction with the Activities Coordinator, Wellbeing Practitioner and volunteers
- Provide therapeutic interventions to support clients to increase their self-awareness, self-esteem, confidence and resilience
- To coordinate and deliver a high quality and confidential one-to-one mental health and wellbeing support service across Rekindle to support our clients' mental health and wellbeing
- Recruit, lead and manage a small team of wellbeing practitioner(s) and potentially volunteers
- Provide management, oversight and reporting of the service workload
- Assess and manage client risk, and provide mental health support to clients deemed to be of greater risk for junior member of the team
- Exercise judgement and initiative, provide advice and guidance to the wellbeing support service team, and take clinical responsibility and accountability for the service and own practice
- Identify mental health needs through referral to the service.
- To maintain accurate, timely and auditable counselling records, referral information and Safety Plans (where applicable), complying with client confidentiality and data protection as appropriate
- To publicise the service to our local community through talks, meetings and publications
- Undertake and review regular monitoring and evaluation of the wellbeing support service and initiate strategies to consistently improve the quality of the service to meet need
- To liaise with external agencies in order to provide referrals or links for the support of our young people
- To attend multi-agency meetings and provide reports to share information and good practice
- To ensure safe storage of sensitive data by all line management reports, by implementing and monitoring the compliance of the GDPR data protection and confidentiality policy.
- To undertake regular clinical supervision, managerial supervision and staff development
- Work effectively within professional boundaries, demonstrate ethical practice and ensure adherence to Rekindle's policies and procedures for the whole team
- Ensure the team are trained to confidently deliver their responsibilities and to stay up to date with the latest methodology and guidelines for mental health support work
- To undertake training as part of Continuous Professional Development, to ensure compliance and capability
- Treat every individual receiving support with respect and dignity, value diversity and promote equal opportunities
- Actively promote Rekindle's values and challenge the stigma associated with mental illness
- Act as a Designated Safeguarding Person and work with the Safeguarding Team to promote the welfare of our young people
- Supporting the Service Delivery Manager with applications for funding opportunities for the service, and maintaining accurate budget records for funders where appropriate
- Play an integral part in the senior management of Rekindle including working closely with the Service Delivery Manager, and representing and promoting the work of Rekindle in a positive manner
- Other appropriate duties to support the development and service delivery of Rekindle as requested by management

### Skills and Experience

#### Essential

- Experience of delivering mental health or wellbeing support to young people
- Hold a Level 3 qualification in youth work, or a willingness to work towards this
- Experience of working in the third sector, mental health sector or with young people aged 16-25
- Hold relevant training certificates for safeguarding children and adults, or a willingness to undertake
- Successful applicants will have to undergo an enhanced DBS check. A satisfactory check will be required before any practitioner can be offered clients.

- Knowledge of mental health illness and an understanding of the difficulties faced by people with mental ill health
- Excellent communication skills (verbal and written)
- Good therapeutic-focused inter-personal skills
- Competent in use of IT including email and Microsoft Office packages

#### Desirable

- Experience of managing a staff or volunteer team
- Experience of a managing a mental health support service/project or equivalent
- Professionally recognised qualification in Counselling/Psychology/Health and Social Care or equivalent
- Experience of being a Designated Safeguarding Person/Lead
- An ability and willingness to deliver remote/virtual support
- Welsh speaking, or willingness to learn

#### Personal qualities

- Empathy for vulnerable people and those experiencing mental health issues and their families and carers.
- Ability to establish and maintain professional boundaries with clients
- Organised and efficient, with a keen eye for detail
- Flexible, adaptable and committed

Application deadline: 11:59pm Sunday 24th February 2025

To apply, please send your CV and covering letter to [Harriet.Roberts@rekindle.org.uk](mailto:Harriet.Roberts@rekindle.org.uk). For an informal chat about the role, you can contact Lizzie Cockle, Service Delivery Manager on 01686 722222.