



## **Wellbeing Worker (part time)**

We are seeking an individual to work with Space to Breathe as a Wellbeing Worker for 10 hours/week (on a flexible pattern.) The Wellbeing Worker will help to deliver groups and 1 to 1 work as part of our Positive Activities Programme.

Salary would be £13.25/hour, which equates to £530 month before tax (*full time equivalent £25,440/year.*)

Initial contract would be six months from 1<sup>st</sup> October 2023 (or earliest possible start date) to 31<sup>st</sup> March 2024 but we would like to extend the contract dependant on receiving funding for the role to continue.

### **1. Background**

#### **Space to Breathe:**

Space to Breathe is a small wellbeing focused social enterprise which has been operating since April 2017. Led and founded by Andy Freeman, the organisation works with individuals and groups through Sheffield Health and Social Care work (SHSC), through work in communities and also in helping those in caring roles such as teachers and voluntary sector workers. In a recent study of work with SHSC, 85% of individuals we worked with reported improved quality of life. We use a creative approach to wellbeing and self-care, mixing tools such as Breathing exercises and Mindfulness with the creative arts. You can find more at [www.spacetobreatheuk.com](http://www.spacetobreatheuk.com)

#### **Positive Activities Project:**

Space to Breathe is in receipt of a grant from South Yorkshire Housing Association to run wellbeing groups, activities and 1 to 1 work between now and the end of March 2024. The project is funded by South Yorkshire Housing Association (SYHA), Changing Futures and Sheffield City Council & Sheffield Drug and Alcohol/Domestic Abuse Coordination Team (DACT.) Our work in the project is being managed by Andy Freeman, our Director and the Wellbeing Worker would report directly to him. [www.spacetobreatheuk.com/positive-activities](http://www.spacetobreatheuk.com/positive-activities)

*This role is part of our work with Positive Activities, which is funded by South Yorkshire Housing Association, Changing Futures, Sheffield DACT and Sheffield Council.*



## **2. Job description**

The Wellbeing Worker will work with the Project Director to deliver Wellbeing groups and one to one work to 100 individuals over at least 60 group sessions in six months. The Wellbeing Worker will not be required to be at every group and/or one to one session but will be trained in the tools/techniques we are using, then work with the Director to deliver them and eventually to deliver sessions on their own. Tasks will include preparing material, reviewing and improving sessions, delivering material with individuals and groups, receiving feedback, collating data on sessions provided and helping with the process of running the project and reporting to SYHA when required.

### **Job responsibilities:**

- Supporting the Project Director in managing one to one and group work through the Positive Activities project.
- Providing a listening ear and support to individuals we work with. This could be through programmed work, but also through conversations and listening, through practical care like providing a cup of tea and where possible adapting our support to help individuals and provide the most relevant care we can.
- Creating materials and content to use with individuals.
- Reviewing existing materials/techniques and their use.
- Attending training on techniques and tools we use and being willing to read and research ideas and techniques we share with individuals.
- After training and learning, running sessions with the Project Director and in time running the sessions themselves.
- Keeping data, client records and feedback up to date and helping in the process of reporting progress to SYHA.
- Contributing to the wider work and development of Space to Breathe and attending team meetings.

### **Job requirements (essential):**

- Emotional intelligence and interpersonal skills.
- A caring attitude to others and a willingness to listen.
- An understanding of the dynamics of facing a mental health challenge. The role is ideal for someone with lived experience of a mental health challenge.
- Some experience in using wellbeing techniques and tools in your own life and a commitment to look after your own wellbeing.
- A willingness to lead groups and some experience of being involved in group work.
- A willingness to create a flexible working pattern in consultation with the Project Director. Work will be on weekdays and we can be flexible about how your 10 hours is worked over the course of the week, but we would be intending to create a pattern of work that holds for the length of the contract e.g. 3 hours Tuesday, 4 hours Wednesday, 3 hours Friday or 6 hours Tuesday, 4 hours Thursday.

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- The successful applicant will need to provide references and undergo a successful DBS check through our system.

**Job requirements (desirable but not essential):**

- Mental Health First Aid or a similar qualification.
- Knowledge of the Mental Health support system within Sheffield and the work of the Voluntary Sector.

**Reports to:**

The Project Director

**Benefits:**

The successful applicant will be entitled to:

- Salary through our Company PAYE system
- Holidays (pro-rata time off) plus two-week break at Christmas
- Flexible working to suit your needs alongside those of the project
- Sick Pay
- To opt into our workplace pension scheme (your choice)
- Expenses (travel etc)

**Base:**

Work will be in different parts of the city, but you'll have a desk at our offices at Scotia Works, Leadmill Road, Sheffield S1 4SE and we will use Scotia Works for some of the groups we run. Some home working will also be possible.

### **3. Process**

The job will be open to applications until midnight on Friday 22<sup>nd</sup> September.

Shortlisting will be done in the following days and interviews held on either Thursday 28<sup>th</sup> or Friday 29<sup>th</sup> September, with successful candidates notified by the end of Friday 29<sup>th</sup> September at the latest.

Post to start as soon as possible after that date.

To apply, please send:

- a CV with your job history, qualifications and experience
- a covering letter outlining why you want the role and what you think you'd bring to it
- details of two references we can contact and take in the event of you reaching the interview stage (we would only contact them with your consent)

Send these to:

Andy Freeman, Space to Breathe, Scotia Works, Leadmill Road, Sheffield S1 4SE  
and/or email to [andy@spacetobreatheuk.com](mailto:andy@spacetobreatheuk.com)

**Applications must be received by midnight on Friday 22<sup>nd</sup> September.**

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