



**Sessional Youth
Engagement Co-
Facilitator**



Sessional
Fixed- 12 months
Location - Scotland



Thank you for your interest in joining the superb team at the Mental Health Foundation.

This is a fantastic opportunity to join a growing organisation with an urgent and vital mission of prevention and promotion in mental health. For 70 years, we have been pushing forward the frontiers in our understanding of mental health. Interest has never been greater, and we have huge opportunities to make strides towards our vision of good mental health for all.

To achieve that vision, we are embarking on our next chapter with a new strategy for 2020-2025. We have the financial resources to achieve a transformation in our reach and impact. To do that, we need to build an organisation that lives its values and has a strong and diverse team that is dynamic, energetic and committed to working together.

We work to manage and prevent mental health problems. More resources are being dedicated to services and treatment which we welcome but the prevention of poor mental health now stands as one of the defining social issues of our time.

There is much more to do, and we are looking for an exceptional Sessional Youth Engagement Co-Facilitator to enable the Mental Health Foundation to be the most effective it can be.

In this document we present information about the Foundation and about this vital role. If you are up for the challenge, I hope you will get in touch.

Kind Regards



Mark Rowland, CEO





WHO WE ARE

Our vision is good mental health for all. The Mental Health Foundation works to prevent mental health problems. We will drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk. The Foundation is the home of Mental Health Awareness Week.

Making Prevention Happen

Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

The Foundation aims to promote good mental health for all through research, policy, innovation, and campaigning.

Our approach:

Tell the world

We publish studies and reports on what protects mental health and the causes of poor mental health and how to tackle them.

Find solutions

We test and evaluate the best approaches to improving mental health in communities and then roll them out as widely as possible.

Inform and empower

We give advice to millions of people on mental health. We are most well-known for running Mental Health Awareness Week across the UK each year.

Change policy and practice

We propose solutions and campaign for change to address the underlying cause of poor mental health.



ABOUT THE ROLE

Place of work:	Scotland and NI
Grade:	Grade E1
Salary:	£10.99 per hour
Contract type:	Fixed Term 12 months
Hours:	Expected hours up to 5 hours per week
Department:	Scotland and NI (Programmes & Research)
Reports to:	Amal Azzudin
Responsible for:	N/A
Budget responsibility:	N/A

Job purpose

Working alongside project and research staff from the Mental Health Foundation & Barnardo's you will support the engagement of other young people in Renfrewshire as part of Barnardo's Mental Health and Wellbeing Child and Youth Strategic Partnership. Within your role you will receive support and training to engage with young people using community based participatory approaches. Specific aspects of the role includes supporting the co-design and co-delivery of workshops as part of the To Tell or Not to Tell pilot; supporting the research team to directly engage young people to help the partnership better understand the mental health and wellbeing needs of young people and their experience of support in Renfrewshire.

Opportunities offered as part of this role include working as part of a team in the:

- development and delivery of online workshops to support promotion of open discussion about mental health stigma
- giving young people the opportunity to explore how to disclose mental health & wellbeing issues and experiences in different setting and context
- supporting the evaluation of this programme and wider work through direct engagement with young people in focus groups, interviews and/or surveys (Initial engagement expected to be online)



JOB DESCRIPTION

Job description:

Main tasks

- To co-develop and co-deliver a series of workshops. This includes:
 - Co-design course content
 - Co-facilitation of groups
 - Supporting young people to engage
 - Supporting organisation of sessions
 - Supporting evaluation of sessions
- To work with the research and learning team to devise and implement participatory approaches to engage and hear the views of young people. This could include:
 - Co-facilitating focus groups
 - Conducting Interviews
 - Development and Implementation of surveys
- To work effectively as part of a team and ensure that safe working practices are implemented
- To submit timesheets on monthly basis including expenses receipts
- To meet with programme leads on a regular basis.

This job description is not contractual and is liable to change over time



PERSON SPECIFICATION

Experience

- Lived experience of mental health & wellbeing issues
- Lived experience of accessing young people services and support within Renfrewshire such as Barnardo's
- Interest in supporting other young people to discuss experiences and impact of stigma on mental health & wellbeing
- Interest In research and learning from others

Knowledge

- Understanding of the importance of confidentiality and the boundaries of this e.g. child protection and vulnerable adults
- Understanding the importance of personal safety and working within policies designed for safer working practice.
- Local Knowledge of Renfrewshire, Issues facing young people and local supports available

Skills

- Listening skills
- Confident communicator
- Natural interest in exploring new issues and hearing the views of others
- Ability to work as part of a team

Commitment

- Willingness to take part in relevant training
- Ability to work flexibly including potential evenings and weekends

EQUIREMENTS OF ALL ROLES AT THE MENTAL HEALTH FOUNDATION

- Willingness to work flexibly to meet the reasonable needs of the Mental Health Foundation
- Prepared on occasions to work unsocial hours
- Self-sufficient in use of information and communications technology
- Ability to self-manage a full and varied workload.