

HEADSUP KILDARE

supporting U and
your mental health



Title: Health & Wellbeing Facilitator

Reports to: HEADSUP Programme Co-ordinator

Contract type: Fixed term contract to December 2024

Hours: Part-time 3 days a week (21 hours)

Location: Flexible. The company operates a hybrid working model with a combination of remote and in-person (Kildare office) working.

Do you want to make a difference in the lives of individuals and communities?

County Kildare Leader Partnership are delighted to offer this exciting opportunity for a dynamic individual with a strong track record in making a difference in people's lives to work with individuals struggling with mental health throughout the county of Kildare.

We're looking for a **Health & Wellbeing Facilitator** to deliver mental health and wellbeing education and support to individuals and disadvantaged communities in Kildare as part of the evidence-based work with HEADSUP Kildare. In addition to develop, design, and implement innovative responses addressing the mental health and wellbeing needs of our target groups including those in direct provision and new and emerging communities in the county.

If you have a track record of working with people experiencing mental health challenges and are energised by the potential to improve their quality of life and of those looking to find their mojo and get their life back on track, then this job may be for you.

What you'll do

As the Health & Wellbeing Facilitator, you will imagine, design, develop and support the facilitation of new programmes as well as facilitate and improve upon existing ones. You will work closely with the other members of the HEADSUP team shaping and developing resources to support those struggling with mental health challenges. All of the work is informed by the lived experiences of those we work with adding to the value of the supports we provide.

You will be responsible for:

- Delivering WRAP as part of the HEADSUP Programme.
- Designing and facilitation of thematic workshops and other initiatives in response to identified needs or emerging issues among the target groups.
- Identifying emerging issues and needs in relation to the target group and ensuring these are raised and responded to appropriately, including signposting people to appropriate services in the community e.g., to mental health teams should an issue emerge while you are working with them.

- Linking in with past participants of the HEADSUP programme to review their sustained activity levels and community engagement. This will help to evidence the outcomes of the programme.
- Attending team meetings, external group supervision and any relevant training as appropriate.

Who you are:

Skilled and experienced facilitator: You know the difference between teaching /presenting and facilitation and know how to use the group as its own best resource, respecting that people are experts in themselves.

Compassionate and person-centric: You believe in the value of a collaborative approach between the service user and provider.

Strategic thinker: You think about the big-picture and are able to see how your work, and the work of others, contributes to that; You can use data and research to generate insights, and can translate these into actions.

Curious and creative problem-solver: You come up with practical and creative ways to put the issues affecting the mental health of disadvantaged communities centre-stage of the work and you are curious about the world around you and the people at its heart.

Exceptional at building and maintaining relationships: you have excellent stakeholder management skills, able to quickly build trust and effective relationships, with people from a variety of backgrounds.

A great communicator: you can communicate effectively across multiple channels (face-to-face, written, digital) and adopt your style to meet the audience where they are.

Collaborative team member: you thrive off working alongside others, co-creating and building solutions together; you lead with passion and inspire others to follow, you empower colleagues and team members and support and enable others.

Your qualifications and experience

Substantive experience (c. 3+ years) facilitating groups or working in a community development framework. As well as a minimum of 3 years working with and supporting people who have experienced mental health challenges (or disadvantaged groups).

Demonstrated track record of developing and delivering innovative training in line with best practice that promotes positive mental health.

Track record of outreach work developing positive relationships with vulnerable or marginalised individuals in the community

A strong understanding of the mental health landscape and the supports on offer in the community to help someone achieve their goals.

Third level qualification in a relevant area such as mental health, psychology, social sciences or a related field (Level 8)

In return what we offer:

Competitive salary €39,166 to €44,967 (pro-rata and commensurate with experience)

Annual leave: 22 days annual leave per year pro rata, with an increase of one day leave each year up to a maximum annual leave allowance of 25 days per annum.

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PRSA: Option to join the organisation's PRSA scheme after successful completion of probation.

Flexible working practices

Training and Development opportunities

Employee Assistance Programme

Open culture encouraging interaction and sharing of ideas and opinions.

How to apply

If you are interested, you can obtain a copy of the application form and job description from Liz@countykildarelp.ie. Closing date for all completed applications is 5pm on Friday 2nd June 2023.

Interview for this post will be held in June.

CKLP is an equal opportunity employer.

