

COMMUNITY WELLBEING NAVIGATOR

Red Balloons use Peer Support to give people a safe space to talk combining this with regular exercise to support people to improve their physical and mental wellbeing. All our Volunteers have lived experience of mental ill health so can offer an experienced listening ear.

We have been successful in securing COVID Resilience Hub Funding for a Pilot of our Wellbeing Buddy Project in Middlesbrough, and we are recruiting. Our Project will offer focused Peer Support to people who have been affected by COVID – social isolation, bereavement, ongoing physical ill health, mental ill health or worsening of existing mental ill health, emotional wellbeing issues etc.

Wellbeing Buddies will offer up to 3 hours per week of Wellbeing support – via phone, zoom and face-to-face contact for up to 12 weeks. The ultimate aim of the project will be to support people to be able to get out for regular exercise and to engage/re-engage with the community. It will provide targeted help to support them to start walking to improve their overall wellbeing – energy levels, physical and mental health, whilst giving them a Buddy to talk to who has lived experience of mental ill health/difficult times.

Role: Community Wellbeing Navigator

Hours of Work: 16 hours per week

Salary: £18,500 (pro rata)

12 Months Fixed Term Contract initially (possible extension if funding secured)

The Community Wellbeing Navigator will work closely with the Volunteer and Project Manager to start up and run our Wellbeing Buddy Project Pilot. This will entail supporting the recruitment, training and support of Volunteer Wellbeing Buddies, holding a small caseload of service users, carrying out initial assessments with service users to match them up with suitable Volunteers. To supervise and support Volunteers in conjunction with the Volunteer and Project Manager.

The Navigator will also connect with, and build good working relationships with, other organisations in the Middlesbrough area, to build a pathway for service users to progress onto at the end of up to 12 weeks of Wellbeing Support.

You will have:-

At least 3 years' experience of working with service users on a face-to-face basis

Experience of working with people with mental ill health

The ability to communicate confidently with a wide range of stakeholders, including good social interaction and listening skills

A passion for being active and an understanding of how this can improve mental and physical wellbeing

The ability to encourage, support and motivate people

You will be:-

Non-judgemental with a positive approach to all people regardless of their background, lifestyle and choices

Empathetic and positive with a calm demeanour

A good problem-solver

You will get:-

Full support and relevant training

30 days holiday (pro rata for part-time)

The chance to build a new project from scratch, giving and receiving feedback and shaping future projects and delivery

The chance to be part of developing and growing a new Charity

Please download Job Description and Person Specification from our Website for further information – www.redballoons.org.uk

For an informal chat please contact Leigh Trimble – Volunteer and Project Manager on 07871 658157

To apply please send full CV with covering letter to redballoons.volunteers@gmail.com

Your covering letter should include a clear explanation as to why you feel you fit the criteria for this post.

Closing Date for Applications is 5pm on Tuesday 15th March. Interview date tbc.