



**stormbreak**



## **Together Programme Manager:**

### **September 2024**

Are you passionate about children's mental and physical health? Do you want to positively shape and impact children's lives and create healthy, happy humans? Do you believe it matters and it matters now?

Stormbreak supports children's mental health through working with trusted adults and children to embed mentally healthy movement every day for every child.

At stormbreak, we work together to provide preventative, accessible programmes and services that support organisations, communities, trusted adults and the children in their care to embed mentally healthy movement every day, for every child and in doing so improve children's lives.

And we need help.





## **Summary of Together Programme Manager Position:**

To be part of the stormbreak operational team managing and delivering stormbreak's Together programmes working with foster parents, looked after children/children in care, adoptive parents, social workers and the wider social care sector.

Stormbreak's vision is to embed mentally healthy movement programmes and services that reach and help every child requiring support at a preventative level through education, health and social sectors. Stormbreak supports trusted adults that live with, work with, care for and support children to recognise, respond and regulate their mental health through movement.

## **The Project: Background and Context.**

There is a growing need to support the mental, emotional and physical wellbeing of children in order to reduce the potential onset of long term mental ill health, mitigate escalation and prevent crisis point. Recent years have seen an unprecedented surge in demand for mental health care in children across the UK.

- Between April and September 2021, there was an 81% increase in referrals for children and young people's mental health services compared with the same period in 2019. The increase for adults (19 years and over) in the same period was 11%. (BMJ 2022).
- During the same period, there were over 15 000 urgent or emergency crisis care referrals for children and young people, a 59% increase compared with the same period in 2019.
- One in five children and young people waited more than 12 weeks for a follow-up appointment with mental health services between April 2020 and March 2021. (BMJ, Feb 2022).
- The problem has escalated since the pandemic with 432,000 referrals for people aged 18 and under to children and young people's mental health services in the six months up to February this year – more than doubling the number of referrals compared to the same period in 2019/20. (Nuffield Trust 2023).
- Looked after children are highly vulnerable to emotional and relationship difficulties, putting them at risk of long-term mental health issues and placement breakdown with their carers.
- Many foster parents struggle to cope with the emotional and mental health challenges of the children they look after. If they cannot access support or do not develop the necessary skills and emotional capacity, this can lead to placements





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breaking down and more resulting mental health challenges for the foster children who can then feel even more unloved, uncared for and abandoned.

- The rate of mental health disorders in the general population aged 5 to 15 is 10%. However, for those who are looked after, it is 45%, and 72% for those in residential care. In addition, frequent placement moves can keep looked-after children and young people from receiving the support they need by disrupting treatment plans and access to services. Frequent placement moves are linked to poorer mental health and a lessened sense of belonging. (NICE guideline [NG205] Oct 2021).

Stormbreak has developed and delivered (face to face and digital) programmes for foster and adoption families guiding them to use mentally healthy movement to support the emotional health and wellbeing of their foster and birth children.

Alongside the Together programme designed specifically for foster parents, the stormbreak 'Shine' digital intervention will support parents with additional resources for particular emerging needs such as attachment issues, anxiety and challenges around focus and attention.

**SALARY: £42,000 per annum, pro rata (experience dependent) or equivalent day rate if agreed to work on freelance basis**

**HOURS: Part Time - 3 days/week. Holiday and pension entitlement.**

### **Primary Responsibilities:**

- To support the stormbreak Together programme delivery (face to face and online).
- To establish and collaborate with external project partners and stakeholders, e.g. local authorities, independent fostering and adoption agencies, residential care settings.
- To identify and develop partnership networks of local delivery partners/stakeholders and project beneficiaries including (but not limited to) local authorities, independent fostering and adoption agencies, residential care settings, health and education professionals, family support practitioners and other professionals to raise awareness and promote engagement in the programmes.





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- To support the ongoing development of programme delivery content and materials, including digital content.
- To support the digital development and implementation of the 'stormbreak shine' early opportunity intervention programme in children's mental health and emotional health.

## **Knowledge/Skills:**

**Understanding of Social Care Sector:** Deep understanding of the social care sector, including both independent and local authority fostering and adoption services. (Essential)

**Effective Communication:** Excellent communication and interpersonal skills to liaise effectively with various stakeholders, including families, social care teams, and external partners. (Essential)

**Teamwork:** Ability to work effectively both independently and as part of a team to ensure seamless programme delivery and support. (Essential)

**Safeguarding Knowledge:** Rich and detailed knowledge of the breadth of issues affecting children in care and an unrivalled capacity to implement, develop and follow safeguarding policy and procedures to ensure the safety and well-being of all participants in the programme. (Essential)

**Programme Management Skills:** Proven ability to manage and deliver intervention programmes, both face-to-face and online, ensuring successful implementation and operation. (Essential)

**High Relational Ability:** Exceptional relational skills to build trust and effective working relationships with families, social care teams, and multidisciplinary partners. (Essential)

**Evaluation and Reporting:** Ability to contribute to project effectiveness through evaluation, insight monitoring, and impact report writing and dissemination. (Desirable)

Integrity, openness, professionalism, confidentiality and care.

## **Experience:**

**Experience with Looked After Children:** Direct, recent experience in working with looked after children and supervising foster carers to effectively manage the unique challenges





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and requirements of these groups. (Essential)

Experience in CYP Mental Health Services: Proven experience working within Child and Young People (CYP) mental health service provision in education and social settings. (Essential)

Experience in Content Creation: Experience in creating, writing, and delivering engaging and innovative content in different media formats for CYP mental health. (Desirable)

**Qualifications:**

Qualified Social Worker: Must be a qualified social worker to effectively understand and manage the needs of the children and foster parents involved in the programme. (Essential)

Degree Level Qualification: A relevant degree to ensure a strong foundation of knowledge applicable to the role. (Essential)

Stormbreak is committed to being an equal, diverse and inclusive charity accessible for all. The aim is for our workforce, including our board of trustees, to be truly representative of all sections of society and our stakeholders, and for everyone to feel respected, valued and able to give their best. We encourage applications from people of all backgrounds and communities.

To apply, please send your CV and an accompanying statement (max 2 sides of A4) explaining your interest and motivation in applying and what you believe you can contribute to stormbreak Together programme to: **hello@stormbreak.org.uk with the subject header "Together programme manager"**.

**Closing Date for all applications: TUESDAY August 20th 2024 5.30PM.**

HR shortlisting: 21st - 30th August 2024

Online interviews with Dr Martin Yelling, CEO, Darryl Walsh, Director of Education, and Dr Sarah Price (Trustee) on the 5th / 6th September 2024.

