



MENTAL HEALTH FOUNDATION



Sessional Parent
Champion Peer Worker
Sessional
Part-time
Nottingham



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. We work to prevent mental health problems and support people to live with good mental health.

Mental health is one of the most important foundations for a long and healthy life. But we need real change at a national, community and individual level to tackle inequalities and help people support and protect their mental health.

For 75 years, we have been pushing forward the frontiers in our understanding of mental health. Interest has never been greater, and we are ambitious and committed to making the biggest difference we can, motivated by our conviction that everyone deserves good mental health. We bring together research, community programs, public information and advocacy working together towards our four strategic objectives that guide our work.

We are a people powered charity that has the financial resources to achieve a step change in our reach and impact. And we are building an organisation that lives its values and has a strong and diverse team that is dynamic, energetic and committed to working together.

There is much more to do, and we are looking for an exceptional sessional worker 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 values:

Side by Side

Walking our Talk

Determined Pioneers

Making a Difference

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.

Build a strong Foundation

We aim to become an exemplar employer and build an organisation that is financially sustainable and thriving



ABOUT THE ROLE

Place of work:	Parent Champion Group in Nottingham
Grade:	Grade D, Level 1 Scale point 1
Salary:	£14.35 per hour
Contract type:	Sessional agreement until December 2025
Hours:	Approx 6 hours per week (Variable)
Department:	England Programmes Team
Reports to:	Project manager (Parents and Families)
Responsible for:	N/A
Budget responsibility:	N/A

Job purpose

This role is to be the key contact and organiser of the new Parent Champion Group that will be set up in Nottingham to support Young Parents.

The aim of the Parent Champion Group is to empower parents to have their voice heard, to increase their confidence and support them to manage their own mental health. The group will also support MHF to ensure lived experience is reflected in our policy, research and programmatic work.

The post holder will be supported by the Project Manager, who is ultimately responsible for the Parent Champion Group at MHF, in both Nottingham and Southwark.



JOB DESCRIPTION

The postholder will work closely with the Project Manager – Parents and Families

Key tasks will include:

- Organising weekly in person Parent Champion Group (PCG) meetings to be held in one of the Family Hubs in Nottingham City.
- Work with Project Manager to run focus group with young parents to co-design the PCG so that it meets the needs of young parents and also the outcomes of the project.
- Supporting parents to attend PCG through regular contact with them during the week
- Facilitating discussions, being led by the needs of the group
- Feeding back to Project Manager on a weekly basis, escalating where there are any concerns
- Organising outings for the group where appropriate, liaising closely with Project Manager to ensure budget is available and the risk assessments are completed
- Ensuring relevant safeguarding policies and procedures are adhered to
- Liaising regularly with Project Manager and PCG in Nottingham to ensure their lived experience is reflected in MHF policy, programme and research.

General

- To promote and support the achievement of the Foundation’s mission, goals and values.
- To support the strategic aim of “Those at greatest risk of poor mental health receive psychosocial, preventative support through a sustainable, community based delivery model”.
- To act as a positive ambassador for the Foundation in all opportunities.
- To maintain a high standard of honesty and integrity in all aspects of the role maintaining good relationships with colleagues and external partners and to act in accordance with the Foundation’s staff code of conduct.
- To uphold and promote the Foundation’s commitment to equality, diversity and inclusion, and the value of lived experience.
- Share our commitment to safeguarding and promoting the wellbeing of our beneficiaries, staff, volunteers, and anyone else who comes into contact with our services
- To engage in learning and development activities appropriate to the role.
- To have due regard to health and safety issues.
- To undertake any other duties as may reasonably be required.

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



PERSON SPECIFICATION

	Essential	Desirable
Knowledge and qualifications	<ul style="list-style-type: none">• Understanding of the needs of young parents• Understanding of the importance of confidentiality and the parameters of this e.g. child protection and vulnerable adults• Knowledge of community events, locations and other resources that can be utilised by the group	<ul style="list-style-type: none">• Knowledge and understanding of mental health and what can impact good mental health• Connections with young parents.
Skills and abilities	<ul style="list-style-type: none">• Excellent verbal communication and interpersonal skills• Ability to listen, reflect and ensure a person-centred approach is adopted throughout the sessions• Ability to engage a wide range of different people• Able to work flexibly during week days	<ul style="list-style-type: none">• Ability to think creatively to overcome work related challenges• Ability to use online communications software, such as Zoom, MS Teams etc.
Experience	<ul style="list-style-type: none">• Experience of being able to build effective relationships and work collaboratively with people and organizations• Experience of participating and/or volunteering in groups	<ul style="list-style-type: none">• Experience being an advocate of others• Specific experience in participating and/or volunteering in peer support groups for parents (specifically young parents)

MHF requirements

- A commitment to working in accordance with the Foundation's Essential Principles as laid out in the Foundation's Strategy.
- Self-sufficient in use of information and communications technology.
- Ability to self-manage a full and varied workload.

- N/A

Competencies for working at the Mental Health Foundation

We expect all employees to be able to use these competences to a high level in their roles.

During the recruitment process, at interview stage, we look for evidence of all these competencies.

- Expertise, knowledge and analysis
- Communication, influencing and promotion
- Relationships and partnership working
- Service focused
- Business aware
- Strategic thinking and decision making
- Leadership
- Adaptability and personal responsibility
- Innovative and creative
- Committed to personal development