



Wellbeing Practitioner

Job Title: Wellbeing Practitioner

Hours: 21 per week (including evenings and Saturdays) - job share also considered.

Salary: £32,000 (pro rata)

Length of Contract: 24 months

Locations: As per Sessions below

Reports to: Project Coordinator

Main purpose of job:

The Wellbeing Practitioner will be instrumental in St Matthew's Project desire to develop and implement a more trauma informed approach. This will include providing holistic support for young people especially through our Fit 4 Life programme.

The Fit 4 Life programme offers a comprehensive support package for young people who are/feel disadvantaged and/or vulnerable through critical transition points in their lives. Fit 4 Life helps young people to develop their life skills in order to bring about positive changes for themselves and others who are unrepresented and reside in some of the most disadvantaged communities in London.

The successful candidate will be part of a small, dedicated team. A flexible approach to the role is important as with most jobs working with young people, weekend and evening work will be required.

St. Matthew's Project has a strong track record of employing staff who reflect the backgrounds and experiences of our members.

Relevant and current lived experience of the issues faced by those we support would be an advantage.

The Wellbeing and Outreach Worker would work closely with the SMP Team including the Trustees.



Duties include:

- Support the St Matthew's Project's mental health and wellbeing support for young people (their families) and staff members.
- Facilitate 1:1 and group mental health and wellbeing sessions with young people and parents.
- Facilitate reflective spaces for staff.
- Coordinate and lead on a mental health and wellbeing training programme for St. Matthew's Project staff members.
- Develop online materials to support the wellbeing of young people and parents.
- Support senior management in implementing the project's safeguarding policy.

Core Sessions:

The following are the core in-person sessions that the Wellbeing Practitioner will be required to attend each week:

- **Monday @ Glows, 2.30pm - 5.30pm**
Young people drop in session
- **Tuesday @ City Heights, 1.00pm - 3.00pm**
School enrichment sessions
- **Saturday @ Brockwell Park, 9.00am - 12.30pm**
Community football session
- **Wednesday @ Bellefield's, 10am - 1pm,**
Weekly Session Planning & administration
- **Friday @ Glows, 5.00pm - 7.00pm**
Young people drop in session
- **HAF Programmes**
Half-term and holiday programmes to be arranged.
- **Other non-sessional responsibilities**
Staff wellbeing support as required
Staff wellbeing training - approximately once per quarter



Person Specification

Essential

- Trauma-informed trained and or / Knowledge and competency in embedding trauma-informed approaches into practice
- Knowledge or experience of working with young people who are neuro divergent
- Experience of delivering wellbeing support and training to young people
- Understanding how to implement therapeutic services with young people
- Experience of building and maintaining trusted relationships with young people and their families
- Experience of working with young people, family members and staff affected by trauma and violence

Desirable

- Experience with liaising with early help and statutory services
- Experience in working for a grassroots community organisation
- Experience of managing service user networks
- Knowledge of Brixton and the surrounding areas
- Experience of implementing safeguarding, including contextual safeguarding policies and ensuring that staff understand and follow the safeguarding policy.
- Knowledge of good practice when supporting those at risk of CCE and CSE



Skills and Abilities

- Punctuality
- Building positive staff relationships
- Ability to communicate effectively both verbally and in writing
- Reliability and willingness to work consistently
- Ability to use own initiative
- Ability to work within a community environment
- Understand the importance of confidentiality

Qualifications

The ideal candidate will have or be working towards an advanced qualification in psychology, counselling, or mental health.

Benefits

Holiday entitlement is 25 days per annum (pro rata).

How to apply

Please email a CV and cover letter (no more than three sides) outlining how you meet the person specification to d.barnett@thesmp.net Successful candidates will be subject to an enhanced DBS check.

A promotional banner for The St Matthews Project. The background is dark blue. On the left is the 'ST MATTHEWS PROJECT' logo. In the center, the text reads 'The St Matthews Project' in a large white font, followed by 'More than a football club' and 'In the community since 2004' in smaller white text. On the right is the 'ST MATTHEWS FOOTBALL CLUB' logo. Below the text are social media icons for a website, Instagram (@smpbrixton), and X (@smpbrixton). At the bottom left, the website 'www.thesmp.net' and the charity number '1140964' are listed. On the right side of the banner is a photograph of several people playing football on a grassy field.