



Young Carers Wellbeing Practitioner

Grade/salary band: £21,000, plus travel expenses

Hours: 35 hours per week, Monday to Friday, with occasional working outside of office hours, across Cheshire West and Chester and Cheshire East (Office location – Ellesmere Port)

Accountable to: Deputy Operations Manager

Purpose of Role

Cheshire Young Carers provide respite and support for some of the estimated 37,000 young carers in Cheshire. These are children and young people aged 6-18 who care for a loved one, typically a parent or siblings suffering from impairments such as physical disability, mental health problems or substance misuse. We deliver activities and trips that help to improve the health and well-being of our young people and reduce the negative effects of their caring responsibilities.

Demand for mental health support for children has never been higher, with many children not able to access support that would help their long-term wellbeing. Young carers are a particularly vulnerable group, and many would benefit from strategies that help them increase resilience, understand their emotions better and manage their overall wellbeing in a positive way.

Cheshire Young Carers are seeking to provide an early intervention option by recruiting a **'Young Carers Wellbeing Practitioner'** to deliver interventions that will help young carers improve their overall mental and emotional wellbeing. The aim of the programme is to deliver preventative interventions and reduce the need for referrals to CAMHS and to support the work of other practitioners in supporting young carers.

Previous experience of mental health work with children is essential for this rewarding role, alongside 5 weeks of annual leave plus bank holidays, and joining an award-winning team that prides itself on the level of support we offer for young carers across Cheshire.

Discussions to establish training needs prior to starting this role will take place and support will be available throughout your time in our employment with ongoing development.

Main Duties and Responsibilities

Deliver a range of both short and medium-term interventions directly to young carers, both individually and within group settings including the following:

- Assessments of young carer's needs, working in a person-centred way to establish a tailored / outcome-based plan to improve a young carer's overall wellbeing and / or improve their resilience and coping strategies
- Record, measure, review and evaluate interventions as part of effectively managing a caseload of young carers with mental health / wellbeing needs
- Support the overall aims and objectives of Cheshire Young Carers
- Work with professionals and organisations to identify, and prioritise accordingly, young carers who would benefit from interventions and create outcome-based action plans that meet their needs
- Compile reports as appropriate for young carers, professionals and funders highlighting overall success and responses to challenges throughout the project
- Attend and contribute to meetings relevant to young carers / families who are being supported by this role
- Promote the role and the associated benefits within various settings to organisations, agencies, and professionals

Skills/Abilities/Knowledge

Key: Essential – (E) Desirable requirement - (D)

- Strong interpersonal and communication skills (E)
- Ability to communicate to all levels, including children aged 6 - 18(E)
- Ability to remain calm when under pressure and work to deadlines (E)
- Knowledge of various interventions to support young carers with needs surrounding their mental and emotional wellbeing (E)
- Formal training and / or experience of mental health interventions and experience in delivering change for young people's wellbeing and improving resilience with positive coping strategies (D)

Education/Qualifications

- Training / Professional Development of knowledge regarding mental health and working with children (E)
- Educated to degree level (D)

IT Skills

Competent MS Office User, confident using.

- MS Word (E) (letter & table creating and formatting)
- MS Outlook (E) (emails, calendar, task list)

Attributes

- Flexible and adaptable approach to work (E)
- A 'can do' attitude towards work (E)
- Ability to work unsupervised within the limits of authority — the ability to self-manage (E)
- Team player with collaborative and supportive style (E)
- Ability to travel with access to a car (E)
- Clean driving license to be held (E)