**Wellbeing Community Befriender**

**Includem Job Description**

**Job Title:** Wellbeing Community Befriender

**Service:** Keeping connected 1:1 mentoring, supporting positive mental health and wellbeing, Fife wide

**Hours and work pattern:** Part time contract (various hours), working flexibility 8am – 10pm, 5 days over 7

**Reports to:** Team manager

**Financial Accountability:** Low

**Salary:** £10.15 per hour

**Holiday entitlement:** starting at 28 days per annum

**Base:** Includem, Unit L, Telford Road, Glenrothes, Fife, KY7 4NX

# Purpose of Role

At includem we work closely with children, young people, families and services across the community to support young people to make positive life choices and progress towards the type of future they want to live.

Keeping connected focuses specifically on providing 1:1 mentoring support and groupwork to promote positive mental health and wellbeing. As a befriender you will support children, young people aged 10 – 25 years, taking a whole family approach and support activity-based goal setting. You will work to a trauma informed and strengths-based approach and provide direct 1:1 support on a consistent basis. You will link with other community supports and opportunities and help children and young people to work towards their goals.

# Main Duties and Responsibilities

# The role focuses on building trusting relationships with young people to provide both emotional and practical support to promote positive mental health and wellbeing and to be connected positively to the local community. The service will be delivered through outreach and be embedded within local communities.

**Duties include:**

# Befrienders will provide bespoke support based upon strengths and needs and evaluating progress however to maximise our support they will focus upon children and young people who may need a lighter intervention e.g.:

# 1:1 support to identify and access to universal services (groups, clubs, activity)

# Goal setting

# Advice and Signposting

# Friendly point of focus to explore interests and opportunities

# Additional Information

You will need a **full driving license and access to your own car for work purposes.**

**Qualifications & Experience**

This role requires strong, well rounded interpersonal and communication skills. It will also require the ability remain calm and rational when faced with challenging situations.

Whilst recognised qualifications are not essential for this role, the post holder must be able to communicate fluently in English and must be able to read and write to SCQF L5 standards. <https://scqf.org.uk/level-5/>

Experience working with young people or young adults is highly desirable, as is a good understanding of mental health awareness.