



**FURD**

Football Unites, Racism Divides

The U-MIX Centre,  
17 Asline Road,  
Lowfield,  
Sheffield S2 4UJ

T/F: 0114 258 7787

E: enquiries@furd.org

## **Football Unites Racism Divides Educational Trust**

### **Health and well-being practitioner: Job Description**

**Post Title: Health and well-being worker**

**Hours: 14 hours** (*Probation period 3 months*)

**Salary Range: £8,854 (14 hours) £23,400** (*Full-time equivalent*)

**Responsible to: Project Coordinator** (with additional mentoring provided by senior managers)

**Responsible for: To explore and provide emotional health and well-being support to service users through various initiatives at the Belonging Hub.**

#### **Purpose of job:**

- To deliver a range of activities from the Belonging Hub that will include one-to-one work and leading group activities that improve the health and well-being of BAMER people living in Sheffield.
- To provide trauma-informed focused support to people at the Belonging Hub to enable them to become active members of the community.
- To be key in championing user involvement and engaging and supporting volunteers to build skills and confidence within the locality.
- To provide appropriate support through activities to help people who are lonely and isolated which includes, not limited to the following audiences; parents (including Lone parents), women and men with issues related to mental health, young people with mental health issues/needs, homeless people or people in care homes with a need for physical/social activity needs, people seeking sanctuary (families or people 16 and above) in Sheffield who need support to involve in activities.
- To work closely with health professionals, service providers, local community, voluntary and faith organisations to enable clients to achieve improved sustainable physical and emotional, mental health and wellbeing and to maximise activities and services at the Belonging Hub to the benefit of community/service users.

## **Main Duties:**

- Assist in the planning and delivery of a wide range of culturally appropriate social, leisure and recreational activities and opportunities to address health and well-being based on identified needs among service users.
- Provide 1-1 and group support to service users and signpost them to the corresponding help service locally.
- Engaging a broad range of existing and new beneficiaries (all ages, abilities, ethnicities, etc.) and increasing the number of local people who access the activities at the Belonging Hub.
- Identifying and understanding health and well-being needs in the area.
- Coordinating and assisting with the development of an effective programme of interventions for people who want to improve their health and well-being -e.g. around food, physical activity, emotional well-being, self-awareness/self-help groups.
- Organising and participating in community events that improve health and well-being and community cohesion including information sessions
- Develop and maintain links with appropriate partners, stakeholders, and organisations in the area.
- Providing an overview of outreach services in the area, signposting and increasing awareness amongst local communities.
- Ensure that the day-to-day delivery of the service is underpinned by adopting a trauma-informed approach, with regular goal planning and review sessions ensuring that outcomes are achieved within service timescales.
- Develop positive and trusting relationships with the service user and their families/guardian/case worker to support them to fully engage in activities.
- To work with partners to engage with referred clients as appropriate and who are most in need of mental health support.
- To network effectively within a multi-agency environment of voluntary, community and statutory agencies to identify and influence the range of provision offered ensuring that vulnerable people can access and participate in activities.
- Act as an advocate/broker to ensure effective progression and smooth transition into learning, employment and volunteering opportunities.
- Facilitating access to vocational training and/or employment, including CV.
- Maintain accurate records, including online databases and monitoring systems (Views)

including providing updates as and when required.

- Undertake an evaluation of activities and provide regular progress reports.
  - Work with colleagues across Football, Unites Racism Divides (FURD) to develop joint support activities and opportunities where possible.
  - Participate in relevant training courses as required.
  - To ensure that service users have equality of access and that the services and policies on equality of opportunity and anti-oppression work are acted on.
  - To ensure that statutory responsibilities are met regarding Health and Safety, Safeguarding and Equal Opportunities and that activity conforms to related professional and ethical requirements.
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