



together we
Cumbria

Advanced Talk Practitioner Together We CIC Adult Services

RECRUITMENT PACK



EMPOWERING PEOPLE TO BETTER MANAGE THEIR PHYSICAL AND
MENTAL WELLBEING

INTRODUCTION

Together We is an award-winning social enterprise in Cumbria. We're a high energy and creative team who have been recognised for Innovation in our Health & Well-being sector for the last 7 years.

Our policy is to hire for attitude and train for skills. We invest in a great training portfolio for our people, plus mentoring programmes, so that we're all constantly gaining new skills and work experiences. We pay fairly too and we advocate for a healthy lifestyle.

Together We operates throughout Cumbria. We also support flexible working and homeworking, wherever possible. Wherever you are, in our workplace, everyone's goal is to help more people reach for a better life. We work hard and everyone makes a difference.

Our people are the reason for our success. The staff and volunteers at Together We are on a mission to help people in our local community learn skills to better manage their physical and mental wellbeing.



Samantha Joughin & Janine Ward
Managing Directors

ABOUT US

Our services offer a range of interventions for mental health and physical health, all of which place the client at the center of our work. Our two key services combine well to provide care for all ages and with a “whole person” approach to mental health and physical wellbeing

Talk

Provides personalised one-to-one and small group talking interventions, including mental health support, link working, and guidance for those who fall between service gaps.

Aims to deliver client-centred support that creates self-awareness and empowers individuals to manage their symptoms, distress and improve overall wellbeing.

Recovery

Provides group sessions and opportunities for anyone experiencing mental and physical health difficulties.

Recovery colleges provide a range of courses, physical activity sessions and groups designed to increase self-awareness and understanding of Recovery and what it means to each individual.

All service delivery is designed to be evidence-based intervention and guided discovery. Each of the services interlinks, with a series of projects and programs for one to one and group support.

We target multi-model psychological intervention, link working, education and physical activity to improve a person’s wellbeing and we aim to reduce the impact of mental health and physical health problems on individuals and on their wider community.

We have clearly defined Guiding Principles that help us to ensure we do not drift from our mission of improving physical and mental wellbeing:

"We aim to increase a person's understanding of their health and factors and determinants that may contribute to improving their overall health and Wellbeing.

We aim to increase access to low level interventions and stop referrals into other services. We aim to provide a whole person approach to health that covers all ages, social economic background, and ability.

We aim to provide support that is individually tailored for the person and group sessions which provides psychoeducation to educate and put the person at the center of their care. We also aim to provide training and opportunities for staff to undertake a very different and niche role working with mental and physical wellbeing together"

JOB DESCRIPTION

Job Title: Advanced Talk Practitioner – Adult Services

Employer: Together We CIC

Reporting to: Clinical Lead & Talk Service Manager

Hours: 17.5 hours per week (0.5 FTE)

Salary: from £29,267.79 pro rata per annum depending on experience

Holiday Entitlement: 28 Days pro rata plus Bank Holidays

Role:

To deliver 1:1 mental health interventions and group work to individuals with a range of mental health and physical health problems from adults 18 years old and upwards.

To deliver to those with mild to severe mental health problems using interventions suited to a client's needs-based on evidence and delivered in an evidence-based way.

To maintain a caseload and provide an effective, safe and friendly environment for our clients.

Risk assessment and management- including attending meetings for safeguarding

Location:

We have several locations across Cumbria some of which are permanent bases others are outreach locations such as other Third Sector Organisations and Community Centres. The work is predominately face to face. We would encourage the post holder to be flexible in their working arrangements and work from different locations as and when required. We would also consider some home working; however, this would be in agreement with the demands of the role.

Contract:

This position is offered as a temporary contract for 6 months with a possible extension beyond that depending on funding.

Employee Support:

Our Employee Assistance Programme is there to help our staff and their families, 24/7, 365 days a year. You will have access to a confidential telephone helpline and you can expect both practical information and emotional support. Support covers mental health, addictions, debt, legal issues, family issues, housing, childcare, tax, bereavement, relationships, domestic abuse/violence and eldercare etc. The Online Health Portal offers brilliant well-being resources too including four-week programs, videos and webinars

Pension:

We offer the opportunity to join a pension scheme which makes a matching contribution of up to 3% of salary.

PERSON SPECIFICATION

Criteria	Essential	Desirable
Qualifications	Degree or Post-Graduate Diploma in Counselling or Cognitive Behavioural Therapy	Additional qualifications in: Online & Telephone delivery of interventions. Trauma Informed interventions Eating Disorder Interventions Working with Neurodivergent Clients Safeguarding
Other Requirements	Registered with BACP, BABCP, BPS or equivalent	Accredited or working towards accreditation with Professional Body
Skills	<p>Ability to undertake 1 to 1 client therapeutic work with adults experiencing mild to severe mental health difficulties</p> <p>IT Literate</p> <p>Ability to assess potential clients, establish a care plan or refer on to other agencies if appropriate</p> <p>Hold a clinical caseload equating to 11 clinical hours a week</p> <p>Knowledge of current mental health legislation/policy/best practice including the application of legislation to policy, procedure and report writing within a job role.</p> <p>Participate in clinical supervision and reflective (group) supervision.</p> <p>Ability to maintain clinical records accurately and promptly in a secure IT system.</p>	Ability to work within an organisation with agreed targets and time limited interventions.
Other Attributes	<p>Excellent time management and caseload management skills. Evidence of prioritising competing demands with minimum support.</p> <p>Ability to work within a multidisciplinary team and foster good working relationships.</p> <p>Ability to travel independently in accordance with service needs.</p> <p>Right to work in UK and advanced English skills are required for this role.</p> <p>Note, this position is subject to a satisfactory Enhanced Disclosure and Disbarring Service check.</p>	



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HOW TO APPLY

**Send your CV, references and covering letter describing how you meet the criteria of this position including details of any additional needs required for interviews to:
Mark Clamp, Clinical Lead mark@togetherwe.uk**

Apply by 5:00 pm on 29th January 2025

**Interviews will be held in the week beginning
3rd February 2025**

**For more information please email
mark@togetherwe.uk**

By applying for this role, you consent to the processing of your personal data for recruitment purposes in accordance with our Privacy Policy and applicable GDPR regulations. Your data will be securely stored and not shared with third parties without your consent. For more information on how we use and protect your data, please refer to our Privacy Policy on www.togetherwe.uk

TogetherWe CIC is a Community Interest Company registered in England. Company Number 10984956.

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