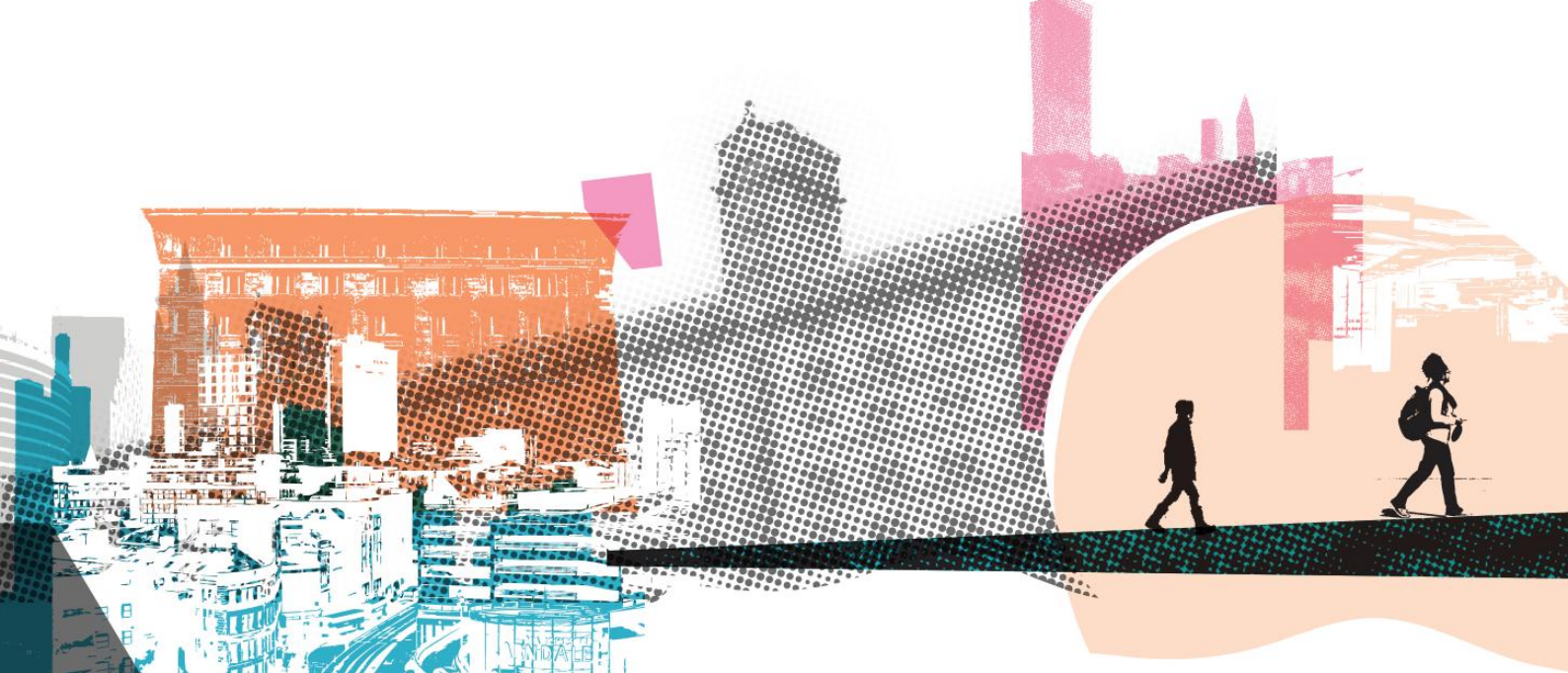


THE BIG LiFE GROUP



Mental Wellbeing Coach **Tameside and Glossop Neighbourhood** **Mental Health Service**

This job changes lives



About The Big Life Group

The Big Life Group's mission is to fight for equity, in health, in wealth and in life. We are a social business delivering a range of services across the North of England, covering everything from mental and physical health, addiction and criminal justice, to housing, education, family support and much more. What links them together is the way we work – The Big Life Way.

We always stand shoulder-to-shoulder with people, working with them on the things that matter most to them. Everything we do is designed and informed by the needs, priorities and strengths of people and communities.

Our values

- **Courage:** We stand up for ourselves, and the people and communities we work alongside, even when that makes us unpopular, or challenges accepted wisdom.
- **Creativity:** We find innovative solutions that work, never accepting the easy option or the status quo.
- **Honesty:** We act with integrity, speaking the truth to ourselves and others.
- **Inspiration:** We are inspired by the people and communities we work with and share what we learn from them to inspire others.
- **Thoughtful:** We act with care and compassion and work to understand people's experiences. We take time to listen, reflect and continually learn.
- **Valuing difference:** We recognise and celebrate the unique qualities, gifts, insights and perspectives that different people offer.

Working at Big Life

At Big Life, work is more than a job – it's about standing shoulder-to-shoulder with people and communities, making a difference every day. We fight for equity in health, in wealth and in life, and that commitment starts with how our staff.

Be yourself

We want you to feel safe, respected and able to bring your whole self to work. Difference is celebrated here, and our staff networks - from menopause to neurodiversity, LGBTQI+ and more - create space to connect and support each other.

Benefits that matter

We offer more than a payslip - you'll find wellbeing support through LifeWorks, Simply Health and mindfulness sessions, 25-30 days' annual leave plus your birthday off, flexible working, and regular learning opportunities. Everyday perks include Blue Light Card discounts, savings schemes, cycle-to-work, free eye tests and more - little extras to make life easier inside and outside of work.

Recognised as outstanding

We're proud to be ranked by Best Companies as one of the UK's outstanding places to work, with a two-star accreditation in 2024.

A culture of trust and flexibility

Our people describe our culture as relaxed and supportive. You'll be trusted to plan your own day, take breaks when you need, and work in a way that fits with your life as well as your role.

If you're looking for more than a job - if you want to be part of a team that's bold, creative and relentlessly committed to equity – then Big Life could be the place for you.



Job description: Mental Health Coach

The basics

Salary

£31,022 pro rata (NJC Scale 5, SCP 17).

Hours

This is a part-time role working 17.5 hours per week in line with service requirements and agile working arrangements. Hours will be worked across a minimum of three days, Monday to Friday. We are open to discussing the exact working pattern with the successful candidate at interview.

Annual leave

25 days (pro rata), increasing to 30 days after five years.

Base

The role is based in Tameside & Glossop, although some travel to Big Life Group offices in Manchester may be required depending on service needs.

Closing date for applications

The closing date for applications is 9 September at 5pm. Applications received after this time will not be considered and CVs will not be accepted. Interviews will take place on 17 September.

Applicants are welcome to apply for this role individually or ask to be considered for both this role and the Mental Wellbeing Coach - SAFE Tameside vacancy.

We recognise that AI tools can be useful in supporting job applications, for example by helping with spelling, grammar, structure, or clarity. However, the content of your application should reflect your own skills, experience, knowledge, and ideas. You may be asked at interview to expand on or discuss any part of your application.

What you'll be doing

As our Mental Wellbeing Coach, you will work alongside people experiencing challenges with their mental health and wellbeing, helping them identify what matters to them and take practical steps towards their goals.

Working predominantly in the Glossop neighbourhood, you'll provide one-to-one and group coaching using person-centred and evidence-based approaches. You'll help people build on their strengths, develop sustainable ways to manage their wellbeing and overcome barriers such as social isolation, employment, finances, housing and access to welfare support.

You'll be part of the Tameside & Glossop Neighbourhood Mental Health Service, working alongside Peer Support Coaches, other Mental Wellbeing Coaches, Psychological Therapists and Senior Mental Health Practitioners. You'll also build strong relationships with community organisations and other services, helping people access joined-up support within their community.

The Neighbourhood Mental Health Service is a partnership involving Big Life Group, Tameside Mind and Pennine Care NHS Foundation Trust, developed using feedback from people with lived experience to help ensure people across Tameside & Glossop can access the right support.

Main duties

- To provide one-to-one and group coaching, using evidence-based tools and techniques to help people identify and achieve their goals.
- To build positive relationships with people accessing the service, understanding their strengths, goals and preferences and connecting them with relevant opportunities and support.
- To undertake person-centred assessments, identifying areas where people would like to see change or recovery and assessing risk to themselves or others.
- To manage a caseload, maintaining accurate and timely records of activity and outcomes.
- To make decisions about the suitability of new referrals and support people to access the right part of the wider mental health pathway.
- To support people to address barriers affecting their wellbeing, including social isolation, employment, finances, housing, welfare support and behaviour change.
- To help people develop strategies for long-term self-management, resilience and positive wellbeing.
- To build and maintain effective relationships with voluntary, community and social enterprise organisations and other local partners.
- To develop knowledge of services and opportunities available across the local community and support effective onward referrals.
- To deliver group interventions that support people to achieve their goals and promote wellbeing and healthy lifestyles.
- To identify gaps in local support and share learning with the wider team.

- To contribute to monitoring and evaluation, including reports, case studies, focus groups, interviews and outcome data.
- To contribute to the ongoing development of the service and its quality assurance and improvement systems.
- To ensure quality standards and statutory responsibilities are met and reported appropriately.
- To actively participate in caseload management with your line manager or coordinator.

Work-related expectations

- To work within Big Life Group's mission and values.
- To contribute to Big Life Group's development.
- To ensure the safety of all people by adhering to safeguarding, information security and all other Big Life Group policies.
- To commit to personal development and attend training or development activities as required.
- To work in accordance with all relevant legislation.
- To have a 'can-do' approach and attitude.
- To participate in regular one-to-ones and an annual review.
- To undertake any other duties as needed, appropriate to the post.

Person Specification: Mental Wellbeing Coach

The successful candidate will be able to demonstrate that they meet the following points, either in their application, at an interview or through taking part in a test.

Experience

- Working with people facing a range of barriers and social issues.
- Working one-to-one and with groups, using coaching interventions and evidence-based approaches to help people achieve their goals.
- Undertaking person-centred assessments, identifying areas where people want to see change or recovery and assessing risk to self and others.
- Managing a caseload and maintaining accurate and up-to-date records using a database.
- Making referrals and signposting people to relevant services.
- Supporting individuals and groups in different settings to achieve their goals.
- Working with a range of agencies and organisations to develop effective relationships.
- Working in a person-centred way with people with multiple needs who may be experiencing difficult or emotional situations.

Skills

- Using a client database and writing high-quality notes to maintain accurate records.
- Reflecting on your own practice and supporting people to define and achieve their goals and aspirations.
- Managing a varied and complex workload effectively.
- Working across areas including housing, mental health, education, probation and debt management.
- Working collaboratively with staff from different agencies and organisations to provide joined-up support.

Knowledge

- The challenges and barriers experienced by people with multiple needs.
- The local community, including available services, community groups and local demographics.

Education

- Level 5 qualification, such as a Diploma of Higher Education, Foundation Degree or HND, or equivalent professional-level experience.
- Ability to integrate training and learning into practice.

Personal

- Positive outlook and a can-do attitude.
- Personal resilience and a flexible attitude in the face of difficulties.
- Commitment to Big Life Group's mission and values, including having a non-judgemental approach.
- Commitment to personal development and willingness to regularly update skills and experience.



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