



**JOB ROLE: Self Help Coach [1.5 Positions]**

**SALARY: GBP £20,651 TO £24,348 PER ANNUM [DEPENDENT ON SKILLS & EXPERIENCE], Pro rata for part-time positions.**

**HOURS:**

1.5 Positions available (Full & Part-time Hours considered with work pattern to be discussed at interview).

FTE - 37.5 hours per week, normally worked between Monday to Friday with flexibly to meet the needs of the service.

Part-Time Hours – Negotiable.

**CONTRACT TYPE: Permanent**

**LOCATION: WEST BRIDGE MILL, KIRKCALDY, FIFE**

## **The Job**

The purpose of the job is to deliver an exciting new project which is supported by the Scottish Government's Survivor Support Innovation and Development Fund. 'Better than Well' will support adult survivors of childhood trauma in Fife, particularly those who have found it difficult to engage with other services and will be open to all adult survivors, but there will be an additional effort to engage with survivors who have experienced homelessness.

Engaging with a range of community facilities across Fife, The Self Help Coach will support people who are experiencing mild to moderate mental health issues, including anxiety, depression, lack of motivation, low mood and stress.

The postholder will provide includes enabling people to recognise, understand and manage their symptoms and support them to take the steps they need to take to maintain good mental health. The Self Help Coach will also introduce people to additional specialist sources of support, encouraging people to develop good personal networks and stronger connections with their community.

Other key responsibilities of the Self Help Coach is to maintain accurate, up-to-date and secure records of the people they support, and to participate in regular clinical and non-clinical support and supervision.

**You will need:**

- Educated to diploma level (or equivalent) with experience of approaches to self help techniques and/or CBT approach.
- Knowledge of issues affecting people who are excluded and marginalized
- To be able to actively contribute to team working
- A knowledge of mental health self help resources and a commitment to their use
- An ability to building equal and positive relationships with people
- Good communication skills in a variety of situations
- Sensitivity and responsiveness to people's emotional and social health
- Demonstrable experience of using a person centred approach
- Meet the requirements of registration with Protection of Vulnerable Groups Scheme check

**The deal**

LinkLiving is a not-for-profit organisation and a Scottish charity. We have been providing specialist services to support health, wellbeing, independence and community inclusion for over 25 years.

We are dedicated to making a positive difference to the lives of the people we work with and are recognised as a leader in responding to and delivering on individual needs.

We provide accommodation, care, employability and support services to over 1000 people each year in Clackmannanshire, Edinburgh, Falkirk, Fife and North Lanarkshire.

LinkLiving is part of the Link group of award-winning social enterprises.

**Annual leave and benefits**

LinkLiving offer up to 38 days annual leave pro rata, a wide-range of benefits including flexible working arrangements and access to a generous contributory

pension scheme. Working within a supportive environment you can expect a range of training and development opportunities.

**This post is subject to Protection of Vulnerable Groups (PVG) Scheme registration.**

**Closing Date:** Midnight on Tuesday 19 February 2019.

**Interview Date:** Wednesday 27 February 2019 and will be held at West Bridge Mill, Kirkcaldy.

For further information, or to apply for this position, please visit [our website](#)

Alternatively, you can download an application form from our website. Please refer to the guidance notes for instructions on how to return your completed application.

***Please note that CV's will not be considered.***

Link is an equal opportunities employer and we welcome applications from all sectors of the community. Our offices are fully accessible to wheelchair users and we will interview all disabled candidates who meet the essential criteria.