

## Mental Health Coach Job Vacancy, 12 hours per week.

### About U-evolve

U-evolve is a mental health charity based in Edinburgh supporting young people aged 11 – 21 years. Our vision is that all young people experience positive mental health and can access compassionate and inclusive support when they need it. Our mission is to support young people to feel better, be confident in who they are and to learn to take control of their lives. We work alongside young people to understand what they need and build our services around them. Founded in 2015 we support around **200** young people every year through individual and group supports. Our organisation started by supporting young people in North Edinburgh, specifically within areas of extreme deprivation, where young people face higher levels of poverty, isolation and trauma. Since then, we have expanded our services to operate across the city, however we continue to focus our work where it is needed and over 60% of our services still support young people within North Edinburgh Communities. Our recently revised values underpin all our work and how we operate as a staff team. These are **Kindness, Empathy, Inclusive, Collaborative & Learning.**



### What we do

We provide 4 key services:

1. **Individual Support** – We adopt a person-centred approach to working with our young people and provide mental health coaching, art therapy and counselling.
2. **Wellbeing Groupwork** – our group programmes help young people connect, share experiences and learn new ways to support their wellbeing. Our programme regularly changes depending on what young people ask for but can include topics such as identity, anxiety, self-esteem, stress management and using the outdoors and nature as a wellbeing tool.
3. **Drop-In Services** – weekly drop-in services provide a safe space where young people can speak with one of our team, get information about support, take part in creative activities or simply have a chat and a cup of tea.
4. **Young Voices** – our Young Voices programme allows young people to have a say in the issues that matter to them around mental health. Our groups which run all year round, play an active role in shaping how we work at U-evolve and influence our decision making.

### Who we are

We are a small team of seven, made up of a CEO, Fundraising & Comms Lead, Finance and Admin Assistant, Counsellor & Development Worker, Art Therapist & Development Worker and 2 Mental Health Coaches. We value learning and development and view this as a crucial element of mental health support. As such all staff are trauma informed and trained, alongside taking part in a full and rich annual training programme. All service delivery staff receive extensive and relevant supervision to support the work they do.



## About the role

We are entering an exciting time at U-evolve with the launch of our new strategy and the expansion of our services for young people. We are recruiting an additional mental health coach to join our team to help us meet demand. Specifically, the coach will provide individual support during our newly extended working hours to meet the need for out-of-school hours services. The coach will provide 1-1 support for up to 5 young people at a time as well as supporting our groupwork and drop-in programme on a Monday afternoon. Our mental health coaching is person centered, strengths based and incorporates counselling, coaching and youth work approaches. The aim of all our support services is to help young people to have improved mental health and to feel better. Through mental health coaching we help the young people to learn techniques to manage their wellbeing and work closely with community partners to provide a holistic service.

## Who are we looking for

We want to recruit people to join our team who share our vision, values, and passion to support young people to thrive. It is also important to us that you are someone who learns from the young people you support and can help our young people's voices to be heard. We are looking for people who have experience in working with young people aged 11 – 21 years, from a range of backgrounds including youth work, mental health services, support work and education. Whilst therapeutic experience is useful, it is not essential for this role as full training and ongoing development will be provided. We are an organisation working with trauma and so it is important that you are willing to take part in regular group reflective practice to ensure our work is ethically sound as well as to look after your own wellbeing. As much of our work supports young people in North Edinburgh, we would also welcome people with experience or knowledge of working within these communities.

## Job specifics

Salary: £24,874 pro rata

**Hours:** 12 hours per week, Mon 1-5pm, Wednesday 3-7pm & Thursday 3-7pm. (These hours are set to meet specific needs, however there may be opportunities for extra hours throughout the year)

**Contract:** Fixed Term, 1 year, with the potential to be extended, dependant on funding.

## What we will give you

- Generous Holiday Package
- Enhanced Sick Pay
- Flexible working patterns
- Group, peer and individual support and supervision
- Staff Wellbeing Scheme
- Learning and Development Policy to support staff training and development.

## Application process

To arrange a chat about the role please get in touch. To apply please complete the application form and email to [hello@u-evolve.org](mailto:hello@u-evolve.org) by midday on Monday 7<sup>th</sup> October. Interviews will take place week commencing 14<sup>th</sup> October.