



## Job Description - Freelance Mental Health Support Worker

### Summary of Job

The Mental Health Support Worker will work alongside a B Sharp Music Leader, offering support to new parents attending two new B Sharp parent and baby music groups. These new groups will launch January 2025 in Bridport: 1) is aimed at parents who are experiencing mental health conditions such as postnatal depression, low mood, and anxiety and 2) open-access parent and baby/toddler group for any new parent who would benefit from taking part in a social, supportive music group with their child.

We have funding to run the groups until end of October 2025 and the Mental Health Support Worker will play a key role in helping to identify and recruit new parents who would benefit from attending, and then offering practical and emotional well-being support to parents and babies during the sessions. You will also be responsible for registering participants, talking to them about their progress through the sessions, and identifying opportunities for sign-posting to relevant mental health support services in Dorset, as needed.

### Key Responsibilities:

- Manage referrals to the groups and assess participants' registration and wellbeing information
- Greeting and liaising with parents on arrival, and supporting parents and babies during the sessions to help create a welcoming, inclusive, supportive and relaxed environment
- Carrying out regular 'check-ins' with participants, talking to them about their progress through the project, challenges and feedback
- Managing project evaluation
- Liaising with the Music Leader and advising on potential adaptations to sessions and content to meet the needs of the group, as required
- Participant registration/data collection
- Participating in B Sharp team activities, supervision meetings and reflective practice
- Ensuring that all work takes place in accordance with B Sharp's Health and Safety, Safeguarding & Child Protection and Equality and Diversity policies.

### Qualifications/Skills

- Experience working with adults with mental health issues, including new parents
- Good knowledge and understanding of resources available to support mental health in Dorset
- Excellent communication skills
- Understanding of Safeguarding and Child Protection
- Experience of working within community family groups and / or with babies and young children would be advantageous
- An interest and enjoyment of music-making, although it is not a requirement to be a practicing musician
- A current DBS certificate (B Sharp will arrange DBS if not already in place)

### Hours/Remuneration

- Remuneration: £20 per hour
- Must be available to attend a 2 -3 hour group session Thursday Mornings from January 9<sup>th</sup> - 25<sup>th</sup> October 2025 (term time only), plus undertake planning, preparation and evaluation tasks and attend catch ups with the Music Leader and B Sharp Leadership as required, which can be done on a flexible basis and may be face to face, or via video call. The expected total hours are 4-5 per week.
- You will be contracted on a freelance basis and will be responsible for your own tax and national insurance.

To apply, please send a cover letter (no more than 2 sides of A4) and your CV to [projects@bsharp.org.uk](mailto:projects@bsharp.org.uk) by Friday 6<sup>th</sup> December 2024.