

Role description

Wellbeing Worker



Role Summary

Wellbeing Teams do whatever it takes to support people to live well at home and be part of their community. Wellbeing Workers use their head, heart and hands to support people and bring our values to life.

Our values are: Compassion, Responsibility, Collaboration, Curiosity, Creativity and Flourishing.

We support families, like the Walker Family, to have the support they need to live well and be connected in their community. Dan 35 and Sam 27 are brothers and share their family home with their parents. Dan and Sam are seeking support to feel connected, to contribute, be active and have purpose, their own way.

If you have never done care work before – we will provide you with all of the training and support you need. If you have not done care work before, you might want to look at this to check whether it is for you <http://www.aquestionofcare.org.uk/instructions-page>

If you have done care work before – we will provide you with all the training and support you need to work differently, as the Wellbeing Workers role is not the same as traditional care. If you have done care before you might want to look at this link that summarises the difference between traditional care and self-organising Wellbeing Teams <https://youtu.be/w5q4lYV7GaY>

Responsibilities and Duties

What we ask of you: what would you actually do as a Wellbeing Worker?

1. **Develop great relationships** with Dan and Sam, their family and colleagues, treating everyone with respect, kindness and generosity.
2. **Provide practical support** to help Dan and Sam do the things that are most important to them, in the way they want. This includes supporting them with planning and participating in activities they already do such as horse riding, cycling, going for walks and picnics and visiting places of interest. It will include providing practical support to help them establish and maintain relationships. Whatever Dan and Sam need, when they need it, in the way they want it.
3. **Provide support with communication** and advocate for Dan and Sam when out in the community. Dan and Sam do not have speech so a big part of your training will involve ways to interpret Dan and Sam's individual and unique communication and how you communicate with Dan and Sam.
4. **Provide support with personal care** so that Dan and Sam can get ready for the day. Such as dressing, washing or bathing and all other personal care. (workers will not be expected to be

involved with personal care until Dan and Sam feel comfortable and safe with the people supporting them).

5. **Be part of a self-organised team.** This means working together, taking different roles, and creatively solving problems together. You will provide support and cover for each other, give each other feedback and celebrate successes as well. You will have a Buddy, and you are supported by a Team Coach too.
6. **Manage your time well,** and use it in the best way to support Dan and Sam to achieve their outcomes. You have the autonomy and authority to organise your time to do this with your team.
7. **Bring your whole self to work** – your talents, interests, and passions. We will support you to pay attention to your wellbeing, as well as the wellbeing of your team and the people you support.
8. **Collaborate** with Dan and Sam their family, friends, and Community Circles, as well as any colleagues from health and social care, to make sure that our work is co-ordinated and effective.
9. **Keep all information up to date** – the people you support, and your teams.
10. **Provide safe, person-centred, compassionate care** and work within the team agreements and how Wellbeing Teams work, these are all described in your handbook.
11. **Be respectful** of Dan and Sam's home, their possessions, and any equipment.
12. **Keep learning and developing individually and as a team** so we can keep improving how we work and flourish together.

The Wellbeing Team supports Dan and Sam in shifts, The shifts are 9 - 1pm, 1-5pm and 5-10pm. We are looking for people to do a minimum of 3 shifts and participate in a productive 2 hour team meeting and development session each week. We pay £9 per hour, and provide you with a smartphone and 6 weeks paid leave (this includes bank holidays) pro rata.

What we offer

1. You will be part of a team that makes the decisions that matter together
2. You will develop through feedback and recognition from colleagues and coaches
3. You will have a balance of structure and the space to be creative
4. You will feel like you belong and be connected to your team.

Find out more at www.wellbeingteams.org or on Twitter @wellbeingteams

5. You will be inspired to bring your whole self to work.
6. You will be supported to focus on your own wellbeing.
7. You will have a range of opportunities to advance your career
8. You will be supported to develop your strengths, to learn and to flourish
9. You will see the impact and difference you make by working with purpose
10. You will be part of changing the future of care