**Onside Wellbeing Coach**

**Job Description**

**Responsible To:** Wellbeing Team lead

**Responsible For:** N/A

**Location:** Based at allocated GP surgeries across Bromsgrove PCN locations

**Overall Purpose**

To support patients facing low level mental ill health with one to one coaching sessions or group interventions that will provide them with the support and insight to improve their mental wellbeing and enable them to develop improved coping skills and confidence. Using an individually tailored approach drawing on a range of proven tools, Wellbeing Coaching will aim to build the awareness and self-knowledge that will enable people to take greater control of their own mental health and wellbeing.

**Key responsibilities:**

1. To work closely with the Wellbeing Team and PCN to encourage referrals and a clear understanding of the Wellbeing Coach role/service
2. To provide personalised one to one support to individuals using a range of evidence-based tools to improve their mental health
3. Help people to identify any wider issues which are impacting on their health and wellbeing, such as debt, loneliness, diet, physical activity or poor housing and make referrals to the Social Prescribing and Lifestyle Advice services
4. Provide a self-help framework for individuals which is action orientated, forward focused and has an emphasis on psychoeducation, physical and cognitive strategies and selfcare
5. Develop and implement monthly mental wellbeing drop-in sessions for patients to find out more about the service, book appointments and receive signposting information
6. Carry out topic focused workshops such as stress resilience
7. To manage and prioritise caseload, in accordance with needs, priorities and urgent support required by individuals
8. Utilise questionnaires, assessments and outcome tools to measure baselines and agree individual outcomes – ensure this information is accurately recorded
9. To refer people back to other health professionals/agencies where appropriate
10. To build effective relationships with key staff in GP practices, attending relevant meetings and becoming part of the wider network team, giving information and feedback on wellbeing coaching
11. To work in partnership with other local agencies to raise awareness of wellbeing coaching and to promote the service widely and its benefits
12. To seek regular feedback about the quality of services and the impact of wellbeing coaching, preparing and providing both written and verbal feedback and reports on performance
13. To use appropriate systems for data capture, case management, feedback and reporting, to include EMIS, adhering to data protection legislation and data sharing agreements
14. To work as part of the team to seek feedback, continually improve the service and contribute to business planning

**Other Responsibilities:**

* This role will involve working in different locations and will require you to travel across the county including isolated rural areas. The ability and means to travel independently across Worcestershire is essential.
* There may be occasional evening and weekend work which will be considered as part of your normal working hours.

**In addition, all Onside employees are expected to:**

* Work within the organisation’s stated principles and values, adhering at all times to the organisational policies, procedures and guidelines
* Demonstrate a commitment to equal opportunities, social inclusion and individual empowerment
* Show a commitment to personal, professional and organisational development.
* Contribute to organisational promotional and networking activities.
* Work flexibly and co-operatively with colleagues to support the needs of the organisation and assist with wider social prescribing services as required
* Take responsibility for safeguarding appropriate to your role and raise any potential concerns with the Onside Safeguarding and Professional Guidance Lead

**Onside People:**

* are **passionate** about what they do
* **value difference**
* are **creative** in their approach
* are committed to **fairness and justice**

While the job description provides the main duties and responsibilities for the position, it is not definitive and employees are expected to carry out any additional duties compatible with their skills and abilities. The above may be subject to change and alteration from time to time with the prior agreement of the job holder.

Signed ………………………………………………....

Date .......................................................................

Print Name …………………………………………………