

JOB OUTLINE / PERSON SPECIFICATION



Job Title	Professional Mental Health Befriender – Part-time –12 hours	Closing Date: 16 th Dec 2024	Salary: £11.94 per hour
Department	OASIS – IMAGO (Ref: IMAGODec24)	Post location:	Oasis Caring in Action, 81-83 Castlereagh St, Belfast
Contract Type	Part-time/Temporary Currently funded until 31/3/2025 with possible extension to 30/6/25	Working Schedule: 12 hours/ between Mon-Fri - 10am-4pm /flexible hours to be agreed	

JOB DESCRIPTION

The Imago Professional Mental Health Befriender will provide a professional, supportive relationship for people with common mental health issues and will meet their client on a weekly basis over a period of 3 – 6 months (depending on their needs). During this time, supporting each client to develop independence and resilience using self-help techniques. By providing a unique client focused approach individuals will be matched to the most appropriate befriender who will help the client set personal goals with the use of various techniques e.g. CBT to allow them to achieve these.

Organisation Structure

Reports directly to IMAGO Project Manager

Required Minimum Education:

- GCSE Grade C English and Maths

Required Minimum Work Experience:

- Experience of working in local community work
- Experience of supporting people on a one to one basis (ideally within mental health)
- Good knowledge and understanding of issues surrounding mental health

Desired Work Experience and Education

- Work with families or vulnerable adults
- ASIST training
- Mental Health First Aid
- Vulnerable Adults Training

Essential Skills/Abilities and Competencies:

- Friendly, open manner
- Self-motivation
- Excellent communication skills
- Honest, reliable, trustworthy
- Sensitive towards people/issues
- Confidentiality.
- Ability to empathise with clients
- Able to work independently within a team setting
- Willing to travel to all areas of Belfast
- Clean Driving licence and access to a car

Desirable Additional Education, Work Experience and Personal Qualities:

- Previous training in work with vulnerable adults
- Knowledge of goal setting
- Understanding and experience of using CBT with individuals

Application by CV to Gladys.Swanton@Oasis-ni.org by 12 noon on 16th December 2024

JOB DESCRIPTION

Department: **Imago**

Job Title: **Professional Mental Health Befriender**

IMAGO JOB DESCRIPTION December 2024

Key Performance Areas / Tasks:	
1.	To support clients to progress, through active listening and the use of CBT techniques.
2.	To help motivate and encourage clients to participate in community activities and make use of local resources.
3.	To support clients through attending Drop-in groups and Personal Development Group. To be responsible to assist or facilitate and deliver the Imago personal Development Group with other staff team members, and facilitate Imago Drop-in.
4.	To keep records of all visits and to record notes on a confidential database.
5.	To maintain confidentiality of information relating to clients and not divulge information to a third party unless the Manager is informed.
6.	To discuss work with Project Manager and report any areas of concern immediately.
7.	To attend weekly staff team meetings with Project Manager.
8.	To attend supervision meetings with Project Manager on a 6 weekly basis.
9.	To provide administrative support to the project as required.
10.	To adhere to health and safety policy with regard to self and others and be aware of the Imago risk assessment and lone working policy.
11.	To be committed to partake in any training as required for professional development.
12.	To enable clients to be more resilient through development of self-help skills to manage their mental health.
13.	To support clients toward independence through social, leisure, education and volunteer opportunities.
14.	To attend health promotion/community centres to promote the work of Imago.
15.	Any other duties deemed appropriate to the job role.