Mind Ynys Môn a Gwynedd

Mae Mind Ynys Môn a Gwynedd yn elusen gofrestredig. Rydym yma i gefnogi pobl sy'n profi neu'n gwella o broblemau iechyd meddwl yn ardal Ynys Môn a Gwynedd. Nod Mind Ynys Môn a Gwynedd yw sicrhau y caiff anghenion a buddiannau pob un o ddefnyddwyr gwasanaeth iechyd meddwl eu hadlewyrchu yn ei holl weithgareddau. Mae disgwyl i bob aelod o staff gyfrannu at y nod hwn.

DISGRIFIAD SWYDD: Gweithiwr Gwrth-stigma a Gwella

Yn atebol i: Rheolwr Mind Ynys Môn a Gwynedd.

CYF: YMG-ASRW

Gweithio gyda: Oedolion a phobl ifanc sy'n profi problemau iechyd meddwl o fewn y gymuned ehangach ac o fewn lleoliadau addysgol.
I gynnwys: Y cyhoedd, sefydliadau eraill o fewn y gymuned ehangach, colegau addysg bellach, timau iechyd meddwl cymunedol a chyrff eraill sy'n berthnasol i'r swydd hon.

Lleoliad:
Canolfan Staff - Galeri, Caernarfon.

Lleoliad Darparu: Lleoliadau cymunedol drwy gytundeb â'r rheolwr a lleoliadau addysg bellach ledled Ynys Môn a Gwynedd.

Nodau'r swydd: Grymuso a helpu unigolion sy'n profi problemau iechyd meddwl i wneud newidiadau a gwahaniaethau effeithiol i'w bywydau er mwyn symud ymlaen.
Meithrin gobaith ac optimistiaeth wrth gefnogi unigolion sydd dan anfantais gan broblemau iechyd meddwl. Gan ddefnyddio dulliau gwella a thechnegau hunanreoli, byddwch yn helpu unigolion i gymryd rheolaeth dros eu bywydau a'u salwch a pharhau i fod yn iach.

Byddwch hefyd yn helpu pobl i gyrraedd eu llawn botensial a'u galluogi i deimlo'n fwy cysylltiedig â'u cymuned. Drwy gydol y gwaith hwn, bydd y pwyslais ar allu ac nid ar anabledd, ac ar ysbrydoli gobaith ac optimistiaeth ar gyfer gwellhad cadarnhaol, newid a gwahaniaeth effeithiol.

Gweithio'n agos gyda'r Rheolwr ac adrodd yn ôl iddo.

Pwynt cydnabyddiaeth: £23,935 y flwyddyn pro rata.

Oriau: 21 awr yr wythnos, gan fod yn hyblyg o ran diwallu anghenion y sefydliad. Ni chaiff goramser ei dalu ond gellir cymryd amser i ffwrdd yn gyfnewid am weithio ar adeg sy'n gyfleus i bawb.

Gwyliau Blynyddol: Pro rata o 30 diwrnod y flwyddyn, yn cynnwys pob Gŵyl Banc gyhoeddus a diwrnodau ar gyfer defodau crefyddol.

Bydd y swydd hon yn para tan fis Hydref 2019 yn amodol ar gyllid.

Prif Ddyletswyddau:

1. Cyflawni ymarfer yn seiliedig ar wella sy'n defnyddio modelau cadernid, sgiliau cwnsela sylfaenol, a'r technegau Seren Wella a Hunanreoli i unigolion mewn sefydliadau addysg pellach a lleoliadau cymunedol ledled y rhanbarth. Bydd y gwaith yn cynnig sesiynau 1-1 cyfrinachol drwy ein gwasanaeth Amser i Siarad sefydledig. O fewn y gymuned, bydd y gwasanaeth yn gweithredu i ffwrdd o adeiladau a lleoliadau traddodiadol sydd â stigma.

2. Trefnu, paratoi a hwyluso amrywiaeth o gyrsiau hunanreoli sy'n seiliedig ar CBT a fydd yn rhedeg am saith wythnos ar unrhyw adeg, a phob sesiwn yn para dwy awr. Bydd cyrsiau ar gael i unigolion o fewn lleoliad cymunedol a lleoliad addysg bellach.

3. Trefnu, paratoi a hwyluso cyrsiau .b ymwybyddiaeth ofalgar wedi'u hanelu at bobl ifanc rhwng 11 ac 18 oed a fydd yn rhedeg am ddeg wythnos ar unrhyw adeg, a phob sesiwn yn para awr.

4. Trefnu, paratoi a hwyluso grwpiau cefnogaeth gan gymheiriaid ar gyfer unigolion o fewn lleoliad cymunedol. Bydd y gwasanaeth yn gweithredu i ffwrdd o adeiladau a lleoliadau traddodiadol sydd â stigma.

5. Gweithio gyda grŵp gweithredu sy'n cynnwys staff a buddiolwyr Mind Ynys Môn a Gwynedd, a monitro'r gwaith drwy gydol y prosiect. Cydgynhyrchu cyn belled â phosibl ar gyfer pob darn o waith.

6. Adrodd yn fisol i'r Rheolwr.

7. Mynychu pob cyfarfod perthnasol ym maes iechyd meddwl ar Ynys Môn ac yng Ngwynedd fel sy'n ofynnol ar gyfer y swydd hon.

8. Ymgysylltu'n helaeth â chydweithwyr mewn sefydliadau statudol ac anstatudol fel sy'n ofynnol ar gyfer y swydd hon.

9. Monitro a gwerthuso cynnydd y prosiect gan gyflwyno adroddiadau i'r rheolwr a bwrdd yr ymddiriedolwyr bob chwarter, ar gais y rheolwr.

10. Cefnogi gwaith ehangach Mind Ynys Môn a Gwynedd a chyflawni dyletswyddau sy'n cael eu hystyried yn briodol gan y rheolwr er mwyn i'r gwaith ffynnu.

Cyffredinol: Bydd disgwyl i ddeiliad y swydd fynd i unrhyw ddigwyddiadau hyfforddi sy'n werthfawr ym marn y Rheolwr er mwyn cyfoethogi ei rôl. Caiff unrhyw dreuliau y cytunwyd arnynt eu talu yn unol â Graddfeydd Mind Ynys Môn a Gwynedd.

MANYLEB PERSON:

Caiff y nodweddion isod eu hystyried yn hanfodol:

Gwybodaeth a dealltwriaeth gynhwysfawr o iechyd meddwl, ymarfer yn seiliedig ar wella, egwyddorion hunanreoli a modelau cadernid.

Dealltwriaeth gynhwysfawr o anfanteision lluosog a'u heffaith.

Dealltwriaeth gynhwysfawr o bobl ifanc ac iechyd meddwl gan gynnwys dealltwriaeth o newidiadau allweddol a'u heffaith.

Dealltwriaeth gynhwysfawr o effaith stigma a gwahaniaethu ar fywydau pobl.

Dealltwriaeth gynhwysfawr o stigma a gwahaniaethu ym maes iechyd meddwl.

Profiad ym maes iechyd meddwl mewn swydd gyflogedig/wirfoddol neu fel gofalwr neu ddefnyddiwr gwasanaethau.

Profiad o weithio gyda phlant a phobl ifanc.

Gwybodaeth a dealltwriaeth gynhwysfawr o gydgynhyrchu.

Agwedd gadarnhaol tuag at bobl sy'n defnyddio gwasanaethau iechyd meddwl, ac empathi tuag atynt.

Dealltwriaeth ac ymrwymiad i gynnwys a grymuso pobl sy'n defnyddio gwasanaethau iechyd meddwl.

Ymwybyddiaeth a dealltwriaeth o ddiogelu.

Profiad o weithio gyda phobl mewn tîm.

Y profiad a'r gallu i weithio dan bwysau ac i derfynau amser.

Sgiliau cyfathrebu a rhyngbersonol effeithiol.

Sgiliau trefnu a gweinyddol rhagorol.

Llythrennedd cyfrifiadurol rhagorol.

Y gallu i weithio'n annibynnol ac ar y cyd ag eraill.

Gyrrwr car.

Mae'r gallu i gyfathrebu drwy gyfrwng y Gymraeg yn hanfodol ar gyfer y swydd hon. Croesewir dysgwyr Cymraeg lefel uwch.

Ymrwymiad i weithio gyda rhwydwaith Mind.

Profiad a dealltwriaeth o gydraddoldeb ac amrywiaeth ar waith.

Caiff y nodweddion isod eu hystyried yn ddymunol:

Profiad o hwyluso grwpiau therapiwtig.

Diploma mewn cwnsela.

Gradd gyntaf neu gymhwyster cyfatebol perthnasol.

Profiad yn y sector gwirfoddol.

Disgwyliadau

1. Sicrhau yr ymgymerir â holl gyfrifoldebau a gweithgareddau'r swydd hon yn unol â thelerau ac ysbryd polisïau cangen Mind Ynys Môn a Gwynedd, gan gynnal gwerthoedd Mind bob amser.
2. Bydd gan y swydd friff yn cwmpasu cangen Ynys Môn a Gwynedd. Bydd deiliad y swydd yn gweithio oriau anghymdeithasol o bryd i'w gilydd, er enghraifft mynd i gyfarfodydd/cynadleddau/hyfforddiant gyda'r nos neu ar benwythnosau.
3. Bydd disgwyl i ddeiliad y swydd fynychu a chyfrannu at y broses o oruchwylio ac arfarnu staff, hyfforddiant staff a chyfarfodydd tîm yn ôl yr angen.
4. Bydd natur y swydd yn gofyn am hyblygrwydd o fewn y rôl ac i chi gyflawni unrhyw ddyletswyddau eraill sydd o fewn cyd-destun a gradd y swydd hon.
5. Cyfrannu at weithio er mwyn gwneud Mind yn weithle mwy gwyrdd.
6. Cyfrannu at amgylchedd gwaith cadarnhaol a chefnogol a datblygu cydberthnasau cadarnhaol â rhanddeiliaid allweddol.

7. Cadw lefel briodol o gyfrinachedd bob amser.
8. Cefnogi a chyfrannu at ein nod cyffredinol o sicrhau cyfranogiad defnyddwyr, gan gynnwys o fewn Mind Ynys Môn a Gwynedd a bod yn ymrwymedig i weithio ochr yn ochr â defnyddwyr/goroeswyr, fel cydweithwyr, arbenigwyr (cyflogedig a heb dâl) ac ymgyrchwyr.

DS: Bydd disgwyl i bob aelod o staff gael Gwiriad gan y Gwasanaeth Datgelu a Gwahardd.

DYDDIAD CAU: 5pm ar Ddydd Mercher 22ain Awst 2018.

Disgwylir i gyfweld yn yr wythnos olaf o fis Awst 2018.

Ynys Môn and Gwynedd Mind

Ynys Môn and Gwynedd Mind is a registered charity. We exist to support people who are experiencing or recovering from mental health problems in the area of Ynys Môn and Gwynedd. Ynys Môn and Gwynedd Mind aims to ensure that the needs and interests of all mental health service users are reflected in all its activities. All staff are expected to contribute to this aim.

JOB DESCRIPTION: Anti Stigma and Recovery Worker

Responsible to: The Manager at Ynys Môn and Gwynedd Mind.

REF: YMG-ASRW

Working with: Adults and young people experiencing mental health problems within the wider community and within educational settings.
To include: The general public, other organisations within the wider community, further educational colleges, community mental health teams and other bodies relevant to this post.

Location:
Staff Base- Galeri, Caernarfon.

Delivery Location: Community locations by agreement with the manager and further educational settings across Anglesey and Gwynedd.

Aims of the post: To empower and assist individuals experiencing mental health problems to make effective change and differences to their lives to move forward.
To instil hope and optimism in supporting individuals disadvantaged by mental health problems. Using recovery approaches and self-management techniques you will support individuals to take control of their life and illness and remain well.

You will support people to reach their full potential and enable them to feel more connected and linked in with their community. The emphasis on all of this work will be on ability and not disability, and to inspire hope and optimism for positive recovery, effective change and difference.

To work closely with and report to the Manager.

Remuneration point: pro rata of £ 23,935 per annum.

Hours: 21 hours per week, to be flexible to meet the needs of the organisation. Overtime is not payable but time off in lieu may be taken at a mutually convenient time.

Annual Leave: Pro Rata of 30 days per year, inclusive of all public Bank Holidays, and days of religious observance.

This post is until Oct 2019 subject to funding.

Main Duties:

1. To deliver recovery based practice that utilises resilience models, basic counselling skills, the Recovery Star and Self-Management techniques to individuals in further educational establishments and community settings across the region. The work will offer confidential 1-1's via our established Amser i Siarad service. Within the community the service will operate away from traditional and stigmatised buildings and settings.

2. To organise, prepare and facilitate a variety of CBT based self-management courses which will run for seven weeks at any one time, each session lasting 2 hours. Courses will be available to individuals within a community and further educational setting.

3. To organise, prepare and facilitate .b Mindfulness courses aimed at 11-18yr olds, which will run for ten weeks at any one time, each session lasting 1 hour.

4. To organise, prepare and facilitate peer support groups for individuals within a community setting. The service will operate away from traditional and stigmatised buildings and settings.

5. To work with an action group consisting of Ynys Môn and Gwynedd Mind staff and beneficiaries, monitoring the work for the duration of the project. To work in co-production as far as is possible for all work.

6. Report monthly to the Manager.

7. To attend all relevant meetings within the field of mental health on Ynys Môn and Gwynedd as required for this post.

8. To lease extensively with colleagues within statutory and non-statutory organisations as required for this post.

9. To monitor and evaluate the progress of the project submitting quarterly reports to the manager and board of trustees in line with the manager's request.

10. To support the wider work of Ynys Môn and Gwynedd Mind and to undertake duties the manager deems appropriate for the work to flourish.

General: The post holder will be expected to attend such training events identified as being of value to enhance their role by the Manager. Any agreed expenses incurred will be paid in line with Ynys Môn and Gwynedd Mind's Scales.

PERSON SPECIFICATION:

The Following are considered to be essential:

A comprehensive knowledge and understanding of mental health, recovery based practice, principles of self-management and resilience models.

A comprehensive understanding of multiple disadvantage and its impact.

A comprehensive understanding of young people and mental health including an understanding of key transitions and their impact.

A comprehensive understanding of the impact of stigma and discrimination on people's life's.

A comprehensive understanding of stigma and discrimination within mental health.

Experience in the field of mental health in a paid/voluntary capacity or as a carer or user of services

Experience of working with children and young people.

A comprehensive knowledge and understanding of co-production.

A positive attitude to, and empathy with, people who use mental health services

An understanding and commitment to the involvement and empowerment of people who use mental health services.

An awareness and understanding of safeguarding.

Experience of working with people within a team setting

Experience and ability to work under pressure and to deadlines.

Effective communication and interpersonal skills.

Excellent organisational and administrative skills.

Excellent computer literacy.

Ability to work independently and in conjunction with others.

Car driver.

The ability to communicate through the medium of Welsh is essential to this post. Advanced Welsh learners welcome.

A commitment to work with the Mind network.

Experience and understanding of equality and diversity in practice.

The following are considered to be desirable:

Experience of facilitating therapeutic groups.

A counselling diploma.

Relevant first degree or equivalent.

Experience in the voluntary sector.

Expectations

1. To ensure that all responsibilities and activities discharged within this post are consistent with the terms and spirit of Ynys Môn and Gwynedd Mind's policies, upholding the values of Mind at all times.
2. The post will have a brief covering Ynys Môn and Gwynedd. The post holder will occasionally work unsociable hours, for example attending evening or weekend meetings/conferences/training.
3. The post holder is expected to attend and contribute to the supervision and appraisal process, staff training and team meetings as required.
4. The nature of the post will require flexibility in the role and to undertake any other duties that are within the context and grade of this post.
5. To contribute to working towards making Mind a greener workplace.
6. To contribute to a positive and supportive working environment and to develop positive relationships with key stakeholders.
7. To observe an appropriate level of confidentiality at all times.

8. To support and contribute to our overall aim of user participation, including within Ynys Mon and Gwynedd Mind and to be committed to working alongside users/survivors, as colleagues, (paid & unpaid) experts and campaigners.

NB: All staff will be expected to undergo a Disclosure and Barring Service Check.

CLOSING DATE: 5pm on Wednesday 22nd August 2018.

Interviews are expected to be held in the last week of August 2018.

mind
for better mental health
o blaid gwell iechyd meddwl
Ynys Môn & Gwynedd

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