

Background Information

We've been promoting positive mental health and wellbeing in Scotland since 1982. Our hopeful and caring approach supports and empowers each person to live the life they want to live. We offer flexibility and choice through our range of services and support people to make changes and improve their quality of life.

People who use our services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

We work with people with respect, integrity and compassion at all times; we work with people in a person centred way, agreeing individual goals and supporting them to live the life they want to live. We have an inclusive approach and are keen to break down the barriers which prevent some people from accessing resources that could improve their mental health and wellbeing.

We are passionate about realising the potential of people using our services, our staff and volunteers.

Community Mental Health and Wellbeing Service for People aged 55+

The support team comprises two part time Support and Development Workers and they are supported by a part time Team Leader and a part time administrator.

Support provided within the service is evidence based, informed by the Five Ways to Mental Wellbeing approach (<https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>).

- Connect - building social and personal networks through increased knowledge of community assets and support to access them. Peer support sessions with others experiencing issues with their mental wellbeing.
- Be active - introduction to gentle physical exercise with a focus on mental wellbeing. This will be offered both indoors and outdoors.
- Take notice - introduction to mindfulness and opportunities to practice mindfulness
- Keep learning - peer groups offering opportunities to learn and share skills
- Give - opportunities for volunteering within the service and beyond

Delivery focuses on one to one and group support, with a supported self-management focus. Groups are offered on a programmed basis. The focus of groups is on developing coping strategies and self-management tools and techniques.

If you have read the job description and person specification and have any further informal enquiries, please contact John Murphy by email on John.Murphy@health-in-mind.org.uk or call 01506 637572