



Hello and welcome to EDNE

We're a small charity with a staff team of 15 who support people affected by eating distress. We use the term 'eating distress' because we're a mental health organisation who works with anyone who has a disordered relationship to food, with or without a diagnosis.

### **Our work**

Our goal is that people with eating distress achieve positive mental health and can experience changed lives through the help of our services.

We are passionate about our work, knowing the difference that it can make in people's lives. Our work is flexible, responsive and person-centred. We work in a holistic way to improve mental health and wellbeing, helping people to understand their condition and its underlying causes, to begin to address difficult behaviours, to develop other coping mechanisms and overcome isolation.

We aim to provide a safe, non-judgemental environment in which people can explore their use of food and underlying mental health problems which typically include anxiety, depression, low self-esteem, body image issues, powerlessness, attachment issues.

### **Eating disorders**

Eating disorders are serious mental illnesses; we use the term eating distress (ED) to include all those who have a difficult relationship with food, usually developed as a way of coping with difficult feelings. It is estimated that around 1.25 million people have an eating disorder.

We work with people with mild to moderate eating distress and have done for over 30 years.

### **About this role**

Our Group Worker will coordinate and facilitate our group work for people and their families, working with our Counselling Lead to ensure our group service is responsive to need.

We're looking for someone with excellent group facilitation skills; understanding and knowledge of mental health issues and how they impact on individual and families; and a commitment to holding hope and the knowledge that recovery is possible for people affected by eating distress and disorders.

## Job Description

<b>Job Title:</b>	Group Worker
<b>Reports to:</b>	Counselling Lead
<b>Location:</b>	Hybrid: EDNE offices (Newcastle), outreach across the North East region including the Tees Valley area and some home working.
<b>Salary:</b>	£25,000 (pro rata)
<b>Hours of work:</b>	14.8 hours per week (two days per week)
<b>Type:</b>	Fixed term for 12 months (extension subject to funding)
<b>Starting date:</b>	This post is available with immediate effect

### Main purpose of job:

To coordinate and deliver a group work service to individuals and their families affected by eating distress which complements our counselling service; supports recovery and reduces isolation; and is responsive to the needs of participants.

### Duties of job:

- Proactively engage people to attend the groups, using a variety of mediums to engage them; effectively communicate with potential participants to give programme information, support and encourage engagement.
- To network with partner organisations who could refer participants into the group and proactively advertise, promote and raise awareness of the group.
- To meet with participants in advance to assess their suitability for group and to enable them to participate, identifying and addressing barriers to access where possible.
- To undertake 'end assessments' with all participants to determine the effectiveness of the group and gather feedback.
- To design the group work in line with objectives and participant needs, being responsive to changing needs over time.
- To deliver the group work sessions, providing non-therapeutic psycho-education and facilitating peer support.
- To work with the Counselling Lead to design methods to evaluate group work and implement.
- To support the production of reports and contribute to funding applications, led by the Counselling Lead and CEO.
- Create and arrange group materials and supplies including sourcing of venues and refreshments.
- Carry out regular consultations with service users to keep improving the work, proactively identify gaps in provision in order to offer groups that meet needs and address gaps, whilst monitoring delivery.
- To attend regular supervision to discuss issues relating to direct client work.
- Display a thorough understanding of equality and diversity in the delivery of the group.
- A willingness to work at bases around the region and on occasion attend evening or weekend meetings and groups if and when required.

- Be committed to the safeguarding of all children, young people and adults at risk and follow all organisational safeguarding policies and procedures.
- Maintain the confidentiality of sensitive personal and organisational information, in line with the organisations confidentiality policy and GDPR policy.
- Undertake any other duties of a reasonable nature as directed by the Counselling Lead.

**To be successful in this role you will have all (or most of) the following:**

### **Experience**

- Designing and delivering group work and/or training workshops and excellent group work facilitation skills
- Monitoring and evaluation methods and processes
- Able to network and build effective relationships with a wide range of individuals and organisations
- Developing new service/projects
- Promoting services/projects using digital media and channels

### **Knowledge**

- Commitment to promoting equality and diversity and implementing anti-oppressive practice
- Developed understanding of personal / work boundaries
- The importance of confidentiality, safeguarding, handling sensitive personal data, and data protection
- Knowledge and awareness of the barriers which prevent different communities from accessing mental health services
- Knowledge of the VCSE sector in the North East and its range of support services

### **Skills**

- Excellent interpersonal, organisational and time management skills
- Excellent listening or counselling skills
- Can communicate effectively orally, in writing and via other media
- Use of Microsoft Programmes and very good digital literacy
- Imaginative, creative, and flexible to respond to emerging need from service users
- Able to work on own initiative and as an effective team member
- Ability to reflect on your own practice and state own learning needs
- Ability and willingness to travel around the North East region (including the Tees Valley) and work some unsocial hours
- Enhanced DBS / willingness to undertake one

For an informal conversation about the role please contact Rachel Cowey, EDNE Counselling Lead:

[Rachel.cowey@edne.org.uk](mailto:Rachel.cowey@edne.org.uk)

## Principle Terms and Conditions

Job Title	Group Worker
Responsible to	Counselling Lead
Hours worked	14.8 hours per week (2 days). Usual working hours are Monday to Friday, 9am to 5pm. However, some out of hours work may be necessary for this role and we operate a flexible system to allow for working patterns outside these hours to be accommodated, with agreement, according to need.
Salary	£25,000 (pro rata)
Contract	12 months fixed term subject to a three-month probationary period Notice.  Notice to terminate employment following probation is six weeks' notice (one week during the probationary period).
Annual leave	The full-time entitlement is 28 days including three closure days between Christmas and New Year and excluding Bank Holidays
Pension	EDNE's pension provider is NEST and EDNE makes an employer contribution to this of 3% of salary, rising to 5% after 12 months, provided the staff member makes at least the minimum contribution as per auto-enrolment.
Location	EDNE offices (Newcastle), outreach across the North East region including the Tees Valley area and some home working.
Expenses	EDNE will pay for travel if an employee is requested to travel as part of their role (outside of commuting to work).

### Recruitment timetable

Deadline for applications: 5pm on 13<sup>th</sup> July

Interviews will take place on Wednesday 26<sup>th</sup> July in Newcastle