



Job Description

Children and Young People's Social Prescribing Link Worker

Accountable to:	Chesterfield Football Club Community Trust
Reports to:	Connect to... @ The HUB Social Prescribing Manager
Location:	Based at The Technique Stadium, with travel across the wider Bolsover and Chesterfield area as required
Hours:	Three posts are available: 1 x 1.0 FTE Link Worker – Bolsover and Hardwick PCN 1 x 1.0 FTE Link Worker – Bolsover and Chesterfield 1 x 0.6 FTE Link Worker – Bolsover and Chesterfield <i>Some flexibility may be required in hours worked</i>
Salary:	FTE: £24,973 pa (pro-rated for 0.6 FTE post)
Type of contract:	12 months fixed term, with possible extension subject to funding

Background

Social Prescribing empowers people to take control of their health and wellbeing through a referral to a non-medical 'Link Worker.' Link Workers are able to spend time with an individual, focusing on 'what matters to me' and taking a holistic approach. They connect people to community-based and community-led social, practical and emotional support, as well as statutory services.

Social Prescribing aims to increase people's active involvement in their local communities. It can strengthen resilience at both a personal and community level, and it reduces health inequalities by supporting people to address the wider determinants of health, such as debt, poor housing and physical inactivity. It works particularly well for adults, children and young people who are lonely or isolated, and those with complex social needs which affect their wellbeing.

A key element of the support offered by the Link Worker is to build clients' motivation and confidence for change. They do this by utilising person-centred and asset-based approaches such as motivational interviewing, coaching and resilience building. They work to increase social connectedness, increase physical activity, improve financial stability, improve personal safety and support the development of social networks and community assets. Link Workers enable clients to achieve their goals through one-to-one support.

Nationally, and locally here in Derbyshire, social prescribing for adults is developing fast and delivering fantastic results. Traditionally it has been used to help adults and older adults find

non-medical ways of combating loneliness and stress, but social prescribing has huge potential for young people too.

Derbyshire Voluntary Action and Chesterfield Football Club Community Trust have been working in partnership since April 2021 to develop social prescribing for children and young people in Chesterfield. Thanks to new support from Derbyshire Community Healthcare Services and North Hardwick and Bolsover Primary Care Network, the partners are now looking to extend the initial pilot project through to March 2023, and expand their team of Link Workers to provide even more community-based support for 12-18 year-olds.

Purpose of the Role

The main purpose of the Link Worker role is to provide personalised support to individuals, their families and carers to take control of their wellbeing and improve their health outcomes.

Young people from similar backgrounds with equivalent opportunities can end up having very different experiences of life. Some feel isolated in a place where life has lost meaning, while others find a life of meaning and purposeful relationships. In general, that is. Reality is more fluid: young people fluctuate daily, weekly and annually between thriving, struggling and something in between. The Covid-19 pandemic has created a new set of circumstances for young people that exacerbates these challenges.

Diverse activities and services are available in our communities, but those who may benefit from them most don't always feel able to take part. What they need is a helping hand, someone to listen to their needs and connect them, even take them personally to a nearby offer.

Our Children and Young People's Link Workers are here to help young people make the connections they feel unable to make by themselves. The connection could be to an advice or counselling service, or to something sporty, arty or social. Or to volunteering, or literacy support. Or a combination of several of those things - all of which will give them a strong foundation, positive wellbeing, basic skills and reliable relationships.

1. Key Responsibilities

- Develop an in-depth knowledge base of support, activities and personal development opportunities for young people in Bolsover and Chesterfield.
- Develop a good knowledge of a broad range of opportunities for young people to engage with their community and become involved in community-based activities.
- Create effective networks and relationships with the various partnerships, organisations and groups who promote and deliver activity of all kinds for young people in Bolsover and Chesterfield.
- Draw on and increase the strengths and capacities of local communities, enabling local voluntary organisations and community groups to receive social prescribing referrals. Ensure they are supported, have safeguarding processes for children and adults, and can provide opportunities for the young person to develop friendships, a sense of purpose and belonging, and build knowledge, skills and confidence.

- Have a strong awareness and understanding of when it is appropriate or necessary to refer people back to other professionals/agencies, when what the person needs is beyond the scope of the Link Worker role – e.g. when there is a mental health need requiring a qualified practitioner.

2. Key Tasks

2.1 Build relationships with referral partners and receive referrals from them

- Build relationships with key staff in partner and stakeholder organisations (schools, Childrens Services, School Nurses, GP's etc) and local voluntary and community groups and services.
- Work in partnership with all local agencies to raise awareness of social prescribing and how partnership working can reduce pressure on statutory services, improve health outcomes and enable a holistic approach to care.
- Attend relevant meetings, becoming part of the wider network, giving information and feedback on social prescribing.
- Receive referrals from referral partners and support them to make appropriate referrals.
- Seek regular feedback from referrers about the quality of service and impact of social prescribing.

2.2 Provide personalised support to young people on an individual basis

- Decide on the most appropriate place to meet people: this may be a home visit, at Chesterfield Football Club or another appropriate community venue.
- Meet children and young people on a one-to-one basis. Give them the time they need to tell their own story and to focus on 'what matters to me'. Build trust with the person, providing non-judgemental support and respecting diversity and lifestyle choices. Work from an asset-based approach by focusing on a person's strengths.
- Be a friendly source of information about wellbeing and prevention approaches.
- Help people identify and understand the wider issues that impact on their health and wellbeing, such as debt, poor housing, loneliness and caring responsibilities.
- Work with the person, their families and carers and consider how they can all be supported through social prescribing.
- Work with individuals to co-produce a simple personalised action plan – based on the person's priorities, interests, values and motivations – including what they can expect from the groups, activities and services they will be connected to and what the person can do for themselves to improve their health and wellbeing.
- Where appropriate, accompany clients to community groups, activities and statutory services, ensuring they are comfortable. Once they have settled in, follow up to ensure they are happy, able to engage, included and receiving good support.

- Where people may be eligible for a personal health budget, help them to explore this option as a way of providing funded, personalised support to be independent, including helping people to gain skills for meaningful activity, where appropriate.

2.3 Support community groups and VCSE organisations to receive referrals

- Forge strong face-to-face and virtual links with local voluntary and community organisations and neighbourhood level groups.
- Develop mutually supportive relationships with local voluntary and community organisations, community groups and statutory services, to enable timely, appropriate and supported referrals for the person being introduced.
- Alert local partners and commissioners to unmet needs within community and gaps in community provision and where possible, work with them to support the development of new groups and services to meet those needs.
- Where appropriate, encourage people who have been connected to community support through social prescribing to volunteer and give their time freely to others, in order to build their skills and confidence, and strengthen community resilience.
- Where appropriate, encourage people, their families and carers to provide peer support and to do things together, such as setting up new community groups, mentoring their peers, or volunteering.

2.4 Capture qualitative and quantitative data

- Support referral agencies to provide appropriate information about the person they are referring.
- Support referral destinations to provide appropriate information about the outcomes which have resulted from a referral to their activity/service.
- Work sensitively with young people, their families and carers to capture key information, enabling tracking of the impact of social prescribing on their health and wellbeing.
- Use impact measuring tools provided, to track the young person's progress.
- Encourage young people, their families and carers to provide feedback and to share their stories about the impact of social prescribing on their lives.
- Provide appropriate and timely feedback to referral agencies about the young people they referred.

3. General Tasks

3.1 Professional Development

- Work with the Connect to... @ The HUB Social Prescribing Project Manager to plan and undertake continual personal and professional development, taking an active part in reviewing and developing the role and its responsibilities.
- Undertake relevant training as required.
- Continually update own knowledge and skills within the job role and contribute to setting own work objectives.

- Work with the line manager to access 'clinical supervision', to enable you to deal effectively with the difficult issues that people may present.
- Adhere to organisational policies and procedures, including confidentiality, safeguarding, lone working, information governance, and health and safety.

3.2 Miscellaneous

- Work collaboratively with colleagues across Chesterfield Football Club Community Trust and Derbyshire Voluntary Action to seek feedback, continually improve the service and contribute to business planning.
- Attend regular staff, supervision and special purpose meetings.
- Undertake any tasks consistent with the level of the post and the scope of the role, ensuring that work is delivered in a timely and effective manner.
- Duties may vary from time to time, without changing the general character of the post or the level of responsibility.