



**Support Worker**

**Route One**

**Job Details**

**Ref: 919**

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**Fixed Term Contract Ending 30<sup>th</sup> April 2020**

## **Brighton Housing Trust**

BHT is a charity and a registered housing association working in Brighton and Hove, Eastbourne, Hastings and other parts of Sussex.

BHT's Mission is to combat homelessness, create opportunities, and promote change and aims to achieve this Mission through a network of interlinked projects. By providing direct, practical services combined with a commitment to challenge the causes of poverty and inequality, we hope to achieve a supportive structure which men and women can use in a variety of ways to improve the quality of their lives.

For more information please see BHT's website [www.bht.org.uk](http://www.bht.org.uk).

## **Project/Department Summary**

### **Route One**

Route One provides accommodation for sixty adults presenting with a range of mental health diagnoses, including: Schizophrenia, Bipolar Disorder, Personality Disorder, Depression, OCD, PTSD, those with a dual diagnosis, and people experiencing the effects of complex trauma.

The service provides a dynamic, flexible approach to supporting people with mental health and complex needs, incorporating the recovery model, trauma informed care, and working within a psychologically informed framework.

The project offers a variety of accommodation:

- Carlisle Road: 14 self-contained flats
- Aymer Road: 14 self-contained flats
- Bear Road: 6 self-contained flats
- Westbourne Gardens: 1 self-contained flat and 4 units of shared accommodation
- Sackville Gardens: 1 self-contained flat and 4 units of shared accommodation
- Chelwood Close: 5 units of shared accommodation
- Dorset Gardens: 6 units of shared accommodation
- Belle Vue Gardens: 5 units of shared accommodation. Specialist women-only Service.

The service works closely with primary and secondary health services, statutory and third sector services. Multi-agency support and risk reviews are led by each client's allocated support worker.

Asset-based 1:1 and group work are provided, within a flexible range of 2-8 support hours per week, based on individual need. The overarching aim is to move people on to independent living within two years. The Outcomes Star is the primary tool for measuring change.

Key Service outcomes:

- To promote mental health recovery
- To increase independence and improve independent living skills
- To work in partnership with statutory mental health services in Brighton and Hove.

### **Mental Health and Wellbeing Service, including Threshold**

BHT's Mental Health & Wellbeing Service supports men and women to improve and maintain their mental health and wellbeing by offering a wide range of support with anxiety, stress, trauma, low self-esteem, self-harm, suicidal thoughts, post-natal depression, bereavement and loss. Support is available through both 1-1 and group support, including: One to one sessions and Wellbeing Groups with trained counsellors, life-skills workshops, casework, one to one support sessions, drop in groups, women only services provided by Threshold, peer support groups, and peer support volunteer training

### **The Archway Project**

The Archway project provides a range of accommodation and support options to 14 people with mental health support needs. The project consists of two CQC-registered residential care homes, Portland Road (9 residents) and Sackville Gardens (5 residents).

### **Shore House**

Shore House provides 20 units of accommodation in one building. The project offers intensive and high levels of support with staff on site 24 hours a day. The support is tailored to individual need, working with and managing varying levels of risk.

Support is designed to address high impact social issues such as emotional health and well-being and healthy weight and nutrition as well as wider detriments which impact on health and well-being such as employment and housing.

## Job Summary

The role of the Support Worker is to provide housing-related and flexible tailored support to people with mental health and complex support needs. They will be responsible for a caseload of clients, and provide a range of 1:1 and group-work support; this will include supporting clients to:

- Access mental health/addiction/health services
- Ensure income maximisation, including support to obtain work, learning, and voluntary opportunities
- Understand financial planning, including budgeting, saving, paying utilities, paying rent.
- Prepare to move on to independent living, including life-skills, arrears prevention, behaviour change
- Improve their mental health and wellbeing, including the use of recovery-focused support and safety tools
- Maintain their accommodation, including health, safety, and hygiene support

The support worker will take on the role of House Lead, and will be responsible for the health, safety, and upkeep of designated properties. This will include being responsible for:

- Undertaking regular health and safety inspections - fire, client rooms, internal and external inspections.
- Liaising with maintenance contractors
- Cleaning and preparation of void rooms, including the upkeep of communal areas.

The support worker will also be responsible for liaising effectively with statutory mental health services, including the coordination of joint support and risk planning.

## Salary

Salary is paid monthly in arrears and will be £22,905 per annum. Additional payments will be made for responsive on call cover, if support out of hours is required. An employer's pension contribution of between 5.5% is also paid. The level of this contribution is reviewed annually.

## Hours of Work

The hours of work for this post will be 37 hours per week. Working 9am to 5pm Monday to Friday with one weekend in four from 10am to 6pm. Flexibility will be required. Time off in the week is granted for this.

BHT does not pay overtime, but will grant time off in lieu if agreed by the service manager. Participation in responsive on call cover, if support is required out of hours.

## Annual Holidays

The annual leave entitlement will be 185 hours (25 working days), rising 1 day for each year of service to a maximum of 222 hours (30 days) pro rata. The role will include working on some bank holidays as part of the team rota for which "time of in lieu" will be granted.

## Closing Date

12 noon, Monday 3<sup>rd</sup> June 2019

## Interview Date

Monday 10<sup>th</sup> June 2019

**We regret that we are unable to reply to every job applicant. However, if you are called for interview, you will be notified within seven days of the closing date.**

**An Enhanced DBS Check (Disclosure and Barring Service) is required on all successful applicants as a condition of employment for this post.**

**BHT operates an Equal Opportunities Policy**