

# Candidate Pack

**OOMOO**  
**Mental Health  
and Emotional  
Wellbeing  
Practitioner**

# Want to do something amazing?

Open Door is one of Merseyside's most dynamic and progressive independent charities committed to shaping change in mental health. Based in Birkenhead, we deliver a holistic and creative programme of services that support the wellbeing and mental health of young people and families, using innovation, arts and culture as catalysts for change.

All our programmes are free of charge and we have no waiting lists; we are committed to providing free, fast and effective mental health support at the point that people need it most. Our beneficiaries join our organisation as 'members' and can access a wide range of services including workshops, activities and individual support. Our offer is engaging and versatile, providing choices that aren't available through conventional mental health services.

**open door** 

We apply creativity and innovation to everything that we do; our services are led by a dynamic team of staff and trained peer mentors who, using their own personal experiences and a range of effective tools and programmes, support individuals through to better times.

We have two main sites in Birkenhead, and over the past 13 years have grown to become one of the largest independent providers of talking therapies in Merseyside and one of the most progressive organisations of our kind in the UK.

We were awarded the Queens Award for Voluntary Service in the 2019 Honours List, the Investing in Volunteers Chartermark in 2019 and most recently we were named as a winner of the prestigious Kings Fund x GSK Impact Awards for our excellent work in health and wellbeing.

Open Door is all about empowerment, culture and opportunity. Not only do we offer support services for our members, but we also provide our local community with a creative and social space, Bloom Building. From Bloom, we offer hot-desking, workshops, tenancies and more. We host art exhibitions, an eclectic events programme and a network of cultural and health partners who work together with Open Door to co-create a vibrant programme of activities for new and existing members, taking mental health support out of traditional, clinical models and into the heart of engaging, non-stigmatising arts and culture.

Our organisational values are:

- Human
- Fire
- Visionary
- Professionalism







# Our vision

What we hope to achieve in the longer term

Together our members, mentors and staff transform cultures around mental health. The times when we need support become moments of meaningful change. We all have opportunities to connect with brilliant people, transformative tools, and inspirational places.

## Our mission

Why we are here and what we do

Open Door exists to shape meaningful change in mental health. We create inclusive communities, joyful places and evidence-based programmes that empower people to be mentally well. What we do first-hand in Merseyside, we share with others, inspiring change across the UK.

Creativity and shared experience is at the heart of everything we do; we innovate, we collaborate, and we push for lasting change.

## Our future

Open Door Charity has been through a significant period of development over the past three years; we've taken on new projects and commissioned services supporting families and care experienced young people, we've significantly grown our staff and volunteer team and operate from two main sites in Birkenhead.

We have just established a robust senior leadership team, governed by a strong board of trustees and have just passed our 13th anniversary. We have some exciting projects in the pipeline and now is a great time to join the Open Door Charity to help us on the next stage of our development.

In our most recent staff survey, our team reported:

**100%**

of staff feel valued  
by their manager.

**100%**

of staff feel they are  
part of a supportive  
team and have good  
working relationships.

**100%**

of staff feel positive  
about the work they  
are doing at Open  
Door.

## A place to develop

Open Door Charity strives to be the best job you ever have. We understand that when we recruit passionate, driven and ambitious people we won't be the last stop in your career journey. We are committed to ensuring your time with us is as transformational and developmental as it can be for the charity and for your personal and professional development.

The ways we achieve this include:

- Access to networking events within the third sector and beyond
- Access to training opportunities within your role
- Regular one to one meetings with your line manager

“ODC is in a hugely exciting place.

We have been in the world for 13 years, delivering a dynamic and holistic package of services that are helping set the tone nationally in how mental health can be supported, where the mental health conversation sits and the power of deep human connection and collective experiences to bring about tangible change in peoples lives.

We have large scale commissioned projects which we now deliver independently and alongside regional and national partners, and are pressing ahead with creating what we believe will be the most progressive and spectacular wellbeing and creativity environment in the UK - Joy.

To achieve all of this we need the best people to come on board, so have focused efforts and resources in recent years on creating a workplace which is exciting, challenging and fun to be in, gets the best out of its people, supports one another and has the achievements of our people's purpose front and centre in our approach.

We will do everything we can to make this the best job you will ever have. We look forward to hearing from you.”

**Lee Pennington – Charity Director**





# Job description

Role:

**Mental Health and Emotional Well-being Practitioner (OOMOO) x2**

Working pattern: Part-time, 25 hours per week (Tuesday-Thursday, 10am-7pm. Flexibility required for once Saturday per month and occasional events such as awards evenings and excursion events)

Location: Birkenhead.

Contract type: Fixed term.

Contract: 4 years\*

Reports to: Mental Health and Emotional Well-being Lead Practitioner

Salary: £15,873

\*Dependent on a successful 6-month probationary period, demonstrating ODC values and excellent execution of responsibilities.

Other benefits:

- 25 days annual leave [pro rata] (excluding bank holidays), plus annual Christmas shutdown
- £20 monthly wellbeing budget
- Weekly staff yoga
- Opportunity to take part in quarterly team away days
- Cycle to work scheme
- Wellbeing support available
- Free eye tests

# OOMOO Overview

OOMOO is a bespoke and unique specialist service that provides a mix of trauma-informed, wellbeing and nurture support by focusing on positive attachments and specialist mental health support for CLA as well as clinical review and intervention.

We deliver a varied programme of creative activities to improve the mental health and wellbeing of CLA. Our aim is to be innovative and adapt to the ever-changing and evolving world that young people live in. We promote positive and sustainable relationship building for young people to improve placement stability, and support CLA to achieve their full potential and become well-rounded independent adults with a positive outlook for their future.

Our staff are trained in relationship-based and trauma-informed approaches, improving mental health and emotional wellbeing outcomes for young people, with the emphasis on building positive attachments with professionals that they can relate to. Staff are trained in suicide prevention and complex safeguarding to support our members.

Our service offers a variety of support including 1:1 and group Cognitive Behavioural Therapy, and weekly wellbeing activities to provide increased opportunities for CLA to engage, including:

- A physical programme to promote exercise and physical wellbeing i.e. boxing, aerial, yoga, dance
- A creative programme to promote self-expression i.e. music, creative writing, art, anime
- A mindfulness programme to promote positive mental health i.e. CBT



# Main Duties and Responsibilities

- Deliver a front-facing programme directly with CLA, building strong relationships, having impactful conversation, and thereby shaping change in their mental health.
- Working as a team to create a welcoming and member-focused environment to ensure members have a good experience accessing OOMOO and capturing this.
- Deliver targeted mental health support face-to-face, such as Bazaar, to our members.
- Managing referrals and making initial contact with new members and social workers.
- Ensuring thorough handovers and updating CRM systems to ensure up-to-date notes.
- Co-ordinate, encourage and oversee young people's engagement in our service: welcoming members, sending reminder texts, managing cancellations, keeping members and professionals informed, updating bookings schedule, answering and making phone calls, responding to emails and voicemails, facilitating external bookings with therapists on site, etc.
- Confidently support and provide guidance to professionals who support young people through a multi-agency approach in an inclusive, supportive, empowering way to ensuring that all systems and processes are responsive to young people.

## Main Duties and Responsibilities (continued)

- Understanding young people's needs and how we can meet them whilst capturing barriers in terms of accessing the service to work together on alternative solutions.
- Maintaining the presentation and functioning of the OOMOO space, opening up and locking up at start and end of day, restocking resources and supplies etc.
- Planning a well-rounded wellbeing programme with activities that aim to improve young people's emotional wellbeing and mental health.
- Co-ordinating the OOMOO volunteer experience, including new volunteer applications, DBS checks, training and debriefs following sessions.
- Attending outreach visits to engage young people and inform professionals of the OOMOO offer.
- Signposting to external partners where needed, e.g. social care, local third sector organisations, emergency services etc.

# Safeguarding

- To safeguard young people and professionals in our young people's lives by following safeguarding policies and procedures in place.
- Log any safeguarding or suicide prevention concerns internally.
- Liaising with emergency contacts and emergency services as appropriate.
- Responding to risks and actioning appropriately, including completion of safety plans.
- Passing on any safeguarding to Designated Safeguarding Lead.

# You will be a great fit if...

## **You have these qualifications:**

**(Essential – E, Desirable – D)**

- Psychology, health, or social care undergraduate degree (D)
- A full UK driving license (D)
- Successful candidates will require an Enhanced DBS Check

## **You have this experience:**

- Working within the children's or adults' mental health or emotional health and wellbeing system or in a therapeutic setting (E)
- Working directly with children, young people, and those supporting them (D)
- Handling general safeguarding concerns and the ability to make sound judgements with rationale for the safeguarding decisions (E)
- Handling safeguarding concerns specifically relating to suicide ideation (D)
- Using a CRM system to record, manage and utilise data (D)
- Facilitating support sessions 1:1 or in group settings (D)
- Coordinating programming of activities, outreach events and volunteers (D)

# You will be a great fit if...

## You have these skills:

- Ability to develop trusting relationships with young people and handling difficult conversations directly and sensitively (E)
- Highly organised and able to manage a busy and varied workload (E)
- Excellent people skills and ability to work well as part of a team and with people from varied backgrounds (E)
- Self-reliant IT skills, in particular Microsoft Office programmes (E)
- Trained in suicide prevention (D)



# You will be a great fit if...

## **You demonstrate these behaviours:**

- Familiarity with community resources related to emotional health and well-being support (D)
- Understanding of trauma (E) and ability to work in trauma informed way (D)
- Proven advocacy skills and a commitment to empowering people to advocate for their own needs and preferences within the healthcare system and broader community (D)
- Knowledge of issues facing children and young people that impact on emotional health and wellbeing (D)
- Understanding of the importance of the voice of the child (E)
- Personable, professional, and able to comfortably communicate with a variety of stakeholders (E)
- Commitment to equal opportunities and equity of access (E)
- Willingness to undertake training (E)

# Any questions, get in touch

Email us:

[vacancies@opendoorcharity.com](mailto:vacancies@opendoorcharity.com)



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**FUNDRAISING  
REGULATOR**

We are committed to having a diverse workforce and promoting equality, however, this is a work in progress, and we know we still have a way to go. We value and respect all differences in all people (seen and unseen) and we aspire to inclusive working experiences and an environment that reflects the communities we serve, where our people have equal access to opportunities, their voices are heard and they can contribute to our future.

We actively encourage applications from care leavers, BAME and LGBTQ+ candidates, those from lower socio-economic backgrounds, and those with a disability. If you are called for interview and have any accessibility requirements, please let us know.

To register your interest, please send a copy of your CV, completed equality & diversity form and cover letter outlining how you meet the requirements through to [vacancies@opendoorcharity.com](mailto:vacancies@opendoorcharity.com).

This opportunity closes Monday, February 17th 2025, at 12am. We reserve the right to close this vacancy if we receive a high number of applications.

## **We look forward to hearing from you!**



[www.opendoorcharity.com](http://www.opendoorcharity.com)

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