

**Family & Carers  
Sessional Group Worker  
– East Sussex**

**cranstoun** 

Post Information Pack

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*great men,*

*should all*

**become part of our team**



Since 1969 **Cranstoun** has been making life better for those affected by alcohol and drugs. Our skilled and compassionate people work closely with services users and their families to change and save lives. We combine proven expertise in treatment and recovery with innovative approaches and actively involve those we help in improving the design of the services we provide.

Family and Carers Team (FACT) East Sussex is an innovative support service for those who are affected by someone's poor mental health and substance misuse issues.

FACT East Sussex provides group and 1-1 interventions, in partnership with local services to empower and increase the resilience of FACT service users. The service supports family and carers by providing opportunities for family and carers to engage in and benefit from peer support alongside utilising community services.

Our skilled and compassionate staff, volunteers and mentors work closely with services users and their families to change lives. We combine proven expertise in treatment and recovery with innovative approaches and actively involve those we help in improving the design of the services we provide.

## **Responsible to:**

Family & Carers Team Leader

## **Job Purpose:**

- To provide support and empowerment to people who are caring for or are involved with relatives, close friends and significant others who have a dual diagnosis.
- To develop and provide psychosocial/educative groups, peer support, advice and information drop-ins in Eastbourne, Bexhill and Hastings to the families and carers in order to provide knowledge and education around issues that are commonly connected to the families/carers.

## **1. Key Activities**

- Facilitate , plan and organise groupwork sessions in local community venues (primarily Eastbourne, Bexhill and Hastings).
- Manage the group process and facilitate collaborative learning within the group work setting.
- Support and encourage peer support

## **2. General**

- In carrying out the above duties the post holder will:
- Work flexibility across locations
- Work flexibly to maintain the most appropriate level of service provision
- Seek to improve personal performance, contribution, knowledge and skills
- Participate in supervision, appraisal and training processes
- Ensure the implementation of Cranstoun policies, including safeguarding adults and children
- Contribute to maintaining safe systems of work and a safe environment
- Undertake other duties as appropriate to the post

## Experience

- Working with family/carer issues and the impact substance misuse and poor mental health has upon the individual
- Group work

## Abilities and Attributes

- A commitment to identifying learning needs and professional development.
- Respond flexibly to the demands of the post
- Commitment to Equal Opportunities in service delivery
- Initiative
- Ability to meet targets & deadlines

## Skills

- A demonstrable ability to facilitate and motivate change with individuals.
- Demonstrable written skills.
- An ability to remain calm under pressure.
- An ability to organise and plan workload and to work on your own initiative
- IT skills
- Maintaining professional boundaries

## Knowledge

- An understanding of group work
- Substance misuse and mental health

## Other Requirements

- Access to transport for business use.
- Flexibility in supporting evening Support Groups when needed



## Person Specification