



JOB TITLE: Parent / Carer Chair and Co-Chair facilitators (2 X roles) for Parent / Carer Peer Support Group

HOURS: 12 hours per month

CONTRACT TYPE: self-employed freelance

LOCATION: Norfolk & Waveney (online)

HOURLY RATE: £15

Reporting to: CEO/Operations Manager

DBS CHECK: Basic level check

ABOUT Eating Matters: Eating Matters is a Norfolk charity providing early intervention counselling for people age 11+ suffering with mild to moderate eating disorders, in the community. Our primary aim is to intervene early to avoid eating disorder behaviours becoming unmanageable and having a serious impact on a person's physical and mental wellbeing. We work closely with NHS Community Eating Disorder Services for both children and adults. We are a mental health charity and work hard to help individuals in their recovery.

EATING DISORDERS:

Eating disorders comprise a range of syndromes encompassing physical, psychological and social features. The impact of a person's eating disorder on home and family life is often considerable and family members also often require help and support to understand the complexity of the issues and ways to help support treatment. Eating disorders can be mild but for some people these illnesses can have significant impacts with Anorexia Nervosa having the highest mortality rate of all mental health conditions. Additionally, there is evidence to suggest that when parents and carers feel positively about peer support and more equipped to support a person with an eating disorder, this supports bettered outcomes for patients (Hannah, et al., 2022).

ABOUT THE ROLE: We are looking to engage 2 enthusiastic and passionate facilitators with lived experience as a parent / carer of a young person up to the age of 25 with an eating disorder to run a parent carer peer support group open to the whole family and any care givers of a child or young person up to the age of 25 that has a diagnosable eating disorder or disordered eating. The aim of the group is to offer peer support, education opportunities and a safe space to share their achievements, concerns and experiences. The group will provide a regular forum for parents / carers and help promote recovery. Initially the group will meet at least once per month and will increase per activity and size of the group, as appropriate. The meetings will be online (or occasionally in person at the Group's request). The service will be open to families of Norfolk & Waveney's population. At least one clinical/eating disorder professional will be present at the meetings to support the co-facilitation of the group. Through sharing lived experience, the facilitators will be willing to share their journey and inspire hope and instil belief that recovery is possible to both individuals and their wider support network. Appropriate training and supervision will be provided to support these roles.

Key tasks & responsibilities:

1. To work with colleagues to plan a professional and coordinated programme either digitally or in groups and meeting the requirements of the contract.
2. To co-facilitate all groups (with the exception of annual leave) with one other group co-facilitator, and/or colleagues from NSFT or Eating Matters.
3. To take responsibility for ensuring that parents / carers are kept informed of eating disorder pathways in Norfolk & Waveney.
4. To undertake relevant training and supervision to be able to deliver the group.
5. Respond appropriately to any safeguarding concerns; demonstrating an understanding of, and complying at all times with Eating Matters procedures for promoting and safeguarding the welfare of children and vulnerable adults.
6. To ensure that all relevant data and outcomes are collated for the Operations Manager to complete relevant monitoring reports.
7. To work with all those involved in the delivery of the group to monitor and review its development and identify revisions to the service delivery.
8. Be able to evidence Eating Matters values at all times, including early intervention and pro recovery.
9. Implement Eating Matters Equality & Diversity Policy and Ethical Policy in every aspect of your work and positively promote the principles of these policies amongst colleagues, service users and other members of the community.
10. Comply with Eating Matters Health and Safety Policy, Data Protection Policy and to protect your own and others' health, safety and welfare.
11. Work flexibly as may be required by the needs of the service and carry out any other reasonable duties as required.

HOW TO APPLY: Please email your CV and covering letter explaining why you would be suitable for this role to Yolande Russell – CEO, director@norfolkeda.org.uk

Closing date for applications is 11.59pm Tuesday 2nd January 2024