**Job Description: Workshop Lead (Mental Health)**

**Job Title:** Workshop Lead (Mental Health)  
**Reporting To:** CEO (Our Time)  
**Location:** Dundee  
**Hours:** Approx. 6 hours per month, including a 2.5-hour monthly workshop, planning, debriefing, and home visits for new families.  
**Salary:** £60 per hour  
**Contract Length:** 1 year

**Purpose of the Role**

We are seeking a motivated individual to lead the KidsTime multi-family workshops in Dundee. These workshops bring together families, children, young people, and parents to provide support, education, and peer support.

**KidsTime Workshops**

KidsTime Workshops provide a supportive environment for children and families impacted by parental mental health issues. These workshops offer fun, educational activities where children learn about mental illness through games and drama, while adults share experiences and discuss their roles as parents.

Workshops take place once a month (after school hours) and involve up to 10 families.

**Key Responsibilities**

* Plan, facilitate, and monitor workshops in collaboration with the Coordinator and Drama Facilitator.
* Manage the referral process and conduct home visits to induct new families.
* Lead the delivery of 11 monthly workshops, ensuring confidentiality and safeguarding at all times.
* Participate in project evaluation, sharing insights with the team and contributing to reports.
* Share information on services to support families with participants.
* Act as a positive ambassador for the KidsTime Workshops.

**Essential Criteria**

**Experience:**

* Experience working in a mental health setting.
* Group facilitation experience.
* Knowledge of mental health and family dynamics.

**Skills & Abilities:**

* Ability to discuss mental health in a clear, respectful manner.
* Strong group facilitation and leadership skills.
* Ability to engage both parents and children in discussions of challenging topics.
* Ability to handle difficult situations calmly and safely.
* Commitment to mental health advocacy and diversity.

**Knowledge:**

* Understanding of the impact of parental mental illness on children.
* Knowledge of safeguarding policies and practices.
* Familiarity with local health and social care services.

**Qualifications:**

* Relevant professional qualifications or significant experience in mental health, social work, nursing, teaching, or related fields.

**Desirable Criteria**

* Experience with program evaluation methods.

If you think this opportunity is for you we would be delighted to hear from you. Please email me a [keren.hadden@nhs.scot](mailto:keren.hadden@nhs.scot) and I will arrange a virtual meeting where we can tell you more about the project.