



DREAMARTS

JOB DESCRIPTION

Job Title	Wellbeing Practitioner for Carers Express
Responsible to	Carers Express Project Lead
Salary	£20 per hour directly employed (£23 p/h freelance)
Hours	Sessions are typically monthly, 9:30am-4pm on Sundays. We are also looking to initiate monthly evening sessions from September, day and times TBC.
Schedule	1 Sunday per month, plus 1 evening per month

Primary Work Location The Portman Centre, 12-18 Sailsbury Street, NW8 8DE

Purpose of the job

We're looking for a Wellbeing Practitioner who is skilled in supporting marginalised young people, able to build positive relationships, and confident in applying approaches that enable meaningful participation while responding to individual needs and interests.

You will support young carers in our Carers Express Juniors (aged 8–12) and Seniors (aged 13–18) programmes, helping them participate in creative sessions that provide opportunities to explore their challenges, build a sense of belonging with peers who share similar experiences, and strengthen their emotional wellbeing. As an integral member of the Young Carers Team, you will contribute to the development and delivery of a programme that is educative, participative, empowering and fun, while helping to achieve DreamArts' Theory of Change.

You will play a key role in identifying and removing barriers to participation, while helping to strengthen our organisational systems and practice to make our programmes as accessible as possible. The Wellbeing Practitioner will identify appropriate support to respond to emerging needs and ensure their practice is underpinned by the principles of PACE—being Playful, Accepting, Curious and Empathetic (PACE training will be provided).

Carers Express is part of Westminster's Young Carers Programme, a partnership between Westminster City Council, Young Westminster Foundation and DreamArts, working together to provide more joined-up support for young people with caring responsibilities.

Responsibilities

- 1.1. To support young people's participation in their sessions. This will include;
 - i) Helping those with particular needs

- ii) Undertaking small-group or 1-on-1 support as necessary in liaison with the Project Lead
 - iii) Noting any particular issues or support needs, making appropriate interventions, reporting them during daily debriefs and implementing any follow-up actions. This may include seeking advice and support from DreamArts Core Team.
- 1.2. Work alongside the Project Lead within each session to ensure the wellbeing needs of members are met and that young people are able to participate
 - 1.3. Receive training from DreamArts in a PACE approach to working with children and young people (being Playful, Accepting, Curious, Empathic) and use this as the framework for which to approach supporting members.
 - 1.4. To supervise food breaks and toilet breaks, head-count at the beginning and end of each session and ensuring participants are collected by appropriate parents/guardians
 - 1.5. To help ensure that the programme meets the quality standards set by DreamArts. This includes working as part of a professional team in the delivery of a high quality service, including the implementation of programme monitoring and evaluation systems as established by DreamArts
 - 1.6. To attend two group supervisions each year with the Therapeutic Consultant. These will be spaces for you to enhance your practice, develop your use of PACE, and can include exploring any approaches, interventions and techniques that you may have used with members or would like to use.
 - 1.7. To attend regular team meetings, training and other appropriate meetings as directed by the Young Carers Programme Manager.
 - 1.8. To deliver and support regular trips and experiences for participants that in many cases they would not usually access e.g. cinema trips, meals, performances.

Ideal Person Specification

1. Proven track record in working with children and young people to support their personal and social development.
2. Experience of working in multi-cultural, inner-city environment
3. Experience of working with emotionally vulnerable young people
4. Experience of monitoring and evaluating work with young people
5. Ability to work successfully as a member of a team, working with others to ensure children and young people are empowered and inspired to participate, learn and enjoy
6. Understanding of boundaries and safeguarding
7. Working knowledge of health and safety
8. Enthusiastic, flexible, creative and positive
9. Fully committed, punctual and able to always prioritise DreamArts on relevant working days.
10. Strong communicator
11. Able to overcome obstacles, and to work under pressure



DreamArts is committed to providing an integrative and inclusive programme and not to discriminate on the grounds of race, ethnic origin, nationality, or culture. We are also committed to becoming a more diverse and culturally representational organisation, therefore any applicant that identifies from a minoritized background and meets the essential criteria will be automatically selected for an interview.