

Student Wellbeing Rep

Role Description

Jami and UJS are working in partnership to recruit 6 students to fulfil these voluntary roles

- Voluntary contract:** One year
- Hours:** Part-time student voluntary role, approximately 5 - 7 hours a week.
- Base:** Campus-based roles in the pilot area sites: Birmingham, Bristol and Leeds (students from universities based in these cities are invited to apply for the 6 available roles)
- Key relationships:** Jami, UJS, University Jewish Chaplaincy (UJC) and other student welfare services

Reasonable expenses will be provided for this role

Jami is working in partnership with UJS on this exciting and timely new project. University Jewish Chaplaincy are also supporting this pilot project.

Jami is the Jewish community's mental health service working to support people (aged 16 and over) experiencing mental illness as well as being outward facing to the community with education, training and social enterprise initiatives. Our vision is to transform the landscape in the community by enabling us to be better equipped to support each other's mental health. We also co-ordinate the mass participation event, Head On, the annual Mental Health Awareness Shabbat.

The **Union of Jewish Students** is the representative body for the UK and Ireland's 8,500 Jewish students and the umbrella organisations of J-Socs on nearly 70 campuses. We believe in peer-led cross-communal engagement, working with students from all backgrounds to deliver diverse programming and support. We focus on interfaith relations, Holocaust education, social action, liberation, combatting antisemitism and mental health.

University Jewish Chaplaincy supports Jewish Students across the UK at dozens of Universities from Aberdeen to Exeter. Our team of 19 Chaplains and Chaplaincy couples are situated on or near the campuses they serve in order to be accessible to the entire student body. Our Chaplains are there for Jewish students of all backgrounds and affiliations and provide a warm, vibrant, inclusive and inspiring Jewish environment with thousands of students benefiting every year from their pastoral, spiritual and practical support.

Role purpose

At a time when mental health awareness and emotional wellbeing are at the top of everyone's agenda, we are looking for current students to guide students to appropriate services, alongside promoting positive mental health and emotional wellbeing on campus.

The new Student Wellbeing Reps will work with Jami and UJS, with support from University Jewish Chaplaincy (UJC) and local university welfare departments, alongside developing links with other stakeholder organisations who work on campus.

This is an exciting opportunity for a highly motivated person interested in mental health and wellbeing who

has the tenacity to work with student services to improve the lives of Jewish students when they are feeling stressed, anxious or need help finding someone to support them.

This role will appeal to a student with excellent networking skills, who is comfortable working with a range of stakeholders and is able to work with colleagues as a strong team player. You do not have to be studying psychology or social sciences to apply as this is not a counselling role.

We are open to receiving applications from any undergraduate with a passion for empowering students to acquire the skills and appropriate services to look after their mental wellbeing.

We anticipate appointing two students in each location to be able to work collaboratively with the large Jewish student populations in those regions.

What does a student wellbeing rep do?

- 1) Establish your role on your campus site and make yourself known as a go-to person for information on student friendly mental health and wellbeing services and activities. This will include having a high profile at Freshers events and other student events of this type, working in partnership with the J-Soc on campus.
- 2) Work alongside other local student services e.g university welfare services, Jewish chaplaincy to support the specific needs of Jewish students.
- 3) In conjunction with other stakeholders, facilitate/co-facilitate at least one mental wellbeing event per term alongside awareness campaigns agreed with the stakeholder organisations. You will work on the national UJS Mental Health Campaign.
- 4) Encourage and develop opportunities for students to pursue designated training courses run by Jami on campus, such as Mental Health First Aid.
- 5) Be able to help combat the stigma of mental illness by encouraging and role modelling the use of non-discriminatory language and avoiding labelling by demonstrating an empowering and holistic understanding of mental health.
- 6) Use appropriate recording systems, ensuring that all student contact and outcomes are monitored.
- 7) Liaise with the Jami Duty team to guide and support students to appropriate help.
- 8) Maintain confidentiality at all times (unless otherwise necessary) for safeguarding purposes.

Supervision, support and development

The opportunities for you

Professional and personal development through training and ongoing supervision.

There will be a four-day training course in London during Summer 2019 which will include Mental Health First Aid training.

A unique opportunity to become a trailblazer in this pilot year working alongside leaders in the Jewish communal world. Great networking and development opportunities for any student.

What we expect from you

Attendance at the four-day training in London from 2nd – 5th September 2019 and ongoing role development sessions at national locations (we hope to reflect the three areas we are recruiting in, as above, in the location of the meetings).

Have weekly check-in conversations with a designated manager at Jami

Incorporate feedback from supervision into practice.

Adhere to the role description and expectations therein.

Person specification

Experience

- Currently attending universities in Birmingham, Bristol or Leeds on an undergraduate course
- Empathy and understanding with regards to mental health and mental illness

Knowledge and skills

- An understanding of emotional wellbeing
- An ability to maintain your own emotional resilience, self-care tools and a willingness to share useful tips with others
- An understanding of the needs and difficulties of students who experience mental health problems
- Ability to maintain personal boundaries
- Ability to form excellent working relationships and maintain appropriate boundaries with a variety of people
- Ability to treat every student with respect and dignity
- Presentation and facilitation skills
- Confidence to speak to large groups
- Ability to plan and evaluate own work and develop self to enhance performance
- Knowledge of the Jewish student community and the various movements and organisations working with Jewish students in the UK

Other

- Willingness to travel to a range of locations across the UK for training and development
- Willingness to be reflective and engage with the supervision process which will be both peer to peer with other student post holders and with stakeholder organisation representatives
- Willingness to keep records and take part in all required evaluation procedures
- Willingness to acquire knowledge on and adhere to safeguarding policies and procedures

How to apply

All applicants must apply by e-mail as follows:

If you feel the job description and person specification is the right fit for you, send us your CV alongside a covering letter demonstrating how you meet the person specification. (CVs received without a covering letter will not be considered.) Closing date for all applications is midnight **13th March 2019**.

recruitment@jamiuk.org

In partnership with



Supported by



Jami

The Mental Health Service for our Community