

# Student Wellbeing Rep

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## Role Description

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Jami, UJS and University Jewish Chaplaincy are working in partnership to recruit up to 10 students to fulfil these roles

- Voluntary contract:** One year
- Hours:** Voluntary student role
- Base:** Campus-based roles in Birmingham, Bristol, Leeds, Manchester and Nottingham (students from universities based in these cities are invited to apply for the available roles)
- Key relationships:** Jami, UJS, University Jewish Chaplaincy and other student welfare services

*Students holding these roles will do so on a voluntary basis and will have a budget for expenses.*

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Jami, UJS and University Jewish Chaplaincy are working in partnership on this exciting pilot.

**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 organisation 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

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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 promote good mental health by organising appropriate educational wellbeing events and activities and work with their local J-Soc. As well as signpost students to appropriate professional services.

This role will appeal to a student with excellent networking skills who is comfortable working with a range of stakeholders and colleagues and is 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 university student with a passion for empowering students to acquire the skills and knowledge to look after their mental wellbeing.

We hope to appoint two students in Birmingham, Bristol, Leeds, Manchester and Nottingham to work

collaboratively with the large Jewish student populations in these regions.

## What does a student wellbeing rep do?

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- 1) Working in partnership with UJS, University Jewish Chaplaincy and local student services, establish your presence on campus attending events to raise awareness and promote wellbeing strategies. This will include having a high profile at Freshers and other J-Soc events of this type.
- 2) Gather and share knowledge about local mental health and wellbeing services including
  - Kooth online counselling services (accessed from the Jami website)
  - Campus based student welfare services
  - Local wellbeing services
  - Local voluntary sector mental health organisations (e.g. Mind)
  - National help lines (e.g. SHOUT, Samaritans, Papyrus, CALM)
  - Local statutory mental health services
- 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. We envisage one significant campaign during the year in partnership with UJS.
- 4) Encourage and develop opportunities for students to pursue designated training courses run by Jami on campus, such as Mental Health First Aid.

## Supervision, support and development

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### The opportunities for you

- Personal development through training and ongoing supervision. There will be a three-day training course in London during Summer 2020 which will include Mental Health First Aid Higher Education and safeguarding training.
- A unique opportunity to work alongside leaders in the Jewish communal world. Great networking and development opportunities.
- Gain experience within a leading mental health charity.
- Be part of shaping and creating campaigns to improve wellbeing on campus.

### What we expect from you

- Attendance at the three-day training in London in September (or as soon as restrictions are lifted) and professional development sessions in London.
- Provide a termly report detailing any involvement with local J-Socs, campus / local provider relationships, and a summary describing the impact of raising awareness on wellbeing and mental health support.
- Regular check-in conversations with the Education Manager at Jami.
- Good communications with project partners UJS and University Jewish Chaplaincy and with Jami's Education Outreach Worker.
- Adhere to the role description and expectations.
- A clear understanding that this is not a clinical or therapeutic role and does not replace that of a trained therapist/counsellor/psychologist/social worker etc.

*Student Wellbeing Reps should not engage in additional emotional support beyond signposting to professional services.*

## Person specification

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### Experience

- Currently studying at a university in Birmingham, Bristol, Leeds, Manchester or Nottingham
- Empathy and understanding with regards to mental health and mental illness

### Knowledge and skills

- An understanding of emotional wellbeing
- 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 form excellent working relationships with the Student Wellbeing Rep team
- Ability to maintain appropriate boundaries with peers and other students
- Presentation and facilitation skills
- Confidence to speak to large groups
- Evidence good judgement making
- 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
- A commitment to reflect on your own learning during the project
- Willingness to acquire knowledge on and adhere to safeguarding policies and procedures

## How to apply

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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).

[recruitment@jamiuk.org](mailto:recruitment@jamiuk.org)

In partnership with

