

*Your journey. Your way.*



## Our story

We are **Penumbra Mental Health**, a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health.

We support people on their journey to better mental health, by working with each person to find their own way forward. The power of people's lived experience enables us to deliver pioneering services which transform lives.

From being there for people in crisis to suicide prevention, supported living to self-harm management and peer support. We are with those we support every step of their journey to a better place. People's experiences are at the centre of everything that we do. **We champion peer workers**; they know that recovery is possible, because they've been there too.

Of course, **everyone's journey is different**, so we work with people to identify, believe in, and reach their goals, whatever they may be. Often, it's about hope, but we know that's not always easy for people to hold on to. And so, when times are tough, we hold it for them, keeping it safe - just until the time is right.

You see, Penumbra has always been about people; listening and learning, challenging, encouraging and enabling. It's why we're trusted to provide services across Scotland, supporting thousands of people every month, because when people need us, we're there.

**Our vision** is that people live with positive mental wellbeing and can easily access the best support when they need it.

**Our mission** is to provide exceptional mental health and wellbeing support and activities, guided by people's own lived experience, their recovery journeys and their hopes and aspirations.

## We live and breathe our values

- 🌀 Compassion: we will listen and respond with hope, kindness and respect
- 🌀 Courage: we will do the right thing, standing up for people, their rights, wellbeing and recovery
- 🌀 Curiosity: we will explore, reflect, learn and adapt to create solutions that are best for people's wellbeing
- 🌀 Collaboration: we will work with those who share our vision and values

[penumbra.org.uk](https://penumbra.org.uk)

✉ [enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk) ☎ 0131 475 2380



Head Office | Norton Park | 57 Albion Road | Edinburgh | EH7 5QY

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With every conversation, you have the potential to spark real change for people

Jamie



12,649

The number of people we supported in 2022/23

579

Colleagues working across Scotland



26%

Of our colleagues are employed in peer support roles

92%

Of our colleagues feel proud to work for Penumbra

77

Services across



23

Health and Social Care Partnership areas



95%

Of people said that Penumbra had a positive impact on their lives

93%

Of people we asked agreed Penumbra treats people with respect and compassion

92%

Of our partners say our teams recognise equality and diversity

## Welcome

### Want to spark real change?

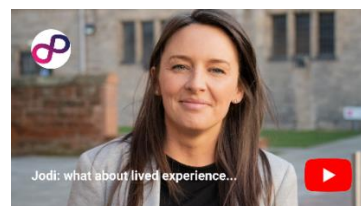
First of all, thank you for being interested in joining the Penumbra Mental Health team. We pride ourselves on being a great place to work where colleagues have space to grow and thrive. And we're always looking for kind people like you who share our values and who want to spark real change.

You might already be working in a supporting role and looking to expand your skills into mental health recovery, or you might be looking for a new challenge altogether. Maybe you're looking for a career where you can use your lived and living experience to support others on their journey (did you know 26% of our colleagues are employed in peer roles?).

Whatever your career or life experience, you're in the right place if you want to make a difference and build your working life around meaningful connections with people who will inspire you every single day. Our promise to you? We can offer you a salary above the living wage, a tonne of employee benefits, and space to grow your skills and qualifications in a supportive and creative team. Don't just take our word for it, click on the images below to hear from our colleagues, Jamie, Martin, Nick and Jodi.

We know that applying for a new role can be daunting. That's why we encourage applications from everyone even if you're not sure if you meet all the person specifications. What's important to us are your values, kindness, willingness to learn, and your passion for quality mental health support.

We hope you find everything you need in this application pack. If you have any questions, you might want to check out our [careers page](#) where you'll find some FAQs and interview tips.



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## Advertisement

Relief Mental Health & Wellbeing Worker

Location: Western Isles Services (Uist)

Pay: £12 plus £1.45 holiday pay = £13.45 p/h

Relief – hours as required

If you're looking for a rewarding career and to work within an inspirational team that really does make a difference, this is your opportunity to join our Western Isles service.

This service will provide a response for people who have been bereaved and need additional support. The post-holder will work within a team of Practitioners that will provide early advice and assistance to individuals who are bereaved in the community, as well as support people with mild to moderate mental health issues.

This is a unique role where empathy, good listening skills, the ability to gain trust quickly and build a therapeutic relationship are essential.

Driving license and access to car essential. Gaelic speaker desirable but not essential.

**Please note this role is based on Uist and the Southern Islands.**

We want you to grow and thrive! We will support you on your own career path; developing new skills, accessing formal and informal learning experiences and providing opportunities to put your continual learning into practice.

As a mental health charity, we really value the wellbeing of our staff. That's why we want you to know that you'll be joining a friendly team, who will give you a supportive environment to help you thrive in your role, including all the training you need to feel confident and equipped.

We can offer you a tonne of employee benefits, and we can promise you'll be inspired by some pretty amazing humans every single day. We will support you on your own career path; developing new skills, accessing formal and informal learning experiences and providing opportunities to put your continual progress into practice.

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## Job Description

### Relief Mental Health & Wellbeing Worker

<b>Service:</b>	Western Isles Services
<b>Responsible to:</b>	Service Manager
<b>Pay:</b>	£12 plus £1.45 holiday pay = £13.45 p/h
<b>Working hours:</b>	Relief – as required
<b>Location:</b>	Uist, Western Isles
<b>Closing:</b>	Recurring advert – will close when enough applications are received
<b>Interview:</b>	TBC
<b>Special condition:</b>	Lone working, local travel, access to a car and driving license essential. Gaelic speaker desirable.

### Job summary:

As a Relief Mental Health & Wellbeing Worker, you'll make a difference to people's lives every day. Relief Mental Health & Wellbeing Workers work in small collaborative teams to provide people with recovery focused support to enhance their mental wellbeing. In line with Penumbra's values, Relief Mental Health & Wellbeing Workers assist people who use the service to work towards their individual outcomes and identified goals, as detailed in their personal plan.

### Main duties and responsibilities

- ☞ To establish a supportive relationship with each supported person, enabling them to maximise their own resources in order to improve their quality of life.
- ☞ To use own lived experience to inspire hope in people who use the service.
- ☞ To share/teach coping and self management techniques.
- ☞ To be flexible and responsive to meet the changing needs of supported people and the organisation, within the agreed criteria.
- ☞ To work in cooperation with other members of the Support Team, and staff from other agencies.
- ☞ To participate in training activities and meetings as required.
- ☞ To be responsible for maintaining the relevant systems of paper-based and electronic documentation.

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- 🔗 Work effectively with other members of the team, and liaise effectively with families, agencies, colleagues and other stakeholders.
- 🔗 Uphold Penumbra's Code of Practice.
- 🔗 Register with the SSSC as appropriate and maintain post-registration training and learning log to meet ongoing registration requirements.
- 🔗 Other duties, deemed appropriate to this grade, as and when required.

### Person specification

<b>Qualifications</b>	<p><b>Essential</b></p> <ul style="list-style-type: none"> <li>• Good level of educational attainment</li> </ul> <p><b>Desirable</b></p> <ul style="list-style-type: none"> <li>• SVQ3 in Health and Social Care or equivalent as defined by the SSSC or willingness and ability to achieve within a specified period</li> <li>• Completion of Peer Support Worker Training (e.g. Professional Development Award in Peer Working or equivalent).</li> </ul>
<b>Knowledge and Experience</b>	<p><b>Essential</b></p> <ul style="list-style-type: none"> <li>• Experience of being in a supportive and enabling role</li> <li>• Personal experience of recovery from mental health problems</li> </ul> <p><b>Desirable</b></p> <ul style="list-style-type: none"> <li>• Experience working with a person-centred approach</li> <li>• Experience of working in the mental health field</li> </ul>
<b>Core Competency – Working with Others</b>	<p><b>Essential</b></p> <ul style="list-style-type: none"> <li>• Builds good working relationships with team members.</li> <li>• Works co-operatively with other professionals as required.</li> <li>• Gives others time and space to express what they think, feel and want.</li> <li>• Shows sensitivity and seeks to understand the perspectives of others.</li> </ul>
<b>Core Competency – Learn and Apply</b>	<p><b>Essential</b></p> <ul style="list-style-type: none"> <li>• Is aware of own strengths and development needs.</li> <li>• Demonstrates commitment to keeping knowledge, understanding and skills up to date.</li> </ul>
<b>Core Competency – Communication</b>	<p><b>Essential</b></p>

	<ul style="list-style-type: none"> <li>• Speaks and writes clearly and accurately and ensures the message is understood.</li> <li>• Explains clearly and accurately issues, policies, procedures and other pertinent information.</li> <li>• Conveys sensitive or contentious information tactfully.</li> </ul>
<b>Core Competency – Managing Self</b>	<b>Essential</b> <ul style="list-style-type: none"> <li>• Is able to deal with difficulties by keeping them in perspective.</li> <li>• Is open to change and continually improving practice.</li> <li>• Is able to adjust a strongly held opinion in response to contradictory evidence.</li> <li>• Has the awareness of when to ask for help and has the confidence to do so, where appropriate.</li> </ul>
<b>Core Competency – Professionalism</b>	<b>Essential</b> <ul style="list-style-type: none"> <li>• Demonstrates a commitment to Penumbra’s values.</li> <li>• Works to policies, procedures and relevant legislation.</li> <li>• Maintains sound ethical and professional standards at all times.</li> <li>• Has a clear understanding of confidentiality, disclosing information only to those who have the right and need to know.</li> <li>• Takes responsibility for own work.</li> <li>• Strives to provide efficient, effective, high quality services.</li> <li>• Projects a positive image of Penumbra at all times.</li> </ul>

## Conditions and Remuneration

### Salary Package

£12 + £1.45 holiday pay = £13.45 hourly

### Pension

Auto-enrolment pension scheme.

## Get in touch

If you’d like an informal chat about this role and working for Penumbra Mental Health, please contact: Elaine Morrison on 07717 630754 or at [elaine.morrison@penumbra.org.uk](mailto:elaine.morrison@penumbra.org.uk).

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For more on our who we are visit: [penumbra.org.uk](https://penumbra.org.uk)

For more opportunities across our teams visit: [penumbra.org.uk/careers](https://penumbra.org.uk/careers)

## Application & Interview Guidance

We know applying for jobs and preparing for interviews can be daunting – but we really want you to enjoy the process. It's a chance for you to showcase all of your skills and learn more about what we do at Penumbra. Everyone is really friendly, and we want your application to be a success!

That's why we have put together these tips, so you know what to include in your application and what to expect at interview.

Penumbra is committed to supporting candidates with disabilities, neurodiverse candidates, and candidates with mental health conditions throughout the recruitment process. We will make any reasonable adjustments required to ensure a fair and inclusive process for all. If you think you require reasonable adjustments, please don't hesitate to contact us at [recruitment@penumbra.org.uk](mailto:recruitment@penumbra.org.uk).

### Application

The application stage allows you tell us about all the great skills and experience you've got to offer, and how they'll help you in the role you have applied for.

In your personal statement, we are looking for the skills outlined in the competencies in the person specification section of this pack. Tell us about a time when you've developed or demonstrated these skills – this could be from your work life or personal life. Using the STAR method outlined below will help to structure your points.

This is also a great opportunity to tell us about your passion for mental health, and remember if you're applying for a peer role, tell us about your lived experience and how you think you could utilise it in the role!

### Interview

The interview stage is a chance for us to meet you, and for you to learn more about Penumbra or ask any questions you might have. What will be included in the interview might vary between roles and services (for example, some may include written questions) but this will be explained to you ahead of time.

All of our interviews include competency-based questions. Competency Based questions aim to find out how you have used specific skills in your previous experience and how you approach problems, tasks and challenges.

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The competency based questions will be on each of the competencies outlined in the person specification of this pack. We would recommend preparing a few examples of times you have demonstrated each of these competencies in advance. When answering the questions, you should try to stick to the STAR method, outlined below.

### STAR Method

The STAR method can be used to structure your answer to the competency-based questions you'll be asked – it helps you to make sure you get all of the important points across. It breaks an answer down into 4 parts:

- Situation** – What was the situation you had to deal with?
- Task** – What task were you presented with as a result of the situation?
- Action** – What action did you take?
- Result** – What was the result of this action, what did you learn from the result?

Here's an example of the STAR method in use:

### Question

Tell me about a time you had to deal with a conflict. How did you handle it?

### Answer

- Situation** I was part of a team where one colleague was regularly late for our scheduled meetings, which was causing a lot of frustration amongst the rest of the team.
- Task** I knew it was important someone raised the issue with him in order to keep the team working well, so I took responsibility for handling it.
- Action** At the end of one of our regular meetings, I asked if he had a minute to catch up. I mentioned to him that he seemed stressed, and that he had been late to quite a few of our meetings and explained the impact it was having on the team. I expressed that we all really valued his input at the meetings, and asked if there was anything causing the lateness or if there was anything the team could do to support him. He shared that he was overwhelmed with his workload, and it was impacting his ability to manage his time.
- Result** By handling this conflict sensitively and in a supportive manner, we were able to identify what was causing the issue, and distribute some of our colleague's extra workload amongst the team. This took the pressure off him and enabled him to

manage his time more effectively. This in turn meant the team was able to work together more efficiently and we didn't miss out on anyone's input.

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