



Shore-Up Associate Occupational Therapist

Shore-Up is an occupational therapy led Community Interest Company. We have been awarded a Transforming Mental Health grant to continue providing our occupational therapy group programme and to develop a follow on, co-produced occupational therapy group. Both programmes are for individuals who have experience of complex mental health difficulties and are not currently accessing secondary mental health services.

We are looking for an Associate Occupational Therapist with experience in delivering group work for those with complex mental health needs and an enthusiasm for working in an innovative service in the third sector.

The main responsibilities of the role are to support the lead occupational therapist to deliver the group programmes. However, there will also be opportunity to:

- be involved in networking across statutory and third sector organisations supporting those with complex mental health needs in Leeds
- contribute to the development of the Follow On Group programme
- be involved in data gathering and analysis to create a robust evidence base to support the ongoing provision of occupational therapy in this area
- contribute to the evaluation of the services we offer including analysis of both quantitative and qualitative data

This role presents a great opportunity for an enthusiastic occupational therapist to be part of an innovative service seeking to increase the accessibility of occupational therapy and share the value of occupational therapy group work in Leeds.

The group work programmes

In the occupational therapy group programme, members explore their strengths and challenges to create an understanding of the relationship between their occupational engagement and their emotional wellbeing and mental health. By the end of the programme, individuals will have created, implemented and reflected on an individualised occupational action plan to create positive change in their health and wellbeing.

The development of the Follow On Group stems from requests by group members to continue to develop their understanding and application of occupational approach to health and wellbeing. This group is open to those who have previously engaged in the occupational therapy programme and will run in 6 week blocks with the focus and themes of sessions codesigned by group members and occupational therapists.

Location

[CATCH](#), Hovingham Avenue, Leeds, LS8 3QY

Remote working for non-group delivery hours



contact@shore-up.co.uk



07966 964 316



www.shore-up.co.uk



Hours

- 8 Hours per week for 39 weeks per year (broadly anticipated to be term time only with some flexibility negotiable)
- Group delivery days are non-negotiable (anticipated to be Tuesdays and Wednesdays 9.30-13.30), remainder of hours flexible and remote
- £13.12/hour (equivalent to NHS band 5)

Start Date:

April start for delivery of first group programme to begin 5th May 2024

Experience

Essential:

- Qualified occupational therapist
- HCPC registered
- Experience working with individuals with complex mental health needs
- Experience of facilitating group work
- Enthusiasm for delivering client centred, occupation focused, occupational therapy
- Excellent understanding of the value of therapeutic relationships and group dynamics
- Ability to effectively establish therapeutic relationships with individuals with complex mental health needs
- Interest and enthusiasm for working in the third sector and increasing the scope of occupational therapy in diverse settings

Desirable:

- Knowledge of the Model of Human Occupation (MOHO)
- RCOT member
- Experience of delivering occupational therapy group work for clients with complex mental health needs

How to apply

Please send expressions of interest to contact@shore-up.co.uk including details of:

- Relevant qualifications
- Relevant experience
- a short description of why you are interested in applying for this role including:
 - what you like about occupational therapy
 - what you like about delivering group work

Closing date: 22.3.24

Interviews week commencing 25.3.24

For further information or informal discussion, please contact **Kate Binnington** on details below.



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Roles and responsibilities

Associate practitioner

As an associate practitioner, you will be providing a service as a self-employed occupational therapist so you will be responsible for:

- Timely provision of invoices
- Professional Liability Insurance (this can be through RCOT membership)
- Your own ongoing CPD
- Ensuring you receive appropriate clinical supervision

Occupational Therapy Group Programme responsibilities:

To support lead occupational therapist to plan, deliver and reflect on the Shore-Up occupational therapy group programme.

This includes:

- Facilitation of group sessions as outlined by the group programme (available at <https://www.shore-up.co.uk/occupationaltherapy>)
- For each group this is:
 - 5 x initial assessment meetings
 - 9 x group sessions of 4 hours per week (0.5 hour planning, 2.5 hours group work, 1 hour reflection and notes)
 - 10 x 30 minute support calls between group sessions (weeks 7-12)
 - 5 x Discharge summaries
 - 1 hour clinical supervision meeting following the end of the group programme
- Team planning and reflective meetings weekly
- Completion of clinical notes
- Support lead occupational therapist in gathering and analysis of qualitative and quantitative data

Follow on Group Programme responsibilities:

To support lead occupational therapist to plan, deliver and reflect on the Shore-Up Follow on Group

This includes completion of:

- Consultation meetings with former attendees of occupational therapy group programme
- Research and application of evidence base related to co-production and service user led group programmes
- Facilitation of group sessions as outlined by the group programme (in development)
 - 6 x group sessions of 4 hours per week (0.5 hour planning, 2.5 hours group work, 1 hour reflection and notes) per 6 week block
- Team planning and reflective meetings weekly
- Completion of clinical notes
- Support lead occupational therapist in gathering and analysis of qualitative and quantitative data