

Job description

Drama Facilitator

Main purpose of the post

We are seeking a passionate and creative individual to lead drama sessions with children as part of our monthly KidsTime workshops. This post is pivotal in using engaging and transformative drama sessions to enrich the lives of children who have parents struggling with mental illness. You will be an essential part of our KidsTime team, which includes staff from Mind in Bradford, Bradford District NHS Foundation Trust and The Cellar Trust.

See the end of this job description for more information about KidsTime.

Key duties

- Work with the Mental Health Lead and Workshop Coordinator to plan, deliver and monitor workshops to families where one or more parents has a mental illness.
- Design and lead the workshop drama sessions, including a range of fun games and activities.
- Work with children to help them express themselves and gain confidence in a group.
- Develop children's stories into a short, basic drama that is filmed and screened for the group.
- Facilitate group discussion after screening the drama.
- Keep a record of key issues discussed with the children in each group, any significant incidents that occur, and any positive or negative feedback from the group for discussion with the Mental Health Lead.
- To observe confidentiality in all matters relating to group participants consistent with organisational policies and legislation and report any safeguarding issues promptly and appropriately.
- Assist with the collation of project data and evaluation
- Keep up to date with new evidence and information about the challenges faced by families affected by parental mental ill-health and share this with group participants, as appropriate.
- Act as a positive ambassador for the KidsTime Workshops in all opportunities.

General duties

- Foster and maintain strong relationships with stakeholders.
- Participate in supervision, training, team meetings and staff engagement days.
- Take responsibility, with colleagues, for ensuring that all Health and Safety, Safeguarding, Information Governance and Equity, Diversity & Inclusion requirements are met.
- Ensure understanding of and compliance with all Mind in Bradford policies and procedures.
- Work in alignment with the aims, objectives, and core values of Mind in Bradford.
- Undertake any other reasonable duties or tasks deemed necessary by the executive leadership team.

Person specification

Criteria	Essential
Qualifications and knowledge	<ul style="list-style-type: none"> • Understanding of the challenges in the lives of children who have a parent with a mental health illness. • Knowledge of safeguarding policies and procedures and an ability to react appropriately when a safeguarding concern arises. • Knowledge of health and social care services, public health and local government bodies.
Experience	<ul style="list-style-type: none"> • Relevant experience of group facilitation. • Experience in drama through acting, directing or other arts training. • Experience of using drama, with an emphasis on storytelling, to facilitate group work with children.
Skills	<ul style="list-style-type: none"> • Ability to facilitate group exercises with children and adults, creating a safe space, developing and modelling appropriate boundaries. • Ability to ensure children do not feel exposed by the stories and experiences they are sharing (e.g. use of composite stories, character names rather than participant names, with adequate de-briefing). • Ability to engage easily with children in discussion of difficult topics. • Ability to react calmly to confusing or challenging situations at the workshops. • Ability to recognise and intervene when children are either in an unsafe situation, or when the level of response to a child is inadequate or inappropriate. • Ability to work organically with the group; adapting, being flexible and changing plans as necessary. • Ability to work under pressure, whilst maintaining a safe, fun, playful atmosphere. • Ability to lead the drama sessions with playful authority, inspiring confidence, self-discovery and encouraging creativity. • Excellent verbal and written communication skills appropriate for a wide range of audiences. • Proven ability to work collaboratively within a team and with a degree of independence.
Attitude and personal attributes	<ul style="list-style-type: none"> • Inclusive and welcoming approach. • Self-motivated and enthusiastic approach, with a can-do attitude and commitment to providing person-centred services. • Passionate and dedicated approach. • Understanding of and commitment to the Mind in Bradford values • Strong commitment to the issue of mental health and commitment to respecting diversity in all its forms.
Other	<ul style="list-style-type: none"> • Willingness to travel throughout Bradford

What are KidsTime workshops?

KidsTime workshops are multi-family workshops for families where one or more parent has a mental illness. The workshops offer a fun, protected space where children can express themselves, interact socially, share experiences and learn about mental illness through discussion, games and drama. Trained staff explain mental illness and its effects in a way that children can understand and help them to articulate and tackle concerns or challenges. The workshops also provide adults with an informal, intimate space, where they can share experiences and discuss their role as parents rather than patients.

The KidsTime workshops promote three key principles that international research shows help children affected by parental mental illness:

1. Having a good explanation
2. Knowing you're not alone
3. Having a trusted adult to talk to

KidsTime workshops take place once a month, after school for approximately 2.5 hours. Find out more about the KidsTime workshop model here: <https://ourtime.org.uk/ourwork/kidstime-workshops/> and find out more about the Bradford workshops here: <https://www.mindinbradford.org.uk/support-for-you/kidstime-workshops/>.

Children of parents with a mental illness

Without the right support, children of parents with mental health difficulties are at a higher risk of developing mental health problems themselves; isolation and bullying; lower social functioning; and poorer educational outcomes, compared to other children.

The KidsTime workshops aim to break the intergenerational cycle of mental illness, and/or reduce its negative impacts on children, by delivering the following outcomes:

- Improved knowledge of mental health for all participants and better-informed communication between children and parents.
- Improved wellbeing, including reduced levels of stress, for children of parents with a mental health problem.
- Improved parental wellbeing and confidence in parenting abilities.
- Improved family functioning and participation in the community.