



Job description and Person Specification

Job title: Breathworks Mindfulness Practitioner

Spinal Point Range: 7,9,11

Hours: 1 day per week (day of week to be agreed, full time hours: 37.5 hours per week)

Department: Supportive Care

Location: St Michael's Hospice, Bartestree

Reports to: Spiritual Care Lead

Job purpose: To deliver and help to develop a high quality, comprehensive specialist mindfulness service to patients, families and carers both within the hospice setting and in the wider community.

Service provision

- Assist with the delivery and development of a high quality, comprehensive mindfulness service both within the Hospice setting and across the wider area served by the Hospice. This programme will directly link and complement psychological therapies and the wider wellbeing services and will support the rehabilitative palliative care agenda. The programme will also sit with and support the Compassionate Communities agenda supported by St Michael's Hospice.
- To assist in the provision of a programme that is flexible enabling a mixture of ways for people to engage with mindfulness from one to one sessions, drop in sessions, courses and group work such as Taster Sessions, Mindfulness Practice Days, Mindfulness for Health and Mindfulness for Stress courses.
- Assess patients, families and carers for a mindfulness service and liaise and work with them accordingly taking into account aspects of palliative care. This may happen in the hospice or out in the community in liaison with the Hospice at Home Service, the Palliative Care Nurse Specialists and local GPs.
- Contribute as a member of the multi-disciplinary team to the planning and delivery of patient care; working in partnership with the Supportive Care Team and other professionals to provide pre and post death support to patients, families and carers.
- Provide an additional resource to the multi-disciplinary team in their understanding of and response to mindfulness, particularly developing the place of mindfulness as an addition or alternative to medication as a toolbox to help with anxiety and fears associated with terminal illness.

- Link in with other services provided by the Hospice, such as the Fatigue and Breathlessness group.
- Develop and maintain good working relationships with other professionals in the wider community to continue to promote mindfulness and enable an increasing number of people to engage with mindfulness practice through St. Michael's Hospice.
- Assist with the engagement with external agencies to share learning, development and growth of the St. Michael's mindfulness programme, continuing to liaise with Breathworks and running practice days for external professionals. This includes working with allied professionals seeking to establish mindfulness programmes elsewhere.
- Support St Michael's Hospice staff and volunteers to access appropriate mindfulness self-care to support their wellbeing and emotional resilience and to develop their skills and competencies in mindfulness and wellbeing with the appropriate training, supervision and management.
- Assist in the development and implementation of mindfulness policies, standards and care competencies within national frameworks, within the specialism of palliative care.
- Support another mindfulness practitioner volunteer to help run the Mindfulness courses.
- Contribute as requested to the Hospice educational programme.
- Ensure accurate recording of all mindfulness interventions in patient and family records including appropriate computer records.
- Monitor and evaluate feedback from service users to inform service development and growth
- Attend Supportive Care team meetings

Person Specification

1) Specialist knowledge and experience

Essential

- Trained as an approved Breathworks Mindfulness Practitioner (NVQ 4)
- Experience of working in palliative care
- Advanced communication skills
- IT skills in order use a computer including Microsoft packages

Desirable

- Experience of developing a mindfulness programme
- Experience of leading workshops for other professionals

2) Personal Skills

- **Communication:** Calming and reassuring voice quality and able to explain mindfulness in day to day language. Confident and clear communication speaking to individuals and to large or small groups.
- **Interpersonal skills:** Puts people at ease and quickly build relationships. Interacts with others in a sensitive and effective way.
- **Team working:** Develops effective and supportive relationships with colleagues
- **Organisation:** Organises own time effectively and creates own work schedules. Able to prioritise work and prepare teaching material in advance. Sets realistic time-scales.

- **Independent working:** Ability to work on own and develop and deliver a varied programme of workshops, courses, group work and one to one sessions.

3) Special conditions

- This post is conditional to an enhanced Disclosure and Barring Service Check.
- The post holder must be prepared to work evenings and weekends, if applicable.
- The post holder will work both at the Hospice and out in the community in people's homes and in public meeting places.
- The post holder must have use of their own car and the car must be suitable for work purposes.
- The post holder must have access to regular supervision.

Our values

- Respect, dignity and the privacy of our patients and families always come first
- Compassion and respect towards each other
- People are at the heart of everything we do
- Transparency and candour
- Collaborative working and a common-sense approach

Equal Opportunities Statement

At St Michael's Hospice we are committed to an equal opportunities approach in everything we do. This means that we seek to ensure anyone connected with St Michael's, from patients and families through to donors, supporters, volunteers and staff are treated fairly, appropriately and with dignity and respect.

June 2024