



Managing the Challenge

of living with a long term condition

Action Mental Health

AMH Managing the Challenge (MTC)

Associate Trainer

Background

Action Mental Health deliver Pain / Health Condition Self-Management courses across the Western Health and Social Care Trust (WHSCT) region, both face to face in a training setting and remotely using a digital platform.

The Managing the Challenge (MTC) programme helps individuals with a long term pain / health condition manage their condition or pain more effectively. It enables them to deal with pain, fatigue, anxiety and stress by giving helpful techniques to move more, relax more easily, set goals, problem solve, breathe more effectively and improve their ability to talk about pain to their friends, family and healthcare professionals.

This established programme is evidence-informed, using research-based techniques and strategies and designed with the help of healthcare professionals from the WHSCT with a wide range of knowledge and proven experience in providing support to those in pain.

Role Description

AMH are seeking to establish a bank of experienced self-employed Associate Trainers to deliver the Managing the Challenge programme in the WHSCT region. Associate Trainers will be required to deliver the Pain Management programme to groups of 6-10 participants who are experiencing long term pain / health conditions. The programme is delivered over six weeks, one session per week, with each training delivery lasting 2.5 hours. In addition, each weekly session will have 0.5 paid hours allocated for Trainer preparation and follow up, making each session 3 hours in duration.

Appointed trainers will be paid for attending a mandatory 1-day induction session at which a detailed overview of the course content & delivery format will be provided prior to the commencement of their first training course.

Essential :

- Relevant training delivery experience in a health / wellbeing subject matter
- Experience of working with individuals from disadvantaged backgrounds or with health related issues
- Excellent training delivery & interpersonal skills
- Be able to work flexibly
- Be prepared to undertake Enhanced Disclosure via the AccessNI service
- Be able to provide the names of two referees

Desirable :

- Have Insurance Cover for practice

Session Rate & Expenses:

£100.00 per 3 hour session - (£60 per session if cancelled by AMH under 24 hrs)

Travel expenses (currently 45p per mile for car users travelling on company business)

To apply for the role, please contact pshields@amh.org.uk for an application form.

If you would like further details about the role, please contact Peter Shields, Head of Employment & Training Services on 07866 384500 or at pshields@amh.org.uk

The closing date for submitting a response is Friday 5th August 2022 at 4.00pm