



## A Mental Health Resource Service For Cardiff And The Vale

### Post of Primary Care Practitioner

#### Job Role

As part of the 4Winds team, you will provide recovery focussed, person centred mental health and wellbeing support to individuals experiencing mild to moderate or severe but stable mental health difficulties. The support will largely be delivered within Gp surgeries and will incorporate guided self-help, social prescribing and psycho educational courses in community settings and online. Training will be provided but applicants should have experience in mental health or wellbeing services and an understanding of the voluntary and community sector.

4Winds main office and mental health resource service is based in Grangetown, Cardiff, but much of the work for this role will take place within Gp surgeries in the City and South and South West Gp clusters (covering Grangetown, Butetown, Riverside, Leckwith, Canton, Pontcanna, Ely and Caerau). You will be expected to travel between these bases as part of the role.

#### Key Tasks / Responsibilities:

The Project Worker will be responsible for the following:

- Delivery of 1:1 guided self help sessions (using Centre for Clinical Interventions CCI modules) and wellbeing support using evidence-based outcome measures with a recovery focussed, person centred approach.
- Facilitation of psycho-educational courses and workshops both online and in community venues.
- Provide social prescribing, connecting clients with appropriate community activities and services.
- Ensuring that you work to the Cardiff and Vale Charter for Mental Health, working within a person-centred, socially inclusive, holistic approach which promotes good health and well being.
- Helping to identify any risks present (with regard to people and buildings) and ensuring that services provided are safe and welcoming.
- Build and maintain good working relationships with colleagues, clients, Gp practices, voluntary, statutory, community organisations and groups. and liaising with other voluntary, statutory, self-help and user-led organisations.

- Recording work daily and maintaining accurate records on the Lamplight database in line with 4Winds GDPR Policy and Lamplight Recording Procedure.
- Monitor progress using outcome measures (specifically the Mental Health Recovery Star and CORE OM and CORE 10)
- On occasion, represent 4Winds in external meetings, publicity events and outreach meetings. You might be required to present information to meetings/groups.
- Contributing to the development of the Association's policies and practices and encouraging the full involvement of people who use the service in the process.
- To be aware of and implement the Association's policies (e.g., maintaining confidentiality and equal opportunities).
- Attending regular staff meetings and meetings of the Management Committee as required.
- Keeping abreast of current issues and developments in mental health policy and practice.
- To participate in supervision with your Line Manager, participate in clinical supervision and attend training courses as appropriate.

The tasks outlined above are intended to give a comprehensive picture of what is expected of the role. However, it is possible that the work of 4Winds will change over time and it is to be expected that the post holder will be called upon to undertake other duties and responsibilities that may be reasonably required.

April 2026