



Children and Young People's Wellbeing Practitioner (CWP) (in training)

Applicant Information Pack
October 2025



Introduction

I'm delighted you're considering working with us at Centre 33 within the Mental Health and Counselling Team.

Centre 33 has been supporting young people in Cambridgeshire for over 40 years. We work closely with around 4000 young people a year offering a safe space where they can receive free, confidential and professional support in a non-judgemental and welcoming setting. Working across the county, we building local relationships and advocating for young people's needs in local services and communities.



By choosing a career with us you will play an instrumental role, alongside our fantastic staff, volunteers and supporters, in helping us to continue towards our vision of *a future where all young people are listened to, respected and supported.*

Everyone at Centre 33 is passionate about driving positive change to meet the growing need for improved and expanded services to support young people across the county.

I am exceptionally proud to lead Centre 33 and I hope that reading through this pack will inspire you to apply to join us.

Beth Green
Chief Executive Officer

Our History

Centre 33 opened its doors to young people at 33 Clarendon Street on 1st May 1981. *Save the Children* funded our first worker, Maggie Hunter and she quickly recruited a team of volunteers to offer counselling, advice and support to meet the needs of young people in Cambridge.

“It was to be a warm and welcoming space for young people where they could come and be listened to without judgement. All the services were to be free and confidential.”

Now in our 42nd year we continue to reflect on what has changed and what has stayed the same over time. We hold true to the founding ethos of Maggie Hunter and her team and still value the rights of young people to have their own space and to be treated as individuals worthy of respect and support.

To date we have closely worked with over 40,000 young people through counselling, support with caring responsibilities, homelessness, sexual health and more.

We now operate in 5 parts of the county including Ely, Wisbech, Huntingdon and Peterborough and continue to advocate for young people’s needs in their communities.



Our Vision, Mission and Values

Our **Vision** is for:

A future where all young people are listened to, respected and supported

Our **Mission** in Cambridgeshire and Peterborough, is:

- to offer young people **support** with their **practical issues** and **emotional needs** that is free, confidential, empowering, easy-access and high quality.
- to actively work with other local services so that young people's **needs are met**, and their **voices are heard**.

We work closely to these **Values**:

YOUNG PEOPLE LED



We treat young people as **unique individuals** and are **led by their needs**. We focus on their **strengths** and **trust** and **support** them to take a central part in deciding what is right for them.

We ask what they want from us and involve them in the **decision making** about our organisation.

STRIVING FOR EXCELLENCE



We are **experts** in our fields, working to evidence-based best practice. We are **forward thinking** - seeking feedback, and continuously **learning together**.

We **care** intensely about our work - we are committed to making a **positive difference** to the lives of all young people.

COLLABORATIVE



We genuinely value our **working community**, and actively **work together** for better outcomes for young people, **speaking out** on their behalf.

We support each other through challenges and **prioritise our wellbeing** as workers.

INCLUSIVE



We welcome all with **no judgement**. Everyone's diverse experiences, qualities and views are important to us.

We are easy to approach, we don't turn away, we **listen** and **support**. We welcome and celebrate **diversity**.

Strategic Plan Goals

Our Strategic Plan outlines our four strategic goals for the next five years. These have been developed through a process of consultation and review with young people, staff and wider stakeholders in the sector.

The goals build on the strong foundations of Centre 33's work and understanding of local needs developed over 40 years; including the significant work of the last three years:

- Delivering support to more young people, with increasingly complex needs from a wider geographical area.
- Responding and adapting our services and ways of working in response to COVID-19.
- Working with local partners to strengthen the local system of support for young people, through sharing best practice/data, co-production, and capacity building.
- Strengthening our central resources in admin, HR, data, evaluation, communications and fundraising.
- Rapidly growing our income and delivery teams to meet the above demands.

Our four strategic goals fall into areas of impact and areas that enable the impact of our work.

Impact Goals

All young people across Cambridgeshire and Peterborough can **receive holistic support that is accessible, high quality, impactful, targeted and led by them.**

Centre 33 advocates for positive change for young people through dissemination of knowledge and best practice, and collaborative working to ensure high levels of understanding of their needs and clear pathways of support.

Enabling Goals

Centre 33's workforce and governance is high quality, stable and diverse: working in quality community-based hubs and practices.

Centre 33 has financial stability over at least a five- year period; achieved through a clear vision, adequate resources, compliance with best practice and legal requirements; and an established funding mix.

Children and Young People's Wellbeing Practitioner (CWP) (in training) Job Description

Key Terms and Conditions

Hours	Full Time
Duration	Fixed-Term for one year
Responsible to	Wellbeing Service Lead
Location	At Centre 33 & other locations across Cambridgeshire and Peterborough

Purpose of the Role

The Children and Young People's Psychological Training programmes (CYP-PT) (formerly CYP-IAPT) is a service transformation programme delivered by NHS England that aims to improve existing children and young people's mental health Services (CYP-MHS) working in the community. Children and Young People's Wellbeing Practitioner training will benefit from being integrated fully within CYP MHS and linked to the CYP-PT collaborative, which brings a valuable organisational infrastructure.

This is a training role within the Children and Young People's Psychological Training programmes (CYP-PT). The post-holder will work within Centre 33's 'Someone to Talk to Service' delivering high-quality; brief outcome focused; evidence-based interventions for young people experiencing mild to moderate mental health difficulties through a variety of means including 121, group work, workshops and webinars. Similar interventions will also be offered to parents whose younger children present with emerging anxiety or behavioural difficulties.

Regular clinical supervision, high quality academic training and placement experience will equip the post holder with the necessary knowledge, attitude and capabilities to operate effectively in an inclusive, value driven service.

The post holder will attend all university based taught and self-study days required by the education provider, as specified within the agreed national curriculum, and work in the service for the remaining days of the week using their newly developed skills.

The post holder will work to Centre 33's values of being inclusive and non-judgemental; young person led and collaborative; and striving for excellence.

Your Accountabilities, Responsibilities & Principle Duties

Therapeutic Skills

- Assess and deliver, under supervision, outcome focused, evidence-based interventions to young people aged 13-25 experiencing mild to moderate mental health difficulties, and to parents whose children aged 5-12 are experiencing anxiety or behavioural difficulties.
- Work in partnership with young people and families in the development of plans for the intervention and agreed outcomes.

- Working in partnership, support young people experiencing mild to moderate mental health difficulties and their families in the self-management of presenting difficulties.
 - Support and empower young people and families to make informed choices about the intervention.
 - Operate at all times from an inclusive values base, which recognises and respects diversity.
 - Accept referrals within agreed national and local protocols.
 - Undertake accurate assessment of risk to self and others, within Centre 33 policy.
 - Adhere to the service referral protocols. Under supervision, signpost unsuitable referrals to the relevant service as necessary.
 - Through close case management and supervision, escalate cases where the level of need becomes beyond scope, or more severe, ensuring adherence to other relevant elements of service delivery.
 - Provide a range of information and support for evidence-based psychological treatments, primarily guided self-help. This work may be face-to-face, by telephone or via other media.
 - Adhere to an agreed activity contract relating to the overall number of young people contacts offered, and sessions carried out per week, in order to improve timely access and minimise waiting times.
 - Attend multi-disciplinary meetings relating to referrals or CYP accessing services, where appropriate.
 - Keep coherent records of all activity in line with service protocols and use these records and outcome data to inform decision making. Complete all requirements relating to data collection.
 - Assess and integrate issues relating to transitions, education and training/employment into the overall therapeutic process.
 - Work within a collaborative approach involving a range of relevant others when indicated.
- Work in collaboration with young people, families and communities to enhance and widen access.

Training and Supervision

- Attend and fulfil all the requirements of the training element of the post including practical, academic and practice-based assessments.
- As well as attendance at the University for training, fulfil private study requirements to enhance learning and prepare assignments for examination.
- Apply learning from the training programme to practice.
- Receive practice tutoring from educational providers in relation to course work to meet the required standards.
- Prepare and present case load information to supervisors within the service on an agreed and scheduled basis, in order to ensure safe practice and the governance obligations of the trainee, supervisor and service are delivered.
- Respond to and implement supervision suggestions by supervisors in practice. Engage in and respond to personal development supervision to improve competence and practice.

Professional

- Ensure the maintenance of standards of practice according to the employer and any regulating bodies and keep up to date on new recommendations/guidelines set by the relevant departments.
- Ensure that confidentiality is protected at all times, according to Centre 33 policy.
- Ensure clear objectives are identified, discussed and reviewed with supervisors and senior colleagues on a regular basis as part of continuing professional development.
- Participate in individual performance review and respond to agreed objectives.
- Keep all records up to date in relation to Continuous Professional Development and ensure personal development plans maintain up to date specialist knowledge of the latest theoretical and service delivery models/developments.
- Attend Centre 33 staff meetings as required.
- Attend all Centre 33 mandatory trainings.

General

- Support the collection of data and facilitate data flow to the New Workforce Development team.
- Contribute to the development of best practice within the service.
- Ensure a comprehensive understanding of the relevant safeguarding legislation, guidance and best practice.
- Maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to children and young people's mental health.
- All employees have a responsibility and a legal obligation to ensure that information processed is kept accurate, confidential, secure and in line with the GDPR and Security and Confidentiality Policies.
- It is the responsibility of all staff that they do not abuse their official position for personal gain, to seek advantage of further private business or other interests in the course of their official duties.

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Person Specification

Criteria	Essential	Desirable
Experience	• Evidence of working with children and young people with mental health difficulties. • Experience and knowledge of child protection and safeguarding procedures	• Experience of working in the voluntary sector. • Experience of working in mental health or related services. • Experience of working in a service where agreed targets in place to demonstrate outcomes. • Experience of working with vulnerable young people - ability to encourage, motivate and support.
Ability	• Ability to study as a self-motivated learner and implement training with appropriate support. • Demonstrates high standards in written and verbal communication. • A level of personal resilience required due to emotionally charged nature of the work.	• Ability to manage own caseload and time.
Knowledge	• The willingness to work some unsociable hours with a significant proportion of the hours to be worked during afternoons, evenings and some weekends.	• Training in nursing, social work, occupational therapy, counselling or within a specific psychological therapy. • Psychology or other health / social care/ youth related undergraduate degree. Other relevant postgraduate degree.
Other	• Team Player • Able to travel efficiently to hubs across the region to meet post requirements. • Able to regularly travel efficiently to London for the purposes of course requirements. • Commitment to working for a third sector organisation and understanding of the needs/challenges involved.	• Access to a vehicle for work travel purposes.

	• An understanding of, and commitment to, the promotion of Equal Opportunities.	
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Further Information

Equality, Diversity, Inclusion and Belonging at Centre 33

Centre 33 is committed to encouraging equality, diversity and inclusion among our workforce and users, and eliminating unlawful discrimination. The aim is for our workforce to be truly representative of all sections of society and for each employee, volunteer and service user to feel respected.

Our over-arching goals are:

- We encourage equality, diversity and inclusion in the workplace and create a working environment free of bullying, harassment, victimisation and unlawful discrimination, promoting dignity and respect for all, and where individual differences and the contributions of all staff are recognised and valued.
- We commit to **actively reaching out to all communities** of young people, investigating how we can welcome them to our services and breaking down any barriers to access.
- We commit to **challenging** instances of any power **imbalances** that may leave some people in our services or on our team at risk of harm or disadvantage.
- We commit to valuing and **improving diversity in our workforce**, governing body and volunteer base—we want to reflect the communities we work with.
- We commit to **using language and communications that don't alienate**, discriminate against or misrepresent any group.

Safeguarding Statement, Rehabilitation of Offenders Act 1974

All staff and volunteers at Centre 33 undertake an enhanced DBS Check. **Having a criminal record will not necessarily bar you from working with us.** This will depend on the nature, circumstances and background of the offenses. If you have a criminal conviction, other than those spent under the terms of the Rehabilitation of Offenders Act 1974, please contact hr@centre33.org.uk and they will confirm the process for confidentially informing us.