



Recruitment Pack

Engagement & Support Officer Breathe Melodies for Mums

June 2025

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Welcome

I would like to personally thank you for being interested in our work at Breathe Arts Health Research, and taking the time to learn about what we do and how we do it.

We care about supporting every individual we encounter to live their healthiest and most fulfilling life. We know from a decade's worth of research, that creativity can play a unique role in supporting the health and wellbeing of individuals and communities, and we pride ourselves on creating safe and inclusive environments where individuals can thrive. This doesn't just apply to the communities we support, but also to all of those who work at and for Breathe.

Breathe is a values-driven organisation, and we ensure we are led by our values in all we do, and all that we are. We value every individual for the unique contribution they make to the workplace and do all we can to support every person to flourish in their role. At Breathe, you will work alongside those who value kindness, integrity and inclusivity as key drivers. You will also enjoy a workplace environment that values both professionalism and fun in equal measure.

I hope that you will find this pack useful and insightful, and even if you don't feel this role is the right fit for you, we always welcome the opportunity to connect with like-minded creative people, so please do feel free to get in touch.



Yvonne Farquharson
Founder and Managing Director

Who we are

Breathe Arts Health Research (Breathe) is a not-for-profit social enterprise, founded in 2012. We are world leaders in combining creativity and robust scientific research to improve health and wellbeing.

Our vision is to transform healthcare, embedding evidence-based arts & health into the mainstream.

We are connected and grounded by our values – to be pioneering, empowering, collaborative, inclusive and to act with integrity.



Breathe has a core team of 14 staff, over 100 freelance creatives and 20 volunteers, supported by a Board of Directors, helping to shape and deliver our vision.

We have co-authored medical journals, published books, and contributed to government policies. We are multi-award-winning, receiving accolades and recognition from NESTA, NHS England and Royal Society for Public Health, to name a few.



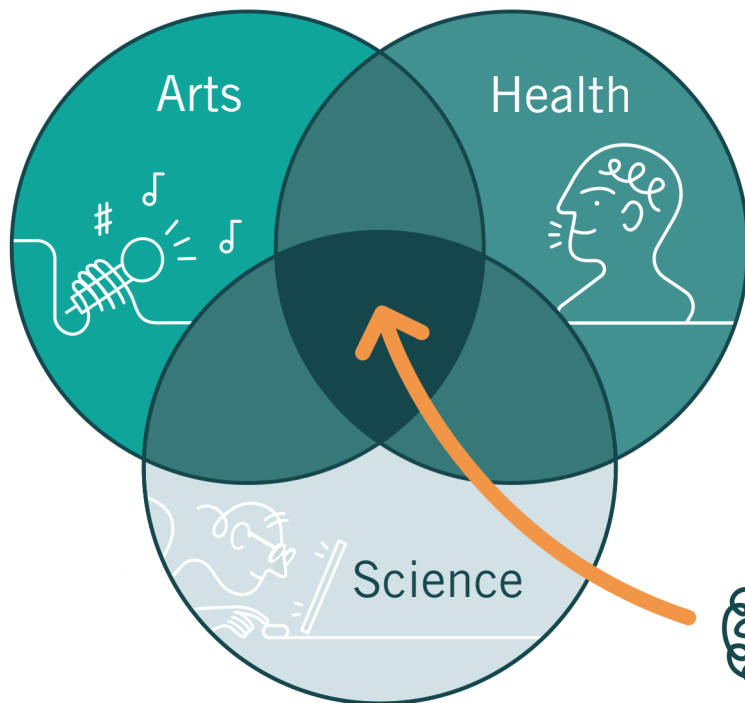
What we do

Collaboration is at the heart of what we do.

Breathe works with healthcare staff, creatives, researchers, academics, patients, and communities locally, nationally and internationally. We co-design and deliver empowering healthcare programmes, talks and training – ensuring relevancy, inclusivity and impact

Key partners include:

World Health Organisation, NHS England, King's College London, Sea Containers London, Southwark Council, Evelina London Children's Hospital and Wellcome Trust.



Each year, Breathe is proud to deliver 1,800 workshops, talks and performances, engaging over 64,000 people nationally and internationally.



Programmes

Our innovative programmes support babies to older adults to live their healthiest lives. We do this through music, dance, magic and more, working with the very best in each field.

Research

Our work is underpinned by rigorous research, ensuring we can measure quality and impact, to always make a meaningful change.

Training

We use our decade of expertise and experience to inform, educate and equip organisations and individuals.

Talks and Advocacy

We provide major contributions to the national advocacy of arts and health, helping to drive the sector forward and build communities of practice.

Job summary

Engagement & Support Officer, Breathe Melodies for Mums

Breathe Melodies for Mums is an evidence-based 10-week group singing programme carefully co-designed to support parental mental health and parent-infant bonding.

The Engagement & Support Officer will work alongside the Programme Manager and current Engagement & Support Officer to expand the programme into new London communities, with a strong focus on outreach in Lambeth and Southwark, ensuring cohorts reflect the boroughs' diversity.

The Engagement & Support Officer must be highly organised, an effective communicator and passionate about arts and health. The candidate must be professional, personable, kind and empathetic, with the ability to engage with a range of stakeholders, including adults experiencing mental health challenges, local community organisations, healthcare professionals, artists and core office staff.

You will be involved in all frontline aspects of the programme including session delivery, recruitment and supporting new parents to access and participate in the 10-week programmes.

If you'd like an informal and confidential chat about the role or application process, please email Hannah Morgan, Company & HR Administrator (hannah@breatheahr.org) who will arrange for you to speak with the Programme Manager for Breathe Melodies for Mums.



Job description

Engagement & Support Officer, Breathe Melodies for Mums

Responsibilities include:

Programme Administration & Delivery

- Administer and host online/in person Breathe Melodies for Mums programmes alongside a Breathe Singing Lead, ensuring a warm, safe and non-judgmental environment is created
- Work closely with the Programme Manager to ensure sessions are delivered with quality and follow the carefully designed and researched programme framework
- Contribute to Risk Assessments developed by Programme Manager

Participant Support & Stewardship

- Act as a main point of contact for participants, fielding enquiries, supporting with registration, attendance and signposting during and after the programme
- Encourage participants to become Programme Ambassadors

Recruitment

- Build a local network of recruitment partners from across the health, social care and VCSE sectors, applying a deep understanding of the communities we are working in
- Regularly undertake outreach visits to clinics, children and family centre activities and any other relevant spaces where new parents might be engaged
- Seek collaboration opportunities with community organisations to increase representation and access to the programme, including through the delivery of taster sessions
- Follow and administer established Breathe recruitment processes, including assessing eligibility for the programme, working with a strong awareness of Safeguarding and GDPR

Evaluation & Monitoring

- Follow detailed monitoring processes and systems including logging session attendance, supporting with pre and post programme reporting, collating EDI data
- Work with the Programme Manager and Company Administrator to ensure data is being captured and stored in line with GDPR and Breathe's Data Protection Policy

General

- Understand and adhere to all Breathe's Policies and Procedures, placing particular focus on Breathe's rigorous Safeguarding Policy and Data Protection
- Represent Breathe at external events, in a way which is consistent with our company values of being Pioneering, Empowering, Collaborative, Inclusive and to act with Integrity.
- Attend relevant role-specific, as well as company-wide, training.
- Carry out all duties with an understanding of, and commitment to, equal opportunities, equality, diversity and inclusivity.

This job description is intended as an outline of the general areas of activity and will be amended in the light of the changing needs of the organisation. Breathe has a small core team and flexibility is required to support the wider needs of the organisation.

Person specification

We are seeking an individual who is passionate about increasing access to parental mental health support, community engagement and the impact the arts can have on health and wellbeing.

Essential

- Experience of facilitating and/or coordinating groups, events and workshops, ideally in the community
- Experience and knowledge of supporting vulnerable people with mental health needs
- Strong, demonstrable understanding of safeguarding and GDPR
- Excellent listening, communication and collaboration skills
- Interest and enthusiasm for Breathe's work
- Highly organised, able to work well under pressure and prioritise to meet deadlines
- A team player who is flexible and willing to work collaboratively and with enthusiasm to support the Breathe team to success
- Knowledge of Microsoft Office packages

Desirable

- Be a resident of or have strong community connections with Lambeth and/or Southwark
- Direct/indirect experience and knowledge of perinatal mental health needs
- Background of working in either the arts, health or community/voluntary sectors
- Experience of working with databases

Please note that the successful applicant will be required to undertake an enhanced DBS check, and a job offer would be conditional on this. In addition, the post holder must have the right to live and work in the UK.

Offers are subject to two references acceptable to Breathe.



About the role

Contract:

1-year fixed term (starting as soon as possible)

Salary:

£27,000 - £30,000 FTE (pro rata for part time)

Reporting to:

Programme Manager, Breathe Melodies for Mums

Hours of work:

3 days/22.5 hours per week - working days to be agreed but must include Fridays

Place of work:

Breathe's Office (The Clarence Centre, 6 St George's Circus, London SE1 6FE) with regular travel for outreach and session delivery in Lambeth and Southwark predominantly, plus other boroughs where delivery is taking place including Wandsworth, Lewisham and Croydon.

Remote working is limited for this role due to the nature of activity and session delivery.

Benefits:

- Breathe's annual leave entitlement for full time staff is 27 days holiday plus 8 days bank holiday per annum, totalling 35 days of annual leave (this amount is pro-rated for part time contracts)
- 1 Creative Day per year in addition to annual leave
- Company pension scheme (employer contributes 3%, employee contributes 5%), following completion of probation period
- Employee Assistance Programme - including free counselling, telephone helpline, consultations with qualified experts, self-help tools and resources
- Company Tate membership including free access to exhibitions
- Access to free cultural events through our networks and partners
- Regular training and social events with the wider Breathe Team

How to apply

Breathe Arts Health Research is an equal opportunities employer, and we embrace diversity. For this role, we particularly welcome applications from Lambeth or Southwark residents or individuals with a strong community connection within Lambeth or Southwark. We positively welcome applications from individuals who identify as people of global majority, d/Deaf and/or disabled and all under-represented groups.

1. Write to us in no more than one A4 page, telling us:
 - Why you are suitable for this role and what you can bring to Breathe
 - The experience and qualities you would bring to the role and how this meets the job specification
 - Earliest available start date
 - The names and contact details of two referees (only contacted after seeking permission)
2. Submit your CV (max 2 pages)
3. Complete our [Equal Opportunities form here](#) (this is for monitoring only and will be separated from your application)

How to submit:

Via email to info@breatheahr.org using the subject heading 'Application: Engagement and Support Officer'

Deadline for applications:

17:00 on Wednesday 25th June 2025

First round interviews:

Wednesday 2nd July 2025

Second round interviews:

Monday 7th July 2025

Interview location:

All interviews will be held in-person at Breathe's office, SE1 6FEE

