



Job Advert

Breath, Body, Mind Practitioner



Job Title: Breath, Body, Mind Practitioner

Reporting to: Project Lead

Location: Hybrid - 1 day per week working from home and community venues and at clients homes.

Salary: £6,000 - £7,000 pa (PAYE with paid holiday leave)

Type: Part-time 7 hours per week (contract until 1st June 2028).

Job Funded by: National Lottery Community Fund.

Application deadline: 21st July 2025 at 5pm

Company information who are recruiting

Partners in Dementia (www.partnersindementia.org.uk) have been awarded £168,380 by the National Lottery Community Fund to deliver an innovative and much needed three year project in and around York. Our aim is to ensure that the services we offer are genuinely helpful, making a meaningful difference to those who take part. To do this we are introducing a new service to support our unpaid carers in the community. Breath, Body, Mind is a key part of this work.

Introduction to Breath, Body, Mind

Breath, Body, Mind supports unpaid carers to learn to use their breath alongside simple movements to build resilience, reduce stress and anxiety. Breath, Body, Mind is recommended in research and by clinicians to help carers in their caring role. Read about Breath, Body, Mind here: <https://www.breath-body-mind.com>

Summary of role

This role is to deliver our Breath, Body, Mind six week courses to unpaid carers from community venues as well as some 1-2-1 support in their own homes for people who need support learning the breathing techniques. Some courses and taster sessions will also be delivered online.

You will receive training and then supported with supervisions to learn the breathing practices with movement necessary to deliver this service. You will get to know the clients you support as you will working in a small group setting with them for six weeks at community venues / online; and periodically thereafter at their homes. You will also support gathering evidence for the outcomes of this service, and sometimes work in depth with clients to develop case studies to further knowledge of this approach.

Key Responsibilities and Tasks

- Comply with Partners in Dementia practice protocols and policies to provide a safe and legal environment (e.g. Safeguarding training and DBS checks).
- Complete 54 hours of online Breath, Body, Mind training.
- Ensure that all communications with clients are within our companies protocols and performed professionally.
- Engage in supervisions with Project Lead to help you to build skills and confidence as you learn to implement Breath, Body, Mind work.
- Lead six week Breath, Body, Mind courses to carers at community venues.
- Lead four week Breath, Body, Mind courses to carers online.
- Make and uphold home appointments with service users.
- Assess carers breathing support needs. Keep prompt and up to date records of participants support plans.
- Refer to external agencies where appropriate with consent from service users wherever possible.
- Ensure accurate completion of all relevant data collection in a prompt and efficient manner.
- Facilitate creating case studies using clients preferred methods and abilities.

Other Responsibilities

- Be flexible where necessary and sensitive at all times to carers and their care partners whenever in contact with them (a care partner is sometimes referred to as the cared for person).
- Be a key member of staff contributing commitment and effort to make sure the team attains its project targets by providing an efficient and collaborative service.
- Keep up to date by reading internal and external communications.
- Ensure key understanding of the admin systems at all times.
- Ensure strong knowledge of the key policies.
- Attend and actively contribute at biannual team meetings involving all other project staff.
- Share knowledge, information and experience freely with others.
- Work professionally with external professionals and colleagues.
- Participate as a team player by being involved in team activities and being sensitive to others' needs.
- Ensure to take a proactive approach to requesting support when required from the Project Lead.
- Use own initiative to work through tasks methodically, planning and prioritising them on a day to-day basis.

Essential Experience and Skills

- Experience leading small groups in person and online.
- Experienced at assessing people with a defined need in order to understand their strengths and support needs.
- Able to take initiative, adopts a flexible and proactive approach and has a drive to support the valuable data collection for the organisation.
- Strong organisational, planning and analytical skills.

- Ability to self-motivate and work efficiently through self-direction as well as across a team.
- Ability to reflect on own practice and identify key learning points, both alone and within Supervision.
- Attention to accuracy and detail in documentation.
- Computer skills including using Zoom, email, Microsoft Word and Excel.
- Transport means to get to/from community venues up to 20 miles from central York.

Desirable Skills and Experience

- Experience of working with the breath as a Practitioner.
- Experience of working with unpaid carers.
- Experience using the arts and crafts to support the deeper exploration of a theme for case studies.

Key Dates and Information

- **To apply:** send an email with your CV, and very important- a covering letter explaining why you'd be ideal for this role, to partnersindementia@gmail.com
- **For an informal chat:** call Justin on 07932 420726.
- **Interview dates (online):** Thursday 7th and Friday 8th August 2025.
- **Start date and induction:** Week commencing Monday 1st September 2025.
- **Initial training dates (must be available):** September 20th, 21st 2025; January 30th, 31st 2026, February 1st, 13th, 14th, 15th, 27th 28th 2026; and March 1st 2026.
- **Regular working day:** Mainly Thursdays with some flexibility.

Partners in Dementia is committed to being a fully inclusive place to work where all our colleagues are encouraged and supported to be themselves, where difference is celebrated and where everyone feels able to deliver their best.