Learning for Health and Wellbeing Tutor

Contract type: Freelance

Start date: ASAP for planning (Delivery between January – July 2027)

Hours per week: 214 hours available

Hourly rate: £35 p/h (applicants are responsible for their own tax and NI)

Summary

The Grace Eyre Foundation are seeking a Learning for Health and Wellbeing Tutor for adults with a learning disability and/or autistic adults, who can provide practical tools, knowledge and confidence to improve mental health, emotional resilience and overall wellbeing. Through evidence-based learning, learners will build skills that improve quality of life while supporting progression into further learning, greater independence and community participation.

We have been awarded a grant from West Sussex County Council's Community Learning Service.

This is a fantastic and exciting opportunity to contribute to the future development of a programme of learning and skills development for the people we support.

Role and expectations

You will be responsible for planning and delivering focussed and structured health and wellbeing courses for adults with a learning disability and/or autism. You will develop engaging, effective and innovative lesson plans and curricular activities to aid the development and acquisition of health and wellbeing skills for learners.

Learning will be practical, engaging and highly accessible, using evidence-based approaches including:

- positive psychology
- mindfulness
- body-mapping
- arts and nature-based approaches
- yoga and gentle movement
- breathing and relaxation techniques
- reflective learning journals
- practical problem-solving activities
- home practice activities that reinforce learning.

Delivery will focus on learners living in Bognor Regis and surrounding communities, where deprivation, health and social inequalities are among the highest. These challenges are amplified for people with a learning disability and/or autistic adults, who experience disproportionately high levels of mental ill health, anxiety, loneliness.

We will deliver two 7-week programmes for 6 learners, combining 24 guided learning hours in small, interactive group sessions with 6 hours of personalised 1:1 learning and coaching. Developed in response to learner feedback, this blended model maximises participation, achievement and progression by combining peer learning and social connection with tailored support to overcome individual barriers and achieve personal goals.

Learners will develop effective self-management strategies to reduce stress and anxiety, improve emotional regulation and literacy, increase confidence and build resilience.

Accessibility is central to our delivery model. Learning resources will be available in Easy Read, plain English and visual formats, so being able to adapt teaching to individual communication styles, learning preferences and support needs will be essential.

Clear progression pathways will enable learners to continue into further learning, wider community activities and potentially volunteering and employment.

You will have some time for planning and preparation, course delivery and any associated training.

Person Specification

We are seeking an engaging, inspirational and enthusiastic tutor with experience teaching individuals with a learning disability and/or autism.

You will be fully committed to providing high-quality teaching and increasing the skills and confidence of the people we support. Passionate about teaching and able to inspire and motivate learners and staff. Highly motivated and with a positive attitude, you will be able to build rapport with learners and retain their attention during sessions. You will have exceptional communication skills with the ability to support and adapt to a range of support needs.

You do not need to have an official teaching qualification but must have experience of working with learners with SEN. Familiarity with OFSTED and being able to clearly show health progression within your work would be attractive.

Enhanced DBS check will be required.

About Grace Eyre

The Grace Eyre Foundation supports adults with a learning disability and/or autism across Sussex. With 120+ years' experience, we are a well-known, trusted service provider with a reputation for innovation and excellence.

Grace Eyre's mission is to provide good homes and pioneering support, connections and experiences led by Our Charter, where voice, choice, growth and happiness lead the way. We are also a Disability Confident Leader.

We support 600+ people each year, empowering and enabling them to increase their ability, equality and independence and live happy, healthy lives. We offer this support under 4 main service areas:

- Active Lives; fun, innovative and transformative projects, services and initiatives under the categories of arts, sports and well-being, learning and development
- Choices; our independent living service providing one-to-one personal care and support and community outreach
- Housing; matching individuals, couples and friendship groups with quality accommodation that meets their needs, enabling people to live in the security of their own home
- Shared Lives; providing long-term accommodation, short breaks, day share and kinship opportunities, enabling people to live and integrate fully within their community.