



For mental health and social change  
Dros iechyd meddwl a newid cymdeithasol

# Invitation for Expressions of Interest from Community and/ or Clinical Psychologists to provide project consultation services for the Hope and Healing project

**Funded by:**



**In Partnership with:**



## About Platfform

At Platfform we have a vision of ‘sustainable wellbeing for all’. It’s a big vision in a big and complicated world, but one that we are passionate about.

We work alongside people experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and wellbeing in the places that they live.

We are part of a growing movement of people and organisations who do not believe society’s current ‘helping’ systems are fit for purpose. We know that these systems require radical change in order to really contribute to our shared vison of ‘sustainable wellbeing for all.’

We are testing and developing an asset based, trauma informed and healing focused approach to our work, as a response to the deficit based, traumatising and often damaging approaches experienced by many people when seeking help.

### **We have two core purpose statements:**

- 1.** To change the narrative around mental health, offering up an alternative to the dominant paradigm of psychiatric diagnosis. This alternative focuses on the role that trauma, life experiences and socio-economic circumstances have on our mental health and our ability to recover. We pursue this change to help broaden public perceptions, and to transform how people experiencing mental distress can ask for and receive help.
- 2.** To make society’s 'helping systems' work better for people having the toughest times. In the first stages of our strategy, we will focus on systems around mental health, housing, homelessness, and young people.

Everything we do forms part of achieving our purpose and everything you do will have these two purpose statements in mind.

## **About the Hope and Healing project**

Hope and Healing is a five-year project funded by the National Lottery Community Fund. Through the project, we’re exploring new ways of putting community and relationships at the heart of mental health support.

In Hope and Healing, we recognise that both individuals and communities can experience trauma and that our mental health is largely determined by our social circumstances (WHO, 2014). We know, too, that relationships are central to good mental health. We need to take a holistic approach if we want to create better mental health, and one that recognises the deep relationship between mental health and social

justice. This includes the role organisations and wider systems have in creating the conditions for everyone to thrive – including those working within them.

In Hope and Healing, we're bringing together a range of approaches and experiences to build new ways of responding to mental health that are focused on communities, trauma, relationships and social justice. This includes:

- Theory and practice from psychology, especially about the role that trauma plays in communities
- A focus on relationships and connection
- Community development approaches that focus on strengths and assets
- A holistic approach that sees people in context
- An ecological or whole-system approach, working alongside communities and services
- A social justice approach to mental health that recognises mental health is deeply connected to inequity and inequality
- A commitment to listening and hearing people's voice and stories: being seen and heard is a mental health intervention.

The project's three strands bring together intensive work in and alongside communities, with compassionate support for services and professionals, and creative campaigning approaches:

**Communities of Hope:** self-sustaining community groups across three areas, using an evidence-based trauma-informed community development approach. We will develop peer-to-peer support networks, exploring how to provide interventions that are trauma-informed, community-led and culturally sensitive – using storytelling for systems change through a place-based approach to improving community wellbeing.

**Hope Academy:** learning networks, tools and support for people and professionals seeking to make change via place-based communities of practice, national events and resources about how to create change through a relational and trauma-informed approach – drawing on learning from the community groups and professionals, co-created for authenticity of voice.

**Campaign for Hope:** national hope and healing conversations – a series of listening exercises and campaigns for change using our Truth Project approach, to hear direct experiences of working / living in traumatised systems and communities so we can advocate with people, policy-makers and leaders across the UK for change.

Platform will work alongside our core project partners: Save the Children Wales, Groundswell and Homeless Network Scotland. We'll have core project sites in Wales, Scotland and England. Our work will focus in particular on housing and homelessness and support for families.

## **About the role**

### **What we're looking for in Psychologist project consultants:**

We're looking to develop a small pool of Clinical and Community Psychologists with expertise in community psychology to support the development of different activities within the project. Pool members may be engaged to undertake specific pieces of work on a consultancy basis.

We're looking for people who are deeply aligned to the values of our project and Platfform's commitment to a relational and trauma-informed approach to mental health.

We are looking for people who can bring their community psychology expertise to activities including:

- Supporting the project team to develop interventions and approaches in communities, working alongside community members, ensuring that they are underpinned by sound psychological theory and practice;
- Supporting the project team to develop and deliver activities which support professionals and those working/ volunteering for different kinds of services;
- Developing training/ guidance materials;
- Supporting reflection, formulation and the identification of approaches to address barriers and respond to opportunities;
- Providing guidance and support in managing risk;
- Providing clinical supervision.

Project activity focuses on south-east Wales, London and Scotland and we are particularly keen to hear from people working in these areas.

## **Skills and experience**

We are looking for Clinical and/ or Community Psychologists who bring:

- A deep understanding of community psychology theory and practice and the ability to articulate this clearly for those without a clinical background;
- Significant experience of working in communities as a psychologist;
- A commitment to trauma-informed and relational approaches to mental health;
- An understanding of systemic approaches and experience in applying these in a range of contexts, including outside a traditional therapeutic environment;
- Experience of supporting people from outside the psychology profession to put theory into practice, including through coaching and strengths-building approaches;

- Experience of developing training and other kinds of professional development support, especially for people working in communities and non-clinical settings;
- Relevant professional accreditation and DBS checks;
- Experience of working as a HCPC registered Psychologist at Band 7 or above;
- Registered as a Practitioner Psychologist with the Health and Care Professions Council (HCPC).

### **Expression of interest process**

If you meet the criteria outlined above and are interested in joining our pool of Psychologists:

1. Send a CV with a statement outlining your relevant experience (ideally no more than one side of A4) to [helenwales@platform.org](mailto:helenwales@platform.org). Please include details of your potential availability e.g. time available, any restrictions on location, any specific areas of interest.
2. If your skills and experience match what we are looking for, we will arrange to have an online conversation to find out more about you and vice versa.
3. For Psychologists invited to join the pool, if a piece of work comes up within the project that we think could suit your skills, experience and stated preferences, we will contact you to discuss further.

**Deadline:** Please submit EOIs by 31<sup>st</sup> March 2026. We will aim to respond within six weeks.

Please note that we can offer no guarantee of work for any pool members and any consultancy activity will be determined by the needs of the project.

We will agree individual rates based on experience, expertise and the type and scale of work being undertaken; we anticipate daily rates will fall between £350 and £500.