

Job Title:	Mellow Parenting Project Worker		
Salary Banding:	MP25: £28,748.33 pro rata plus 6% pension contribution initially a 12-month fixed term post. 22.5 hours per week, preferably worked over Tuesday, Wednesday & Thursday	Travel Required:	Across Scotland, initially mainly Edinburgh, Glasgow, Forth Valley and Fife.
Job Description			
Main Purpose of the Role: To deliver Mellow Parenting groups in partnership with local organisations across key parts of Scotland, including Edinburgh, Glasgow, Forth Valley and Fife, ensuring families are supported to build confidence, strengthen relationships and improve emotional wellbeing and resilience. This post is 22.5 hours per week, preferably worked over Tuesday, Wednesday and Thursday, initially for a 12-month period with thanks to funding from the Robertson Trust. Roles and Responsibilities: This is an exciting opportunity to join a vibrant Scottish charity with a strong reputation for delivering evidence-based, relationship-focused programmes. Mellow Parenting develops and delivers interventions that strengthen relationships, connection, wellbeing and resilience within families. Our programmes are grounded in attachment, trauma-informed practice and the values of GIRFEC and The Promise. This post will play a key role in delivering a range of Mellow Parenting groups across key parts of Scotland, working closely with local partners to ensure families have access to safe, supportive and empowering group experiences. The successful candidates will work as part of our small, friendly team and will be responsible for high-quality group delivery, partnership working, supporting family's participation, their voice and rights. Key Responsibilities: • Deliver Mellow Parenting groups in accessible community settings across key parts of Scotland, providing preventative, relationship-focused support for families experiencing poverty and associated trauma, including occasional evening sessions to maximise accessibility. • Work collaboratively with local partner organisations to plan, co-ordinate and deliver Mellow groups, maintaining awareness of local networks and services, contributing to shared learning, and demonstrating the Robertson Trust's commitment to collaboration across the voluntary and statutory sectors. • Support partner practitioners with troubleshooting, reflective practice and progression toward Mellow accreditation, building a poverty and trauma-aware workforce with the skills, knowledge and confidence to deliver high-quality, relationship-focused family support. • Ensure participants voices shape the programme delivery, including gathering session-by-session feedback and supporting accessible evaluation to measure impact. • Work closely with the Evaluation Team to ensure robust impact data is collected in line with Mellow Parenting Evaluation Framework and The Robertson Trust reporting requirements, evidencing the difference Mellow groups make for families experiencing poverty and associated trauma, and contributing to shared learning about what works in preventative family support. • Carry out post-group/session Touch Point meetings with families to support ongoing reflection and wellbeing.			

- Contribute to high-quality reporting for the Robertson Trust, including clear outcomes, case examples and learning that evidences the impact of Mellow groups on families' relationships, wellbeing and resilience, and demonstrates alignment with the Nurturing Relationships theme.
- Undertake any other reasonable tasks identified by the line manager to support programme delivery.
- Participate in the organisation's professional practice support offers, including Support & Supervision, Reflective Coaching, Mellow Up! and Coffee and Connections.
- Represent Mellow Parenting at key events, meetings and conferences.
- Develop a healthy balance between office and remote working, that works for the post holder, Mellow Parenting and the families that we work alongside.

Essential Criteria:

- A deep commitment to working alongside families – particularly those experiencing poverty and associated trauma – in a way that is compassionate, non-judgemental and empowering, treating every family with equity, dignity and respect in line with the Mellow Parenting ethos.
- Ability to build positive, trusting relationships with families.
- Willingness and ability to travel across key parts of Scotland.
- Ability to work flexibly, including occasional evenings, to meet the needs of families and the wider services delivered by Mellow Parenting.
- Strong understanding of how voluntary, education and social work sectors operate in Scotland, including a commitment to collaborative working, sharing learning and contributing to a broader ecosystem of support for families experiencing poverty and trauma.
- Good knowledge of child and adolescent development, attachment, trauma, mental health and wellbeing, and an understanding of how poverty and associated trauma affect families; alongside familiarity with key Scottish policy frameworks including GIRFEC and The Promise.
- Strong communication skills, both written and verbal.
- Ability to work independently and as part of a small team.
- Ability to plan, organise and meet deadlines.
- Evidence of effective partnership working.

Desirable Criteria:

- A relevant qualification for working with children and young people, for example an SVQ Social Services (Children and Young People) Level 7, and/or a range of experiences working alongside children, young people and families with a variety of additional support needs.
- Experience delivering Mellow programmes.
- Experience working in group settings.
- Understanding of national policy frameworks including GIRFEC, The Promise, and Scotland's mental health and wellbeing strategies, alongside awareness of the Robertson Trust's Nurturing Relationships priority and its focus on breaking the cycle between persistent poverty and intergenerational trauma.

Additional Information:

Contract Type: Fixed-term contract for 12 months initially. While the project is currently funded beyond the initial contract period, any extension will be subject to organisational review, project requirements, and the continued availability of funding.

For an informal discussion about the post or to arrange a telephone or Teams call, please email Stewart McLean, National Development Officer: stewart@mellowparenting.org We're happy to talk through the role and support you in deciding whether it's the right fit for you.

Mellow Parenting reserves the right to close this vacancy early if we receive a high volume of applications. We encourage early applications to avoid disappointment.

Reviewed By:	SM/RI	Date:	June 2026
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