

**Call for Tutors and Facilitators:**  
**Join The Smart D8 Panel to deliver Health & Wellbeing workshops to**  
**workers in Dublin 8**

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# 1. Introduction and Overview

## 1.1. Context

Smart D8, a pioneering population health and wellbeing demonstrator, has been at the forefront of tackling real-world health and wellbeing challenges since its inception in 2020. By demonstrating new forms of collaboration while piloting new digital technologies and services, Smart D8 offers unique opportunities to address pressing population health issues.

The primary mechanism used to address these challenges has been the implementation of open calls for pilots, addressing specific health challenges each year and resulting in the successful execution of numerous pilot projects.

Apart from the pilot scheme, another strategy used to address these challenges has been the support of health and wellbeing initiatives. In fact, since January 2024, Smart D8 has actively supporting various organisations in Dublin 8, facilitating the delivery of health and wellbeing workshops for individuals living in the area. These initiatives catered to diverse age groups and covered a range of themes, such as healthy food and eating, physical health and wellbeing, successful and positive ageing, and mental health.

As a result of these endeavours, thousands of individuals have been inspired and engaged by innovative pilots and health and wellbeing initiatives. Smart D8 has now established relationships with 30 community organisations, three community networks, and 10 schools in Dublin 8, and is now looking to expand its offerings.

To further extend its impact, Smart D8 is now seeking to establish a panel of tutors and facilitators to deliver inspirational and educational workshops on health and wellbeing with a wide range of partners to workers based in Dublin 8.

This represents an exciting and unique opportunity for individuals with an interest in developing their tutoring and facilitation skills while contributing to the health and wellbeing of the workers in Dublin 8.

**Closing date for Applications is Friday 12<sup>th</sup> July 2024.**

## 1.2. What is a Tutors and Facilitators panel?

Smart D8 is seeking to establish a panel of tutors and facilitators that will deliver health and wellbeing workshops to the employees of companies based in Dublin 8.

### 1.3. What is Smart D8?

Smart D8 is a population health and wellbeing demonstrator. The initiative is based in Dublin, Ireland's capital city. With a target population representing one geographical area called Dublin 8 with a population of 43,000 people. The area was chosen to provide a wide and diverse population group based on socio - economic, age, gender, ethnicity etc.

Smart D8 supports initiatives focused on actions which address population health and wellbeing challenges. It has direct connections with citizens and service providers and works to matchmake real-world needs with innovative content and technologies with an ability to scale. Smart D8 is developing a broad approach to population health and wellbeing, which encompasses prevention as well as treatment in the community. It is seeking to make an impact on a wide range of social and economic determinants.

Smart D8 has purposefully established a unique range and diversity of partners in the consortium. Starting with healthcare providers, the consortium also has representation from municipal, governmental, enterprise, academic and creative stakeholders. The consortium represents a broad perspective on how people live and work, how they access services, travel, and consume public and private facilities and services.

#### **Relevant link:**

[www.smartd8.ie](http://www.smartd8.ie)

### 1.4. Scope and Nature of the Health & Wellbeing Workshops

As a population health and wellbeing demonstrator, Smart D8 workshops will be focused on empowering the employees of companies based in Dublin 8 with the knowledge, skills, and resources necessary to enhance their overall health and wellbeing. These workshops will be delivered in engaging ways, with an emphasis on hands-on learning experiences.

Opportunities may also arise to engage with the collaborative ecosystem built up around Smart D8, fostering a dynamic environment for impactful learning.

## 2. Objectives and Associated Details

### 2.1. What are the objectives of the Tutors and Facilitators panel?

The Smart D8 objectives in establishing this panel are:

- To develop a pool of talented and motivated tutors and facilitators interested in supporting the workers in Dublin 8 through the delivery of inspirational and educational workshops on health and wellbeing to the employees of companies based in Dublin 8;
- To evaluate the uptake and impact of these workshops through surveys and regular meetings between Smart D8 and Dublin 8 companies.

### 2.2. Tutors and Facilitators Duties and Responsibilities

- Responsibility for the operational project management of health and wellbeing workshops with workers in Dublin 8;
- Engaging the employees of companies based in Dublin 8 to participate in activities and capturing data to benchmarking impacts;
- Responsibility for the coordination, planning and implementation of health and wellbeing workshops, events and meetings including events to promote the workshops;
- Monitoring, collection and timely reporting of project outputs, milestones and deliverables to the Management team and associated co-funding agencies;

### 2.3. Person Specification/Qualifications

We're seeking expertise in various fields related to health and wellbeing to lead engaging and informative workshops with the employees of companies based in Dublin 8. Find below the two main areas we are interested in recruiting:

- Disease Prevention and Emergency Response
  - Skin Disease Prevention
  - Cancer Prevention
  - Diabetes Prevention
  - First Aid and CPR
- Physical/Mental Health and Wellbeing

- Nutrition and Diet (i.e., healthy cooking and eating habits)
- Sport (e.g., yoga, tai-chi etc...)
- Positive Sleep Habits
- Mindfulness and Meditation
- Psychoeducation (e.g., teaching coping skills for anxiety, depression, stress etc...)
- DIY and Craft Activities (e.g., woodworking, metalworking, upcycling projects etc...)
- Cultural and Recreational Activities (e.g., music sessions, art classes, film screenings, writing classes, gardening classes, etc...)
- Social Activities (e.g., learning to play chess, pool, table tennis, darts, etc...)

If you have expertise in any of the mentioned-above areas, we want to hear from you. Join us in empowering the Dublin 8 working community to lead healthier lives and apply now!

#### 2.4. Desirable Knowledge and Experience

- Experience or strong interest in health and wellbeing;
- S/he/they will work well under pressure and have the ability to work on his/her/their own initiative.

#### 2.5. Skills and Competencies

- S/he/they will be an effective and engaging communicator with the ability to inspire in a positive way;
- S/he/they will have excellent, interpersonal and presentation skills – both written and verbal;
- Excellent analytical skills - can identify a problem/risk and propose solutions to multi-faceted problems (essential);
- Excellent time management skills and highly organized. The ability to meet deadlines while working on multiple projects simultaneously, to priorities tasks and see through to completion (essential);
- Flexible approach – available to work outside normal hours are required on an occasional basis (essential);

- Resourceful / conscientious and self-motivated individual with a ‘can do attitude’ – ability to see tasks through to completion (essential).

## 2.6. Support and Fees

Smart D8 offers a unique opportunity for tutors and facilitators to work within an innovative environment and to engage with the workers in Dublin 8.

The selected tutors and facilitators will receive:

- An hourly fee which will cover training of the selected panel as well as course development, delivery and assessment;
- Opportunities as they arise as we deploy and implement our health and wellbeing workshops throughout the next 12 months;
- Access to learning facilities, equipment, venues for the workshops, and meeting spaces;
- Opportunities as they arise to networking opportunities with the unique range and diversity of partners in the Smart D8 Consortium, and with innovators, technologists, creatives and entrepreneurs.
- Access to the vibrant Dublin 8 community, with a population of 43,000 people.

## 3. Application Criteria and Conditions

### 3.1. Applications

If you are interested in applying, please send the following to [giulia@smartd8.ie](mailto:giulia@smartd8.ie):

- a cover letter outlining how your skills and experience are suited for the role on the panel;
- a CV no more than two pages in length, which should be submitted on or before **Friday 12<sup>th</sup> July 2024.**

Shortlisted candidates may be called for an interview.

Successful applicants will be chosen by a selection panel established by Smart D8.

### 3.2. Queries

Please email any queries in relation to the Tutors and Facilitators panel to [giulia@smartd8.ie](mailto:giulia@smartd8.ie) before **Friday 21<sup>st</sup> June 2024**.

### 3.3. Eligibility

Smart D8 is committed to a policy of equal opportunity and promotes equality, diversity, and inclusion within its sector, protecting human rights and eliminating discrimination.

If you have a disability or require reasonable accommodations as part of our application process, we strongly encourage you to share this with us so that we can ensure you get the support you need.

### 3.4. General Conditions

Late submissions will not be accepted.

All materials submitted should be clearly labelled with the applicant's name and contact details.

The selection panel, whose decision is final, has the right to clarify any issue which may arise in the course of selection.

Applicants may be asked to supply the names and contact details of referees as part of the selection process.

Smart D8 reserves the right not to award commissions and, in this instance, reserves the right to pursue other selection processes.

Submissions will not be returned.

### 3.5. Terms and Conditions

Selected tutors and facilitators will be required to follow national policy with regard to commissions involving interaction with vulnerable adults and where applicable undergo training in this area, as per national requirements.

The appointed candidates will have to supply an up-to-date tax clearance certificate prior to signing of contract and for the duration of the panel.