



# PHYSICAL ACTIVITY AND HEALTH CASUAL COACH

## V A C A N C Y

**We have an exciting opportunity to join our children's health team as a Physical Activity and Health Casual Coach. The successful candidate will be passionate about supporting children and their families to adopt and maintain a healthy lifestyle.**

The role of the Physical Activity and Health Casual Coach will be to support full time staff to deliver the Live IT programme, which is a child weight management programme supporting children to lose weight and get fitter.

Within this role you will support the lead officer to deliver high quality intervention, which enables children and young people aged 5 – 17 to get fitter and lose weight. Interventions include the delivery of physical activity and healthy eating sessions in local community setting.

## KEY RESPONSIBILITIES

- To motivate, inspire and support children to adopt a healthier lifestyle through the delivery of a healthy eating and physical activity programme
- Develop and maintain positive relationships with children and young people
- To work closely with the lead officer and follow procedures regarding issues of clinical concern and safeguarding
- To deliver a range of physical activity and sports sessions to children and young people
- To support in the planning and adaption of sessions according to children's strengths and ability in community hubs
- To have a sound understanding of children and young people's health and wellbeing

# PERSONAL CHARACTERISTICS AND EXPERIENCE

## ESSENTIAL

- Coaching qualification to Level 2 or equivalent qualification in the field of children and young people's physical health
- Experience of delivering physical activity for children and young people
- Experience of delivering group-based activities to children and young people
- An understanding of health inequalities
- A sound understanding of safeguarding and the reporting mechanism
- Ability to work with integrity, professionalism and discretion
- Full UK Driving Licence and access to vehicle

## DESIRABLE

- FUNDamentals training / multi-skills training
- Knowledge of weight management and behaviour change practice and principles

## HOURLY RATE: £10.42

For any queries regarding the position please contact **Sharon Dale (Sharon.dale@dcct.co.uk)**

To apply for this role, please complete an application form, which can be found on our website

**<https://www.derbycountycommunitytrust.com/careers/>**. Please note that CVs will not be accepted without an accompanying application form.

Completed application forms and tasks should be sent by email to **recruitment@dcct.co.uk** or via post to; **The HR Department, Derby County Community Trust, 14 Pride Point Drive, Pride Park, Derby, DE24 8BX.**

### Equality, Diversity & Inclusion

Derby County Community Trust believe our workforce should be as diverse as the communities we serve. We are committed to encouraging equality, diversity & inclusion throughout our workforce, and eliminating unlawful discrimination.

### Safeguarding

Derby County Community Trust have a responsibility to promote the welfare of all children, young people, and adults at risk to keep them safe and is committed to working in a way that protects them. The Trust expects all staff and volunteers to share this commitment.

As part of the Trust's commitment to providing a safe environment for children and young people, applicants should be aware that they will be required to apply for an Enhanced Disclosure and Barring Service (DBS) Criminal Record Check (CRC) as part of the recruitment process.

**Derby County Community Trust's Job Applicant Privacy Policy can be found at [www.derbycountycommunitytrust.com/about/careers](http://www.derbycountycommunitytrust.com/about/careers).**



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