



# PHYSICAL ACTIVITY AND HEALTH OFFICER (FEMALE ADULTS)

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DEPARTMENT: HEALTH

REPORTS TO: HEALTH TEAM LEADER

LOCATION: 14 PRIDE POINT DRIVE, PRIDE PARK,  
DERBY, DE24 8BX

Derby County Community Trust's Health department seeks to deliver targeted health intervention programmes aimed at reducing health inequalities and promoting healthy lifestyles to people living in Derbyshire. All health programmes offer person centred, integrated and holistic approaches to improve the health and wellbeing of residents living in the city and county. All our health initiatives offer a 12-month behaviour change programme, using Motivational Interviewing as a key driver to enable changed behaviour.

Amongst several Health and Wellbeing programmes within the health department, we work in partnership with the Primary Healthcare Derby Ltd and the Primary Care Network's (PCN's). We have recently secured additional funding to deliver a physical activity and health programme aimed at supporting patients living with long term health conditions, support people to live well with pain and provide a targeted women's health programme addressing issues such as menopause, endometriosis, and mental wellbeing. The aim of the programme is to improve their health and wellbeing using physical activity and behavioural change technique.

# KEY RESPONSIBILITIES

- To work in partnership with social prescribers and GP managers to identify and engage the target audience
- To deliver an evidence-based pain management programme in both community settings and from GP surgeries
- To prescribe and deliver appropriate physical activity programmes in accordance with NICE guidelines
- To support in the development and delivery of the new women's health programme
- To develop and deliver a targeted healthy living programme, predominantly to females, including the wider determinants of health, which comprises motivational interviewing, physical activity, nutritional support and health education through evidence based behavioural change models
- To develop and maintain partnerships both with practitioners and community members
- To deliver physical activity, social events and targeted support to individual which will improve their health and wellbeing
- To deliver targeted lifestyle interventions around physical activities, nutritional support and health education through evidence based behavioural change models to women experiencing specific health conditions
- To provide personalised and tailored support, encouragement and motivation to both initiate and sustain a health and active lifestyle
- To provide both 1:1 and group work support to anyone accessing the programme
- To deliver community-based sessions

# GENERAL RESPONSIBILITIES

- Ensuring continuous compliance with the requirements of relevant Health & Safety and Data Protection legislation. It is the duty of every staff member to take reasonable care of their own and other people's health, safety, and welfare, and to report to DCCT any situation which poses a serious or imminent threat to the well-being of themselves or of any other person.
- It is essential that there is a consistent and effective approach to the process of identification and management of risks across the Trust. The escalation of risk within an organisation is a key mechanism for ensuring that risk is managed at the appropriate level by the appropriate individuals. All staff have a duty to ensure compliance with the Trust's Risk Management policies and procedures.
- Demonstrating the impact of DCCT programmes is a key performance indicator for the Trust. Capturing, recording, and analysing data is essential in supporting this. All staff are required to ensure they play their role where applicable.
- The assurance of quality is fundamental for all work undertaken by DCCT and should be implemented by all staff in their work. To that effect DCCT shall: Regularly monitor and measure the quality of its work methods, outputs and outcomes with a view to ensuring high quality standards, best value and continuous improvement.
- To uphold the Trust's Equal Opportunities policies & practices, positively promoting equality of opportunity.

# PERSON SPECIFICATION

## ESSENTIAL

- Mental Health First Aid
- Exercise Instructor
- Experience of supporting individuals with specific health concerns on a one to one and group work basis to make positive healthy lifestyle changes
- Experience of working with women with an ability to engage those deemed as hard to reach
- An understanding of menopause and endometriosis and their impact on women's health
- Experience of working in partnership with internal and external agencies and organisations
- Ability to identify, contact and develop relationships with women to engage them onto the programme
- Ability to demonstrate an empathetic and person-centred approach
- Ability to inspire and motivate others towards behavioural change
- An understanding of how physical activity has a positive impact on individuals health and wellbeing
- Ability to change and adapt delivery to support women of all ages
- A good understanding around women encountering the menopause

## DESIRABLE

- Level 3 Personal Trainer or equivalent
- Level 3 GP Referral
- Experience in providing nutritional support to women facing specific health issues
- Experience of delivering motivational one to one and group work interviews
- Experience working with people with mild mental health conditions
- An understanding of how COVID has a negative impact on individuals' lifestyles

**This post will be subject to an enhanced DBS (CRC) check and will require some evening working to support programme delivery.**

# VALUES

Our values underpin everything we deliver as a charity. The postholder is responsible for role modelling these values and is accountable for their own attitude and behaviour.

We are:

- **Caring** in our approach
- **Collaborative** in our partnerships
- Creating **meaningful** experiences
- Effectively fulfilling **potential**
- Taking **pride** of our work
- **Valued** by our community

## 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.



[www.derbycountycommunitytrust.com](http://www.derbycountycommunitytrust.com)



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