



PHYSICAL ACTIVITY AND HEALTH OFFICER

DEPARTMENT: HEALTH

REPORTS TO: HEALTH TEAM LEADER

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

Derby County Community Trust's Health Department is committed to delivering targeted health intervention programmes that reduce health inequalities and promote healthier lifestyles for residents across Derbyshire. Our programmes are designed with a person-centred, integrated, and holistic approach, aiming to improve the overall health and wellbeing of people in Derbyshire.

In partnership with Primary Healthcare Derby Ltd and local Primary Care Networks (PCNs), we offer physical activity and health programmes tailored to support patients with long-term health conditions, help individuals manage chronic pain, and provide targeted women's health services; these services address key issues such as menopause, endometriosis, and mental wellbeing.

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
- 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 deliver targeted lifestyle interventions around physical activities, nutritional support and health education
- To provide personalised and tailored support for individuals and groups to sustain an active lifestyle
- 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

- Level 2 gym 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 in partnership with internal and external agencies and organisations
- Ability to develop relationships with individuals 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

- Exercise Instructor
- Level 3 Personal Trainer or equivalent
- Level 3 GP Referral
- Experience in providing nutritional support to individuals and groups
- Experience of delivering motivational one to one and group work interviews

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.



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