

PHYSICAL ACTIVITY & HEALTH OFFICER

DEPARTMENT: HEALTH

REPORTS TO: HEALTH TEAM LEADER

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

JOB SUMMARY AND MAIN PURPOSE

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.

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) to deliver a physical activity and health programme aimed at supporting patients living with long term health conditions and supporting people to live well with pain.

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 develop and deliver a targeted healthy living programme including the wider determinants of health, which comprises motivational interviewing and health education through evidence based behavioural change models.
- To deliver community-based sessions.
- To develop and maintain partnerships both with practitioners and community members.
- To deliver targeted lifestyle interventions through evidence based behavioural change models.
- 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.
- Support clients in making lifestyle changes by encouraging choices and actions that are both acceptable and achievable, whilst recognising barriers such as affordability, accessibility, and cultural considerations.

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

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| • Experience of supporting individuals with specific health concerns on a one to one and group work basis to make positive healthy lifestyle changes | • Ability to identify, contact and develop relationships with specific target groups to engage them onto the programme |
| • Experience of working with individuals, including vulnerable groups, from within local communities | • Ability to demonstrate an empathetic and person-centred approach |
| • Experience of working in partnership with internal and external agencies and organisations | • Ability to inspire and motivate others towards behavioural change |
| | • An understanding of how physical activity has a positive impact on individuals health and wellbeing |
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DESIRABLE

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| • Exercise Instructor qualification | • Experience of delivering motivational one to one and group work interviews |
| • Level 3 Personal Trainer or equivalent qualification | • Experience of delivering training |
| • Level 3 GP Referral qualification | • Understanding the factors affecting health inequalities |
| • Experience of delivering nutritional support to individuals and groups | |
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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 W 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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