

# PHYSICAL ACTIVITY & HEALTH OFFICER

**DEPARTMENT:** HEALTH (ACTIVE CHOICES)

**REPORTS TO:** TEAM LEADER

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

**CONTRACT:** FIXED TERM FOR 12 MONTHS

**SALARY:** £24,656.21

## JOB SUMMARY AND MAIN PURPOSE

Active Choices is a 12-month referral programme which delivers a comprehensive healthy living programme for substance misusing individuals and ex-offenders. It integrates physical activity, healthy lifestyle support and motivational interviewing into mainstream treatment services to improve the health outcomes for individuals and their families accessing the programme.

The role of the Physical Activity and Health Officer is to support clients during their recovery journey by delivering a community based healthy lifestyle programme.

## KEY ACCOUNTABILITIES

- To provide 121 and group work support
- To work with substance misusers to support social and community integration, enabling them to lead meaningful lives
- To plan and deliver tailor made interventions which will support individuals recovery
- To work with ex-offenders and those who have recently been released from prison on a drug referral order
- To support substance misusers to re-integrate into meaningful activities
- To work within a multi-disciplinary team and where necessary advocate on behalf of the individual
- Carry out reviews with individuals and setting goals in order for them to achieve a positive outcome
- To work in partnership with specialist treatment services in the city
- To communicate with clients in a positive and friendly manner to encourage them to overcome barriers whilst engaging in physical activity and healthy lifestyle programmes.
- To deliver appropriate physical activity and exercise programmes to either individuals and/or groups in the local community settings, parks and leisure centres.
- To ensure compliance with health and safety legislation Equal opportunities, Racial Equality, Sex Discrimination and Disability policy.
- To present and promote an appropriate public image in representing the organisation.
- To undertake any other duties as may reasonably be required commensurate with the post.

# GENERAL RESPONSIBILITIES

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- 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

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### ESSENTIAL

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| • Vocational qualification e.g. NVQ 2 or equivalent  | • Understand the importance of multi agency working  |
| • Full UK Driving License  | • Ability to inspire and motivate others towards behavioural change                                      |
| • Car Owner  | • Ability to communicate effectively with a variety of people from personal and professional backgrounds |
| • Minimum of 1 years' experience in this field   | • Ability to demonstrate an empathetic and person-centred approach                                       |
| • Understanding of substance misuse services   | • An understanding of how sports and physical activity could have a positive impact of individuals       |
| • A clear understanding of working with substance misusing clients   |  |
| • Ability to deliver a high quality/person centred service provision that meets the needs of service users |  |
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### DESIRABLE

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| • Level 2 gym qualification/circuits or equivalent | • Proven track record of working within the sector of substance misuse                    |
| • Coaching qualification                           | • Ability to work with ex-offenders both within a prison setting and in local communities |
| • Ability to formulate individual action plan      | • An understanding of issues and associated issues faced by service users                 |
| • Manage a caseload of clients                     |   |

**THIS POST IS SUBJECT TO AN ENHANCED DBS CRC CHECK**

# VALUES

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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

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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

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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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