



FEMALE

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 (DCCT) is committed to improving lives and communities through sport, physical activity, and education. Our health and wellbeing programmes are at the heart of what we do, and we are expanding our team to further support women's health across Derbyshire.

We are seeking a passionate and knowledgeable Female Physical Activity and Health Officer to support the development and delivery of a targeted women's health programme. This role will focus on key areas such as menopause, endometriosis, and pelvic health, aiming to empower women through education, support, and lifestyle interventions.

KEY RESPONSIBILITIES

- Support the design and delivery of a targeted female health and wellbeing programme.
- Engage and recruit women across the community to participate in the programme.
- Deliver group-based workshops and one-to-one sessions on topics including menopause, endometriosis, pelvic health, physical activity, nutrition, and lifestyle.
- Manage a caseload of clients, providing tailored support and regular follow-up.
- Use evidence-based behavioural change models to support participants in achieving their individual health and wellbeing goals.
- Collaborate with local health professionals, community organisations, and stakeholders to enhance programme delivery.
- Monitor and evaluate participant progress, maintaining accurate records and reporting outcomes.
- Gather feedback to support the continuous improvement of the programme.
- Design and implement a peer-led initiative that empowers women to become volunteers and peer support educators.

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 in delivering health and wellbeing programmes, ideally with a focus on women's health | • Ability to identify, contact and develop relationships with specific target groups to engage them onto the programme |
| • Experience working with diverse communities and engaging underrepresented groups | • Ability to demonstrate an empathetic and person-centred approach |
| • Experience working in partnership with internal and external agencies and organisations | • Ability to inspire and motivate others towards behavioural change |
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DESIRABLE

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| • Level 3 personal Trainer | • Experience developing peer-led or volunteer programmes |
| • Level 3 GP referral | |
| • Exercise instructor | • An understanding of how physical activity has a positive impact on individuals health and wellbeing |
| • Relevant qualification in health promotion, public health, physical activity or related field | |
| • An understanding of menopause, endometriosis, pelvic health, and related issues prevalent to women | |
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THIS POST IS SUBJECT TO AN ENHANCED DBS CRC CHECK

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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