



PHYSICAL ACTIVITY AND HEALTH OFFICER

DEPARTMENT: HEALTH

REPORTS TO: HEALTH MANAGER TEAM LEADER

LOCATION: 14 PRIDE POINT DRIVE, DE24 8BX

The Physical Activity & Health Officer supports the delivery of the Active Schools programme, working with primary schools to increase physical activity levels in fun and easy ways across the whole school community, and our Live IT programme, which is a child weight management programme supporting children and young people aged 5-17 who are overweight to lose weight.

The role requires delivery of high quality interventions including physical activity and healthy eating sessions both in school and local community settings, working with parents/carers to build knowledge to in turn support their child toward a healthier lifestyle.

KEY RESPONSIBILITIES

- To motivate, inspire and support children and parents/carers to adopt a healthier lifestyle through the delivery of a healthy eating and physical activity programme.
- For children and families with more complex needs – to work within a multidisciplinary manner with social care, health practitioners, school nurses and GP's, preparing and contributing to child in need and child in review meetings.
- To support in the planning and delivery of DCCT's Active Schools and the child weight management programme.
- Develop and maintain positive relationships with children and their parents/carers.
- To provide one to one and group work support to children and families.

- To work closely with colleagues and follow procedures regarding issues of clinical concern and safeguarding.
- To maintain accurate records and data in relation to the child.
- To support in the planning and adaption of sessions according to children's strengths and ability both in school and within community hubs.
- To effectively deliver and develop sessions through clear action planning and implementation.
- To work closely with DCCT's wider health department to improve the physical, emotional and mental health of children and young people.
- To have a sound understanding and in-depth knowledge of children and young people's health and wellbeing.
- To work in both a school setting and a community-based setting to deliver high quality physical activities and healthy eating 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.

KEY SKILLS AND EXPERIENCE

ESSENTIAL

- Level 2 Coaching qualification (or equivalent qualification in the field of children and young people's physical health)
- Experience of delivering physical activity for children and young people
- Experience of working with primary and secondary aged children
- Experience of delivering group-based activities to children and young people
- A good understanding of health inequalities
- A sound understanding of safeguarding and the reporting mechanism
- Ability to work with integrity, professionalism and discretion
- Ability to work on own or as part of a team
- Full UK driving licence and access to vehicle

DESIREABLE

- AfPE Level 3 / 5 or equivalent
- FUNdamentals training / multi-skills training
- Experience of working with families to support health and wellbeing
- Experience of working with parents around key health issues surrounding the family
- Experience of personal health plans, physical activity or behaviour change programmes
- An understanding of obesity and co-morbidities attached to childhood obesity
- Understanding on how to work with excluded, marginalised or otherwise vulnerable groups
- Knowledge of weight management and behaviour change practice and principles

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.