



Solutions4Health

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Voluntary Action North Lincolnshire, 4-6 Roberts Street, Scunthorpe, DN16 6NG

15 Olympic Court, Whitehills Business Park, Boardmans Way, Blackpool, FY4 5GU

7200 The Quorum, Oxford Business Park, Garsington Road, Oxford, OX4 2JZ

JOB DESCRIPTION FOR Let's Get Going Instructor (Including some Weekend and Evening work. Majority afterschool.)

Employing organisation: Solutions4Health Ltd

Contract Type: Sessional

Rate: £30 per session for delivery of LGG programme

£8/ hour for promotional work

Place of Work: Berkshire

Responsible to: PH Weight Management Services Manager

Company Division: Healthcare

Please send your CV and covering letter to: recruitment@solutions4health.co.uk

www.solutions4health.co.uk

Please note if you have not heard within 6 weeks of the closing date you have not been successful on this occasion.

Let's Get Going

Let's Get Going (LGG) is a 10 week healthy lifestyle programme designed to support children aged 7 – 12 and their families to live a healthy active lifestyle long term. Delivered within schools throughout Reading, Wokingham, West Berkshire and Slough this interactive programme contains fun workshops and games to encourage children to achieve a healthy active lifestyle long term. LGG has a focus on nutrition and physical activity with the aim to reduce prevalence of overweight and obesity within the population.

Job Summary:

LGG Instructors are responsible for the delivery of the LGG 90 minute sessions within schools and community venues across Reading, Wokingham, West Berkshire and Slough. Individuals should be highly motivated, experienced in working with children; preferably in a public health setting. A great opportunity for development within the industry of public health, fitness and nutrition with a range of training opportunities available.



Job Responsibilities:

- Deliver a high quality 10-week programme compliant with NICE guidelines and LGG manual
- Facilitate children and parents in learning of healthy lifestyle topics such as; portion sizes, snacking, sugary drinks and physical activity.
- Take clinical and non-clinical measurements at the start/ end of each programme including: Height, Weight BMI, Blood Pressure, Abdominal circumference, Diet and Physical Activity Questionnaire and a Walk test
- Take responsibility for maintaining retention rate throughout the 12 week programme
- Ability to engage with and teach group members on weekly topics described in the Instructor Manual as per evidence-based in-house training.
- Ensure kitbag and course resources hold all the necessary items for running the clinics and responsible for updating these as and when necessary
- Ensure resources are tidy and presented in an appropriate fashion and are calibrated and fit for purpose before each session
- Routinely collect and record data relating to outputs and outcomes in a correct and timely manner.
- Ensure client confidentiality and information governance in all records collected.
- Provide daily, weekly and monthly updates and reports to Locality Coordinator
- Identify areas of weakness and work with Locality Coordinator on how to improve
- Participate in follow up with clients 6 and 12 months to assess long-term change
- Identify and organise health promotion activities to advertise the programme and recruit clients into the programme through health stalls, community health events and other activities.
- Focus on reducing health inequalities by delivering health promotion activities in areas of high deprivation and amongst high risk groups
- Identify venues that are not usually associated with health services but have high footfall of targeted populations
- Liaise with a network of key contacts, systematically updating progress to the programme manager.
- Promote collaborative working in partnership with other services and agencies and across traditional service boundaries and professions
- Contribute to the promotion of the programme by distributing promotional materials and feed into social media.
- Be responsible for a high standard of work supporting the delivery of projects on time, to quality standards and in a cost effective manner.
- Suggest areas of potential service improvements within the teams and services.
- Support the development of effective, affordable and achievable action plans.
- Take reasonable care for the Health and Safety of themselves and other persons who may be affected by their actions or omissions at work and adhere to codes of best practice or have proper regard to regulations in respect of activities they might undertake.



- Participate in any necessary training programmes and take responsibility for own development, learning and performance and demonstrate skills and activities to others who are undertaking similar work
- To represent S4H in a professional manner, acting as an advocate for the organisation at all times.
- To be flexible with regard to working hours including scheduled weekend and evening work.
- Any other delegated duties considered appropriate to the post.

ELIGIBILITY TO WORK IN THE UK

All applicants must be eligible to work in the UK. We only accept applications from candidates who are legally entitled to work in the UK.

EQUAL OPPORTUNITIES

Solutions 4 Health is committed to the development of positive policies to promote equal opportunity in employment. All employees have a responsibility to ensure that they understand, comply with and promote the Equal Opportunities Policy, avoiding behaviours which discriminate against colleagues, potential employees, clients or patients on the grounds of sex, marital status, race, age, sexuality, colour, nationality, ethnic or national origin, religion or disability.

DISCLOSURE AND BARRING SERVICE CHECK

All Solutions 4 Health employees either in direct contact with patients and/or with access to patient data are required to pass a Disclosure and Barring Service (DBS) check.

It is a requirement of this post that you undertake an enhanced DBS check, and you will be asked to complete and sign a Disclosure Form giving permission for the screening to take place. If you refuse to sign the form your appointment will not be progressed further.

SAFEGUARDING AND PROMOTING THE WELFARE OF CHILDREN AND VULNERABLE ADULTS

Solutions 4 Health is committed to safeguarding and promoting the welfare of children and vulnerable adults. This is defined as protecting children and vulnerable adults from maltreatment, preventing impairment of their health or development and ensuring that their domestic and social circumstances are consistent with the provision of safe and effective care.

NO SMOKING POLICY

Solutions 4 Health has a No Smoking Policy, which does not allow smoking by staff or visitors on any of our premises.



Person Specification for Let's Get Going Instructor

Essential

- Experience coaching/ working with children in a physical activity setting
- Used to working in a busy environment
- Adaptability, flexibility and ability to cope with uncertainty and change
- Professional calm and efficient manner

Desirable

- Exercise and Nutrition qualifications. Such as :
- Level 2 Certificate in Fitness Instructing for Children
- Level 3 Nutrition for Physical Activity
- Level 3 Children and Young Peoples Nutrition and Lifestyle Management
- Degree level and/or equivalent, preferably in a nutrition, physical activity, public health
- Knowledge of healthy lifestyle services and effective interventions to reduce health inequalities
- Understanding of public health or related fields and the approaches and tools used to improve health and wellbeing.
- Effective organiser, influencer and networker