



Solutions4Health

UK Offices: Ashfield Health and Wellbeing Centre, Kirkby in Ashfield, Notts, NG17 7AE
Centenary House, Durrington Lane, Worthing, West Sussex, BN13 2QB
Exchange House, 12-14 The Crescent, Taunton, Somerset, TA1 4EB
Lansdowne Building, Lansdowne Road, Croydon, CR9 2ER
Suite 9, Tower House Business Centre, Fishergate, York, YO10 4UA
The Old Brewery, Castle Eden, Hartlepool, Cleveland, TS27 4SU
Unit 3, The Greenhouse, Greencroft Industrial Park, Stanley, DH10 7XN
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 Weight Management Instructor

Responsible to: Public Health Weight Management Services Manager
Base: Sessions running in Reading, Wokingham, West Berkshire, Windsor, Ascot, Maidenhead and Slough
Rate: £30 per 1.5-hour session – Self Employed
Project: Eat 4 Health

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

JOB SUMMARY

Eat 4 Health is a 10-week weight management programme for individuals aged over 16, with a BMI of >25 who want to lose weight and keep it off long term. The programme consists of 10 weekly 1.5 hour sessions, containing a 45-minute nutrition workshop followed by 45 minutes of physical activity. Sessions run in a variety of locations across Reading, Wokingham, West Berkshire and Slough both daytime and evening.

The Eat 4 Health Instructor is responsible for the delivery of these sessions, ensuring that the content is delivered in line with the Eat 4 Health instructor manual and protocol. The instructor is also responsible for maintaining client retention rates and supporting client to achieve a weight loss equal to or greater than 5%.

Post holders will be self-employed and responsible for their own travel to and from sessions. The role is paid at the rate of £30/ session.

MAIN DUTIES AND RESPONSIBILITIES

- Delivery of the Eat 4 Health programme via the instructor manual to groups within local community settings.
- Using your relevant training and experience to enhance the sessions and empower clients to make positive and sustainable behaviour changes.
- Effectively managing weekly groups by providing support to participants to improve their behaviour and take responsibility for losing weight through the use of motivational interviewing, negotiating and empathic skills.



- Making sessions interactive and leading group discussion around various topics within the Eat 4 Health manual such as portion sizes and food labelling.
- Taking anthropometric measures such as height, weight, waist circumference and blood pressure from clients.
- Completing appropriate paperwork such as dietary analysis questionnaire, physical activity questionnaire and evaluation forms.
- Participating in any necessary training programmes and take responsibility for own development, learning and performance.
- 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.
- Additional duties as required.

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**Weight Management Instructor****Essential****Education and Qualifications**

- Level 2 Gym instructor or Exercise to Music - Minimum
- Level 3 GP Exercise Referral - Training

Knowledge and Skills

- Excellent group leadership and communication skills
- Awareness of data protection and safeguarding protocols
- Knowledge of behaviour change

Experience

- Experience of working with groups in physical activity/ nutrition setting
- Experience of working with overweight clients
- Experience retaining clients within a programme or service

Desirable**Education and Qualifications**

- Professional Qualification in Nutrition/ Physical Activity

Knowledge and Skills

- Knowledge of Public Health services
- Strong time management skills

Experience

- Leading weight management programmes and supporting clients to achieve a weight loss target
- Applying principles of motivational interviewing
- Running a range of physical activity sessions
- Experience of taking anthropometric measures on overweight clients

Other

- Second Language