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| Designation: | Healthy Lifestyles Instructor |
| Grade: | Stroud Grade 3 |
| Hours: | 25 hours per week |
| Location: | Council Offices and various locations across the district |
| Job Purpose: | To be responsible for the delivery of GP Exercise on Referral, Mummy & Me and Classes for people with long term conditions. |
| Responsible to: | Health and Wellbeing Officer |
| Responsible for: | none |

KEY DUTIES

- To be responsible for the delivery of GP Exercise on Referral at Stratford Park Leisure Centre in partnership with local health professionals.
- To plan and deliver Mummy & Me peri and postal natal mental health exercise classes in the district.
- To deliver exercise classes for people with long term conditions like Respiratory, Parkinson's etc
- To deliver targeted Exercise interventions for Children and young people in the district in partnership with youth services.
- Facilitate and empower patients to change behaviour and adopt positive lifestyle changes by providing health education and evidence-based advice regarding increasing habitual physical activity.
- Provide comprehensive assessment and provision of individual physical activity advice and exercise prescription, together with on-going support to patients, in group and 1-2-1 settings implementing skills and knowledge of behaviour change insight.
- To be customer focussed and ensure that is widest possible access is available to the classes offered under the Healthy Lifestyles Scheme.
- To support in the delivery of corporate health & wellbeing plan

SKILLS AND KNOWLEDGE

- Fitness Instructor (Level 2)
- GP Referral Qualification
- Pulmonary Rehab Instructor
- Adapting Exercise for Ante Natal and Post natal clients (Level 3)
- Good general education or equivalent experience
- Excellent written and verbal communication skills
- Experience of working with the public

- Ability to manage own time and workload
- Ability to work unsupervised
- Awareness of issues surrounding health inequalities
- IT literate

Ability to undertake work concerning more involved tasks confined to one function area of activity which requires a good standard of practical knowledge and skills in that area of activity

COMPLEXITY AND CREATIVITY

- To work in partnership and maintain effective networks
- Respond to queries and complaints
- Ability to use initiative to develop Healthy Lifestyles Initiatives
- Be creative and innovative in approach to Healthy Lifestyles Initiatives
- Creativity is a feature of the job but exercised within the general framework of recognised procedures

JUDGEMENT AND DECISIONS

- Work is carried out within clearly defined rules and procedures

CONTACTS

- Members of the Council and officers
- Members and staff of other local authorities and partner agencies
- Members of the public
- Local GPs and health staff

RESOURCES

- Little responsibility for physical or financial resources.

TRAVEL DESIGNATION

- Casual

GENERAL

- To work with communities sometimes outside normal office hours, including weekends.
- To ensure that at all times service delivery informs, reflects and supports the Council's prevailing aims and objectives.

- To work with colleagues across the organisation as required in support of organisational goals.
- To promote the Council's overall commitment to equality of opportunity/Diversity at all times and work within the requirements of the Council's Equality Scheme.
- To undertake all training and development initiatives as required.
- To work within Health and Safety guidelines in accordance with the Health and Safety at work Act.
- To work within the requirements of the Council's Environmental Policy and Management System.
- To undertake any appropriate duties required to meet the Council's obligations under the Civil Contingencies Act.

This job description is a reflection of the present position and is subject to review and alteration in detail and emphasis in the light of future changes or developments.