



MANOR&CASTLE DEVELOPMENT TRUST

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JOB DESCRIPTION

POST TITLE: Health Trainer
GRADE: £8.25 per hour
RESPONSIBLE TO: Development Manager

RESPONSIBLE FOR: No Staff

KEY TERMS & CONDITIONS

Up to 18.5 hours per week available, subject to negotiation
Temp to 31 May 2018

PURPOSE OF JOB

This post will contribute to tackling inequalities in health, through promoting and supporting people to develop healthier behaviours and lifestyles.

It focuses on engaging with individuals through working with GP surgeries, offering them practical support to change their behaviour to achieve their own choices and goals.

Other

Health Trainers are a practical resource to help connect people into services at a local level. The work will focus on communities who are marginalised and who experience the greatest inequalities in health.

Health Trainers are not expected to have specialist knowledge in any one area of health / illness. However, workers will have a focus on: chronic pain, diabetes, heart health, mental health & wellbeing and healthy eating.

SPECIFIC DUTIES AND RESPONSIBILITIES

Engage with individuals in local communities which have identified health inequalities

- Identify and make contact people within the local community to work with
- Work with GP Practice Teams and existing groups & organisations in order to identify and engage with individuals
- Develop and maintain relationships with individuals who are experiencing the greatest inequalities in health
- Promote equality and value the diversity of individuals
- Build up and maintain knowledge of contacts (build networks) within the community.

Communicate with individuals about health and health improvement

- Provide information to individuals about health and wellbeing
- Provide information to individuals about the relationship between behaviours and health
- Enable individuals to develop their knowledge and skills about health and wellbeing
- Signpost individuals to other agencies for information, support and resources.

Enable individuals to change their behaviour to improve their health

- Help individuals identify how their behaviour and context might affect their health and wellbeing
- Help individuals develop a personal health plan to make the changes they want to
- Support individuals in achieving their personal health plan
- Support individuals in maintaining their behaviour change
- Help individuals to access and use local services via Social Prescribing Service.

Manage and organise own time and activities to support individuals in the community

- Plan own time and activities around the needs of individuals in the community
- Respond effectively to referrals – self-referrals from the individuals, and those from colleagues / other workers
- Alert line manager to any issues in work (including concerns about individuals or work in the community)
- Inform line manager of ways in which local services can be improved to improve the health and wellbeing of the local community / barriers that individuals are experiencing in changing their behaviour
- Work with other Health Trainers (& colleagues) to share learning and expertise and develop models of good practice
- Provide reports as and when required for monitoring & reporting purposes
- Maintain accurate case records and up to date case files records
- Input data efficiently and accurately in to the DCRS data base
- Work within MCDT policies regarding child protection & vulnerable adults, data protection, confidentiality and maintaining records
- Attend regular supervision, personal development and working group meetings, namely MCDT full staff meetings and Health Trainer meetings
- Undertake any other appropriate duties negotiated between the post holder and line manager.

Note. This role involves work with children and vulnerable adults, you will be required to undergo an enhanced Disclosure and Barring Service (DBS) check.

PERSON SPECIFICATION

Post Title: Health Trainer

Minimum Essential Specification	Method of Assessment		
	Application	Interview	Exercise
Skills/Knowledge			
Knowledge of the local area	•	•	
Knowledge about the things that make people healthy and unhealthy	•	•	
Knowledge about the broad health and health services needs of the local community	•	•	
Knowledge about how to find out about local services and how to support individuals to use them	•	•	
Knowledge about behaviour change methods	•	•	
Knowledge of the importance and principles of 5 Ways to Wellbeing in promoting people's wellbeing	•	•	
Know your own limits of skills, competences and responsibilities and work within them	•	•	
Experience/Qualifications/Training			
Experience of working with local community groups in some capacity	•	•	
Experience of working with GP Practice Teams in some capacity	•	•	
Ability to review and monitor activity and record outcomes and learning	•	•	
Ability to communicate effectively both verbally and in writing, with a range of individuals and groups	•	•	
Effective administrative & IT skills (inc. Word, Excel & databases)	•	•	
Evidence of Health Trainer qualification or equivalent or working towards Health Trainer qualification or equivalent required	•	•	
Non-judgemental	•	•	
Good knowledge of English	•	•	