

**JOB DESCRIPTION AND PERSON SPECIFICATION**

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| Job Title: | Health Trainer (Children & Young People) |
| HBC Grade: | HBC 3 |
| Service: | Health Improvement Team |
| Division: | Public Health |

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| **Main Purpose of the Role** |
| Work as part of a team supporting individuals in the community to make healthier lifestyle choices to improve their health and well-being. To work in schools to deliver workshops and key messages to children and young people, and their parents.  To deliver workshops and interventions in schools and in the community to promote behaviour change in: physical activity, healthy eating, mental health and wellbeing, tobacco and vaping, and alcohol. Plus workshops and programmes around positive parenting.  Health Trainers create good working relationships with key local people (including frontline staff, such as teachers) and community groups. Health Trainers represent the Health Improvement Team at local events, respond to the needs of service users, adapt to provide a service both universally, and targeted and tailored to individual needs. |

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| **Key Duties** | |
| **1** | Complete the required training – RSPH Level 2 Understanding Health Improvement. |
| **2** | Get to know the geographical locality in depth and build effective relationships with key health professionals and community leaders. |
| **3** | Deliver programmes and workshops to children and young people, parents and carers around a range of health and wellbeing topics in schools and the community. |
| **4** | Deliver workshops online on a range of health and wellbeing topics to parents and professionals, and support families and young people via digital platforms. |
| **5** | Deliver sessions in primary, secondary and special schools throughout the borough, such as workshops, assemblies, engagement events and drop-ins. |
| **6** | Support individuals/families to identify barriers and realistic personal goals for healthier lifestyles. |
| **7** | Support individuals to achieve their goals through activating, revising and reviewing personal health plans. |
| **8** | Record and report activity and results on client database. |
| **9** | Receive and respond to referrals into the service using relevant policies, systems and procedures. |
| **10** | Abide by the objectives and targets of the Council and follow the procedures and practices utilised in all aspects of the work, including computerised and manual systems and the maintenance of relevant records. |
| **11** | Fulfil personal requirements, where appropriate, with regard to the Council’s policies and procedures, particularly in respect of health and safety, emergency evacuation, security, equal opportunities, customer care, work standards and promotion of the Council’s Core Values. |
| **12** | You are expected to comply with the Council’s codes of conduct and accountability. |
| **13** | Undertake any other duties and responsibilities as may be assigned from time to time, which are commensurate with the grade of the job. |
| **14** | You will be expected to work occasional evenings and weekends, as per the needs of the service. |
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This job description is not intended to be either prescriptive or exhaustive; it is issued as a framework to outline the main areas of responsibility.

The Council and its schools are committed to safeguarding and promoting the welfare of children, young people and adults and expect all staff, workers and volunteers to share its commitment.

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| **Education / Qualifications** | **Essential** | **Desirable** | **How Identified** |
| Good standard of education i.e. GCSE or equivalent | NVQ level 3 in Health-related discipline | All essential qualification certificates must be presented at interview. |

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|  | **Experience** | **Knowledge** | **Skills & Abilities** | **How Identified** (delete as appropriate for each criteria) |
| **ESSENTIAL** | Experience of supporting individuals within the local communities in some capacity (paid or voluntary). | Good working knowledge of local area. | Excellent communications skills - verbal and written. | Application / Interview /Assessment |
| Experience of working as part of a team. | Understanding of equal opportunities and how it can be applied to this role. | Excellent customer service skills, including on the telephone. | Application / Interview /Assessment |
|  | Knowledge of topics around health, wellbeing and lifestyle, and the factors that influence these. | Good team-working skills. | Application / Interview /Assessment |
|  |  | Ability to work under own initiative. | Application / Interview /Assessment |
|  |  | Ability to plan and organise effectively and adjust workload to client’s needs. | Application / Interview /Assessment |
|  |  | Proficient in Microsoft Office. | Application / Interview /Assessment |
| **DESIRABLE** | Experience of delivering education sessions/workshops to children and families. | Knowledge of Halton Health Improvement programmes for children and families. | Ability to support and encourage people in difficult situations in an enabling way. | Application / Interview /Assessment |
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| **Other Requirements** | **Essential** | **Desirable** | **How Identified** |
| The ability to work flexibly in accordance with service needs i.e. working evenings and weekends when required. |  | Interview / Assessment / Documentation |
| The role will involve regular travel across the borough and sometimes further afield. Therefore, the post holder must have a driving licence and use of a vehicle. Where necessary, reasonable adjustments will be made in accordance with the Equality Act. |  | Interview / Assessment / Documentation |
| Spoken English language skills.  Ability to communicate with the emphasis on how well it is done in terms of appropriateness, sensitivity and the capacity to deal with unfamiliar topics. |  | Interview / Assessment / Documentation |

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For office use only:

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| **Date Created:** |  |
| **JE Ref:** |  |
| **Agreed by:** |  |

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