

Job Description

Health Trainer

Job Title:	Health Trainer
Salary Grade:	Grade 3 SCP 13 to 17
Hours:	15 hrs per week, includes evening and weekend work
Location:	Tidworth, Bulford or Larkhill
Supervisor:	Link Manager, Community First

Job Purpose

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

Main Responsibilities

1. Identify and engage with individuals in local communities which have identified health inequalities

- Identify and engage with individuals from agreed target groups/communities
- Develop and maintain relationships with individuals who are experiencing the greatest inequalities in health
- Build up and maintain knowledge of contacts within the community.
- Engage with various existing community groups and develop relationships and opportunities to deliver the Health Trainer service.
- Explain the role to contact groups by promoting the service

2. 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
- Signpost individuals to other agencies for information, support and resources
- Review information sources available for individuals in the community and identify gaps
- Enable individuals to develop their knowledge and skills about health and wellbeing

3. Enable individuals to change their behaviour to improve their health

- Help individuals in a one to one interaction, identify how their behaviour and context might affect their health and wellbeing

- Help, support and motivate individuals develop a personal health plan to make the changes they want to
- Provide practical support to enable individuals to achieve their personal health plan
- Support individuals to review and revise action plans
- Support individuals in maintaining their behaviour change

4. Help people find and use the right services, and record and report activity and results

- Help individuals to access and use local services.
- Use the official data recording materials
- Enter client data and results onto the national data and recording system

5. 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
- Maintain secure, efficient and effective systems for recording client information. Enter details on the National data and recording system as agreed with line manager
- Alert line manager to any issues in work (including concerns about individuals or work in the community). Seek advice and support as and when appropriate
- 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
- Take an active part in developing own knowledge and skills
- Seek advice and support as and when appropriate

General Duties

The post-holder will contribute to achieving the overall mission of Community First.

- Budget holders assume financial responsibility for own operational budget. Non-budget holders ensure expenditure is necessary and within budget constraints.
- Implement and develop IIP and ACRE Quality Standards
- Participate in the team working approach of Community First
- Take responsibility for her / his own development, inform the line manager of any development needs and take part in prescribed development activities

- Work within the agreed policies and procedures of Community First
- Carry out such other general duties as shall be determined by the Chief Executive. Support other members of staff as required by the workload and by absences due to leave, sickness etc.
- Ensure that office security is maintained and confidences are not breached.
- Promote an alert approach to Health and Safety at Work matters and maintain compliance with the terms of the Wyndhams Fire Certificate.

Community First is committed to Equal Opportunities and the post holder is expected to be familiar with the Equal Opportunities Policy and to complete his or her duties in a manner consistent with this policy.

This job description does not form part of the contract of employment but indicates how the contract should be performed. The job description will be subject to review and amendment in the light of experience and in consultation with the post as part of the annual appraisal process. The responsibilities attached to the post may vary from time to time without changing the general character of the duties or the level of responsibility entailed. Such variations are a common occurrence and would not in themselves justify the re-evaluation of a post. In cases, however, where a permanent and substantial change in the duties of the post occurs, consistent with a higher level of responsibility, then the post would be eligible for re-evaluation.

Special Note:

Initially Health Trainers will attend 10 weeks of training two days a week.