



## Job Description

<b>JOB TITLE</b>	Health Coach
<b>SERVICE AREA</b>	Health & Wellbeing / Social Prescribing Service
<b>RESPONSIBLE TO</b>	Health & Wellbeing Manager / PCN Social Prescribing Lead
<b>RESPONSIBLE FOR</b>	N/A

### SUMMARY OF MAIN DUTIES, RESPONSIBILITIES AND ACCOUNTABILITY:

#### **JOB PURPOSE/ROLE SUMMARY**

To work across the Primary Care Network in Rossendale to deliver health improvement sessions with people on a one to one or group basis.

To provide clear, up-to-date information to people within their community or locality about health and wellbeing.

To engage patients and encourage behavior changes around health and wellbeing through coaching and signposting to local services including the Up & Active program.

#### **MAIN CONTACTS**

Health & Wellbeing Manager  
PCN Social Prescribing Lead  
Social Prescribing Link Workers

#### **KEY RESPONSIBILITIES**

Work as a member of the social prescribing team within health care settings such as GP surgeries, community settings and leisure centres to provide personalised support to assist people to assess their lifestyle and wellbeing (including wider issues that impact on their health & wellbeing). Work with individuals to agree and set goals for improving health, collaboratively agree action-plans and provide practical support and information that will help to change their behavior.

To raise awareness and encourage people to choose healthy lifestyle options, plan & organize local events, courses & taster sessions. Plan and deliver for local and national health promotion days, deliver talks, presentations and displays where appropriate and when required. These will be with people on a one to one basis or in groups involving a variety of ages and ability levels.



Individuals will be accountable towards productivity (outputs) and effectiveness (outcomes) of the service to ensure targets are met and objectives achieved as agreed with the external funding partners including collation and inputting of data.

**Main Tasks:**

- Identify people with low knowledge skills and confidence to manage their health and wellbeing.
- Responsibility for providing support (clinical or non-clinical) to a cohort of patients who will benefit from proactive health management.
- Teaching and supporting patients to understand and manage their own conditions and maintain an independent lifestyle through health coaching techniques to encourage patient activation.
- Support the develop personalised patient care plans, including signposting to other local organisations/charities.
- Set goals based around the following headings. Diet, exercise, smoking, social, mental health & wellbeing & other.
- Proactively outreaching to patients on a regular and agreed basis.
- Build and maintain strong links with the voluntary sector, supporting the voluntary and statutory sector to network and improve partnership working.
- Accompany patients to initial session should this be necessary.
- Build in three, six & twelve monthly follow up contacts with patients.
- Manage waiting lists if appropriate.
- Understand the barriers for individuals/groups in accessing support in the community, and use this insight in developing community-based support, working as part of the wider social prescribing model.

**SUMMARY OF MAIN DUTIES, RESPONSIBILITIES AND ACCOUNTABILITY:**  
**ALL ROSSENDALE LEISURE TRUST EMPLOYEES**

- To undertake any training and development as required by Rossendale Leisure Trust Ltd.
- To work five days out of seven, in any one week.
- To work at any of Rossendale Leisure Trust's facilities, as and when required.
- To work outside normal hours of work, as and when required,
- To abide by all Health & Safety legislation and all Policies and Procedures of Rossendale Leisure Trust Ltd.



- To maintain confidentiality and discretion in respect of the Trust's operation of its business affairs.
- To achieve and provide the highest possible standards in customer care.
- To undertake any other duties, which may fall within the nature, scope and skill levels of the post.

**MEASUREMENT:** Objectives and targets will be agreed and formally reviewed on a regular basis as part of the Trust appraisal process.

**CONFIDENTIALITY:** All information concerning the company business, employees and customers must be treated with the strictest confidentiality at all times

**NOTE:** This Job Description summarises the major responsibilities of the post. It is not intended to exclude other activities, nor future changes to the post holder's responsibilities.

**EQUALITY ACT 2010:** Where appropriate, the duties may be reviewed where an applicant is a disabled person, or an existing employee becomes unable to carry out the full range of duties due to a disability.

**DATED:** 30/07/2020