



Job Description

JOB TITLE	Health Activator - Temporary Contact 31st May 2023
SERVICE AREA	Up & Active service, Health & Wellbeing Health &
RESPONSIBLE TO	Wellbeing Manager
RESPONSIBLE FOR	Project Volunteers

SUMMARY OF MAIN DUTIES, RESPONSIBILITIES AND ACCOUNTABILITY:

JOB PURPOSE/ROLE SUMMARY

To improve healthy lifestyle behavior at an individual and community level for the residents of Rossendale; through the provision of physical activity and healthy lifestyle interventions and promotion.

MAIN CONTACTS

- RLT Health & Wellbeing Manager
- The Hub ((led by Blackburn with Darwen) collates all referrals across Pennine Lancashire)
- Up & Active team members
- General public
- Local health professionals and community organisations

Main Duties and Responsibilities:

1. To encourage, empower and enable individuals to modify their lifestyle and undertake regular physical activity and dietary changes leading to long-term health improvements.
2. The preparation for and delivery of safe and effective instruction programmes, in a number of locations to people of various ages and abilities (children and adults); individuals or classes.
3. To deliver effective and engaging lifestyle interventions such as physical activity / sport / exercise sessions, supporting community groups, health promotion training, in-school health promotion activities, community events and healthy eating training.
4. Carrying out screenings and assessments, consultations and evaluation of both individuals and the services e.g. risk assessment, clinical assessment, session monitoring.



5. To improve physical activity opportunities and healthy lifestyle skills and knowledge of local people and encourage active participation.
6. To prepare for and deliver high quality health prevention focused sessions in a variety of settings across the borough.
7. To contribute as a member of the RLT Health & Wellbeing team with the intention of providing an efficient health prevention, promotion, and physical activity service.
8. Contribute to the marketing, publicity and promotion of the RLT Health & Wellbeing team in different settings e.g. attending health/roadshow events and promotions; giving talks and presentations to groups and meetings as required; provide MOT health checks.
9. Act as an advisor for enquiries and respond to requests for information from clients, partner agencies and other professionals.
10. To develop and deliver a succession of exit routes to encourage adherence to lifestyle change(s) and provide ongoing support opportunities for social interaction.
11. To contribute to the recruitment and support of volunteers/health mentors who have a key role to play in supporting the success of the RLT Health & Wellbeing team.
12. To contribute to the delivery of mass participation health and activity promotional events, to engage a wide range of people e.g. Couch 2 5K.
13. To support RLT's wider Health & Wellbeing team in delivering wider health services across the borough, covering sessions, proactively identifying solutions to challenges, and being a supportive colleague.
14. To be responsible for the appropriate mentoring of income and expenditure, including collection of monies, fees and charges, sponsorship and fundraising etc.
15. To attend such meetings, training or carry out other appropriate duties as may be required from time to time by the Operational Team in line with the grading of the post.



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.

OTHER INFORMATION

Due to the nature of the work, flexible working, regular evenings and weekend work is a feature of this job. You may be required to deliver services throughout East Lancashire and not at your main place of work. This is reflected in the salary for the post.

Employees are required to work with their employer to ensure a working environment that is safe and without risks to health, safety and welfare of employees and others who may be affected. This is in accordance with the Health and Safety at Work Act, associated regulations and the Corporate Health and Safety Policy.

This job description summarises the major responsibilities of the post. It is not intended to exclude other activities, nor future changes from the post holder's responsibilities.

This post is subject to a satisfactory Enhanced Disclosure from the Disclosure & Barring Service.

HEALTH AND SAFETY

You have a personal responsibility to preserve and enhance health and safety, in particular you:-

Are responsible for your own health and safety and must not do anything which is likely to cause injury or risk to yourself or others.



Must observe safe working practices and encourage colleagues to do likewise, including using personal protective equipment provided.

Co-operate with any reasonable instructions given by persons responsible for health and safety. Report all accidents, near misses, hazards, violent incidents immediately in line with the agreed procedures.

Report all defects or damage to equipment/property immediately to their manager.

Undertake any necessary health and safety training which may be organised.

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: 17/05/2022