**JOB DESCRIPTION**

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| **Job Title:** | **Health Improvement Practitioner** |
| **Reporting To:** | Wave Active Health Coach |

**Background**

Wave Active is an award-winning charity and social enterprise, supporting local communities with facilities, activities, and services to inspire active lifestyles.

Our purpose is “Inspiring Active Lifestyles” and vision, “To be at the heart of the improvement of health and wellbeing in the Community”.

Managing 15 leisure facilities and Newhaven Fort, across the Lewes District and Eastbourne Borough of East Sussex we are passionate about providing opportunities that support individuals to gain, regain or maintain: health, fitness, and wellbeing.

Offering a range of activities across our facilities and multifunctional spaces, our team is dedicated to creating an approachable environment enabling individuals to prioritise their health and wellbeing journey.

As a charity, formed in 2006, Wave Active continues to ensure all surplus revenues generated from activities are reinvested back into the community in the form of: facility developments, refurbishments, employment opportunities, new programmes of activity and to support those with health conditions to make health improvements.

**The Post in Context**

We believe that our Purpose “Inspiring Active Lifestyles” and Vision; “To be at the heart of the improvement in health and wellbeing within the community” are our USPs.

Delivering to the principles of Community and Health Improvement, this post will have a priority to provide support to those with health conditions (physical, mental and emotional), to engage with positive health and wellbeing activities, for identified health improvement.

The post holder will provide advice, information, guidance, and support opportunities for people to appropriately participate in activity, make positive health and wellbeing decisions and lead to more active and healthier communities.

The position of Health Improvement Practitioner will be tasked to build on and deliver the three primary areas of focus, namely.

1. **Increase Participation.** Facilitating access to appropriate activity, through a single point of access, to include virtual engagement and development of digital resources.
2. **Delivery of Physical Activity.** Delivery of small group and/or 1:1 engagement, as an introduction to activity.
3. **Development and Retention.** Upskilling Centre based staff, through guided instruction, to support participants into physical activity. Primarily through the introduction of Physical Activity Prescriptions, knowledge sharing and supporting delivery, to enable greater opportunities for participation for those in need of guided support.

Defining success is an essential part of the role and as such there will be a responsibility to ensure that data is accurately recorded and submitted for reporting purposes, in line with clearly defined targets.

**Purpose of the Post**

The Health Improvement Practitioner would provide advice, information, guidance and introductions to physical activity, across Eastbourne and Lewes District, with set areas being developed as part of developing work programme. Through the provision of remote services, physical activity prescriptions and small group work, the priority target group will be those with a diagnosed health conditions and supporting engagement with those from specialised populations to gain, regain or maintain physical activity for an identified health outcome.

A focus will be to support the development of personalised health improvement pathways into activity. Working from a point of initial contact, onwards into appropriate activity, with points of review to enable sustained participation to enable health goals for an individual to be achieved.

Engaging with fitness teams, across Wave sites, the post holder will need to support and advise on the creation and delivery of appropriate physical activity programs, for identified health goals, which are supportive of a range of diagnosed health conditions.

Delivery will not be age restricted, but inclusive of young people, families, adults, and older people, to enable wider access to expertise to support those with a health condition to make health improvements.

This post requires an enhanced DBS check and completion of safeguarding certification.

**Summary of Main Duties and Activities**

**Increase Participation**

1. Engage with other health and wellbeing professionals to promote the benefit of physical activity for improved health and wellbeing, to include social, exercise on prescription and opportunities which are available through Wave.
2. To be aware of local and national health promotion campaigns, linking with the Marketing team to provide information and resources for promotion of physical activity for improved health and wellbeing.
3. To support the development and delivery of remote and digital offerings, particularly for specialised populations who are unable to access a Wave facility.
4. Work with Wave teams to provide a diverse and engaging program of activity, to support participation for specialised populations.

**Delivery of Physical Activity**

1. Lead on the delivery and engagement of specialist population initiatives, to include group work, face to face engagement and remote support.
2. The creation and issuing of condition specific Physical Activity Prescription, according to FITT principles. Liaising with Wave fitness and group exercise teams to be able to provide appropriate support.
3. To provide progressive, small group introductions to physical activity, including commissioned services appropriate to qualifications held.
4. Support the development of a single point of access, for physical activity, for improved health and wellbeing.
5. Varying aspects of administration duties related to (but not limited to) updating registers and attendance, membership processing, arranging resources, provision of appropriate documentation for the delivery of activity.

**Development and Retention**

1. Contribute to offering within centers that enables new participants to progress into other activities, across sites.
2. Linking with the membership team, identify ways of supporting current members to remain active, after a change in health diagnosis or experience.
3. Support engagement and introduction into pathway activities, enabling progression from supported access in activity, on to independent participation, to include implementing points of review.
4. Support and advise other members of the Wave team to be able to provide accessible activity for those from specialised population.

**Person Specification**

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|  | **Essential** | **Desirable** |
| **Profile** | * Excellent communication skills and confidence to work unsupervised. * Good IT knowledge and excellent organisational skill. * Highly motivated and with the ability to motivate and enthuse others. * A flexible approach to working hours. * A commitment to providing equal opportunities. * Current valid driving license and use of vehicle |  |
| **Experience** | * Proven working experience in sports/leisure/fitness environment with an emphasis on health and physical activity. * Proven experience of working with specialised populations. | * Experience of working with families and young people under the age of 16 years. |
| **Qualifications** | * Level 3 exercise referral * Health Condition Based Certification Level 3 or above (e.g. OTAGO, Chair Based, Postural Stability Instruction, Cardiac Rehab, Cancer Rehab or similar) | * Professional or industry standard relevant qualifications. * First Aid and Safeguarding Certification. * Level 4 Specialist Exercise Qualifications. |
| **Specialist Knowledge** | * Good proven knowledge and understanding of physical activity and health improvement structures and initiatives. * Thorough working knowledge of the health benefits of physical activity, in relation to primary and secondary prevention of medical conditions, to include weight management principles, exercise and implications. * Knowledge of Exercise Referral schemes. * General knowledge of the determinants of health and health improvement principles. * Ability to play/coach multiple sports and activities to a good level. | * An understanding of the barriers to regular participation in sport and physical activity. * Experience of digital engagement for the provision of activity and/or remote support for guidance into physical activity. |