

JOB DESCRIPTION

Job Title	: Health & Wellbeing Coach (with Nutritionist qualification)
Reporting to	: Programme Coordinator - CRT Engage
Supervision/Management of people	: N/a
Based at	: Ollerton – Bi-weekly travel to Head Office (Barnsley)
Delivery Areas	: Trust programmes
Salary	: £33,712
Benefits	: Contributory pension, generous holiday allocation and wellbeing offer

Purpose of the Post

The role is to be part of the delivery team for CRT Engage, a person centred programme; delivering bespoke one to one support to individuals experiencing challenges that impact on their health and wellbeing. These challenges typically include: anxiety; depression; social isolation; low self-esteem; low motivation; poor physical and mental health; lack of family and community support; debt; low skills; low income; and unemployment. The role will also involve building networks in communities to increase participation in social groups and activities that improve health. This will involve consultation with individuals on healthy nutrition and lifestyle.

This role will involve remote working and occasional visits with other CRT Engage teams.

CRT Engage is an important strategic programme and contributes towards the delivery of the CRT's Strategy and England Delivery Plan. The role is an essential part of this programme and will be required to maintain quality standards, comply with our internal systems and processes and work with the Development Manager - CRT Engage to review the effectiveness of the programme in response to community need.

Key Responsibilities:

One to One Support

- Complete a needs assessment and Outcome Star to develop individual action plans that address client needs.
- Support clients in achieving their objectives and goals.
- Refer clients to appropriate external support that meets their needs, ensuring any necessary consent is recorded.

Nutrition Support

- Support individuals with pre-existing medical conditions such as IBS and diabetes.
- Analyse diets using nutrition software and create diet plans.
- Advise on weight management approaches.

Group Support

- Develop and deliver activities such as events and workshops to address identified challenges

after researching need.

- Seek guidance and support from the Charity Support Team, where relevant, when developing activities.
- Monitor and assess impact of activities delivered, identifying opportunities for improvement and sharing knowledge.

Stakeholder Engagement

- Develop relationships with a range of stakeholders in the community to create referral pathways.
- Ensure referral pathways are to stakeholders that have the necessary competence/skills and deliver services to a good standard.
- Maintain positive relationships with partners.

Cross Team Collaboration

- Develop workshops and resources in collaboration with CRT Engage team members.
- Collaborate with wider CRT programmes to link programme delivery.

Main Requirements of the Post

Creativity & Innovation – Occasional use of creative skills to resolve routine/complex issues encountered within the role and assist in the development of new approaches/procedures within own work area; interpreting general guidelines when required.

Contacts & Relationships – Routinely exchange straightforward information and provide clear explanations/advice on general matters; tailoring the communication accordingly without lessening comprehension. Develop one to one client relationships over a period of time and be diplomatic in sensitive situations; providing care and compassion, persuading others to take the required course of action.

Reason for the contact may involve duties of an advisory nature on non-complex issues, public speaking to mixed interest groups and developing others by providing encouragement and guidance. The outcome can have a noticeable effect on the person, service or organisation contacted.

Decisions - Make decisions from established alternatives within clearly defined controls/procedures for programme delivery which will have a material effect on the service. Prioritise work and resolve the majority of problems encountered within the role, only referring problems which are very difficult, unusual or require specialist input.

Resources – Accountable for the use and safekeeping of data systems, maintaining adequate data protection measures and ensuring confidentiality is observed at all times.

Work Demands - Able to on rare occasions switch from one task to another in a different area of work and resolve conflicting priorities/resource needs.

Knowledge & Skills – Appropriate qualification and a detailed level of knowledge and skills in a specialist discipline to undertake a range of tasks involving the application of readily understood controls, procedures and processes.

Authorities of the Post

CRT's Senior Leadership Team have assigned authorities for all roles. These authorities are detailed in a separate authorities log and applicable policies and procedures.