**Job Description**

**Health & Wellbeing Advisor: Physical Activity**

**Part-time, Hourly rate £12.50 plus bonus**

ICS Health & Wellbeing is a dynamic and accomplished organisation dedicated to making the UK’s local and workplace communities healthier. Working with local authorities, CCGs and employers, we design, implement and evaluate innovative health and wellbeing services that will result in long-term health benefits through sustained behaviour change.

**Overview:**

We are currently seeking a **Health & Wellbeing Advisor** to support the delivery of a Diabetes Prevention Programme that is curriculum-based and comprises physical activity, weight management and dietary components underpinned by behaviour change techniques.

The Health & Wellbeing Advisor is responsible for delivering elements of the programme, including carrying out health assessment measures; one to one review sessions and physical activity group sessions.

**Job Scope:**

* Deliver engagement events to generate interest in the programme from potential service users and stakeholders
* Meeting regularly with key stakeholders to ensure the level of uptake to the programme is optimised
* Conduct the Initial Assessment with the service user, take clinical and non-clinical measurements including validated questionnaires, blood pressure, height and weight, and POCT (finger prick and venous blood samples) for HbA1C (training will be provided)
* Deliver the group physical activity sessions that form part of the overall programme
* Conduct the 1 to 1 review sessions with the service user at regular intervals. Adopt a motivational, non-judgemental and compassionate approach
* Maintain accurate data monitoring records for all service users that attend a 1 to 1 appointment
* Support the service user engagement strategy, led by the Health & Wellbeing Coach to ensure adherence to the programme and minimise drop-outs
* Conduct risk assessments on potential delivery venues
* Maintain accurate data monitoring records for all service users within your caseload
* Liaise with Service Users, Service Co-ordinator, Regional Manager, Operations Manager, Head of Service Development and key stakeholders

**About You:**

We are looking for individuals who hold (or are currently near completing) an undergraduate degree in sport and exercise science, public health or health promotion. The successful candidate should be suitably qualified in fitness instruction and exercise referral (ideally REPs level 3) and have experience of delivering exercise classes to adults at an appropriate level.

Additional training in areas such as motivational interviewing and behaviour change would be an asset. Other essentials are the ability to prioritise and manage your caseload, a positive attitude, and strong interpersonal skills, in particular, active listening.

**Why ICS Health & Wellbeing?**

ICS has been listed in the Sunday Times Top 100 Best Companies to work for four times in the last six years. We are a forward thinking organisation offering excellent training with ongoing support and development to help you realise your potential and career aspirations. We believe that our success is based on your success. We offer a wide range of company benefits including a pension scheme and 25 days holiday.

**This is a part-time position which will include some evenings and occasional weekend work and includes some local travel.**