

Job Title:	Health Trainer (Children and Young People)
Post Ref No:	
Directorate:	People
Division/School:	Public Health/ Health Improvement
Grade:	HBC3
Responsible to:	Health Improvement Specialist
Responsible for:	None

MAIN PURPOSE OF THE JOB:

To work as part of a team supporting individuals in the community to make healthier lifestyle choices to improve their health and well-being. To undertake NHS Health Checks and Personal Health Plans connecting individuals and families with mainstream services in Halton, specifically around: exercise, healthy eating, building confidence and self-esteem, social activities, learning new skills, drugs, smoking, and alcohol.

The delivery of the Health Trainer Programme requires local people to work within their own communities and schools in a manner that is locally appropriate. Health Trainers create good working relationships with key local people (including frontline staff; ie teachers) and community groups. Health Trainers represent the programme at local events; respond to unanticipated needs of client's, as well as handling their caseload in an efficient and effective way.

KEY DUTIES AND RESPONSIBILITIES:

1. Complete the accredited Health Trainer training (for equivalent NVQ 2/3 qualification) and Health Improvement Health Check Training
2. Get to know the geographical locality in depth and build effective relationships with key health professionals and community leaders
3. Take responsibility for a caseload of individual clients/ families and schools education sessions.
4. Support individuals/families to identify barriers preventing a healthier lifestyle
5. Support individuals to identify realistic personal goals for healthier lifestyles.
6. Create Personal Health Plans with individuals and connect them to appropriate services.

The Council and its schools are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expect all staff, workers and volunteers to share this commitment

7. Support individuals to achieve their goals through activating, revising and reviewing Personal Health Plans
8. As part of supporting individuals to set personal health plans, undertake an NHS Health check to identify any underlying conditions and refer appropriately
9. Record and report activity and results on client database
10. Receive and respond to referrals into the service using relevant policies, systems and procedures.
11. Assist/accompany people to access local services, clubs, groups and/or events, some of which may be outside normal office hours
12. Abide by the objectives and targets of the Council and follow the procedures and practices utilised in all aspects of the work, including computerised and manual systems and the maintenance of relevant records.
13. Fulfil personal requirements, where appropriate, with regard to the Council's policies and procedures, particularly in respect of health and safety, emergency evacuation, security, equal opportunities, customer care, work standards and promotion of the Council's Core Values.
14. You are expected to comply with the Council's codes of conduct and accountability.

Note: Undertake any other duties and responsibilities as may be assigned from time to time, which are commensurate with the grade of the job.

This job description is not intended to be either prescriptive or exhaustive; it is issued as a framework to outline the main areas of responsibility.

Prepared by:	
Job Title:	
Date:	
Date for Review:	

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ATTRIBUTES	ESSENTIAL	DESIRABLE	HOW IDENTIFIED
Education and Qualifications	Good standard of education i.e. GCSE	NVQ level 3 in Health related discipline	Application/ Interview

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Experience	Experience of supporting adults, children and young people within the local communities in some capacity (paid or voluntary). Experience of working with a team.		Application/ Interview
Knowledge	Good working knowledge of Local area Understanding of Equal Opportunities and how it can be applied to this role.	Knowledge of Microsoft office Awareness of HIT exercise and diet intervention programmes	Application/ Interview
Skills and Abilities	Excellent communications skills Excellent Telephone skills Excellent Customer service skills Good team working skills Ability to work under own initiative Ability to work under pressure Ability to plan and organise effectively and adjust workload to client's needs.	Ability to support and encourage people in difficult situations in an enabling way	Application/ Interview
Other Requirements	The ability to travel independently across the Trust The ability to work flexibly in accordance with service needs i.e. working evenings and weekends when required		Application Form

NOTE TO APPLICANT – If shortlisted, any relevant issues arising from your references or Criminal Self-Disclosure and Barring List Form (if applicable) will be taken up at interview or at a later meeting if these have not been received prior to interview.