

PHYSICAL ACTIVITY & HEALTH OFFICER

DEPARTMENT: HEALTH (ACTIVE CHOICES)

REPORTS TO: HEALTH TEAM LEADER (ADAM ROWLEY)

LOCATION: 14 PRIDE POINT DRIVE, PRIDE PARK, DERBY, DE24 8BX
TRAVEL ACROSS DERBYSHIRE WILL BE REQUIRED

CONTRACT: FIXED TERM FOR 12 MONTHS, SUBJECT TO FUNDING

JOB SUMMARY AND MAIN PURPOSE

The Physical Activity & Health Officer will work across substance misuse programmes to support individuals in improving their physical and mental wellbeing, increasing social and community integration, and enabling positive lifestyle change through sport and physical activity.

The postholder will deliver person-centred interventions, including 1:1 and group-based support, in partnership with specialist treatment services and community organisations across Derbyshire.

KEY RESPONSIBILITIES

- Provide 1:1 and group support sessions
- Support individuals to improve social and community integration
- Plan and deliver tailored interventions to support recovery
- Deliver physical activity and healthy lifestyle programmes
- Work collaboratively within a multi-disciplinary team
- Advocate on behalf of service users where appropriate
- Conduct reviews and support individuals to set achievable goals
- Develop effective partnerships with specialist treatment services
- Motivate and encourage clients to overcome barriers to engagement
- Deliver activities in community venues, treatment centres, and leisure settings
- Maintain compliance with safeguarding, equality, diversity, and health & safety policies
- Represent the organisation professionally at all times
- Undertake any other duties commensurate with the role

GENERAL RESPONSIBILITIES

- Ensuring continuous compliance with the requirements of relevant Health & Safety and Data Protection legislation. It is the duty of every staff member to take reasonable care of their own and other people's health, safety, and welfare, and to report to DCCT any situation which poses a serious or imminent threat to the well-being of themselves or of any other person.
- It is essential that there is a consistent and effective approach to the process of identification and management of risks across the Trust. The escalation of risk within an organisation is a key mechanism for ensuring that risk is managed at the appropriate level by the appropriate individuals. All staff have a duty to ensure compliance with the Trust's Risk Management policies and procedures.
- Demonstrating the impact of DCCT programmes is a key performance indicator for the Trust. Capturing, recording, and analysing data is essential in supporting this. All staff are required to ensure they play their role where applicable.
- The assurance of quality is fundamental for all work undertaken by DCCT and should be implemented by all staff in their work. To that effect DCCT shall: Regularly monitor and measure the quality of its work methods, outputs and outcomes with a view to ensuring high quality standards, best value and continuous improvement.
- To uphold the Trust's Equal Opportunities policies & practices, positively promoting equality of opportunity.

PERSON SPECIFICATION

ESSENTIAL

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| • Level 2 qualification (NVQ Level 2 or equivalent) | • Understanding of multi-agency working |
| • Full UK driving licence | • Ability to motivate and inspire behavioural change |
| • Access to a vehicle | • Strong communication skills with a range of audiences |
| • Competent IT skills including Microsoft Office | • Empathetic and person-centred approach |
| • Ability to deliver high-quality, person-centred support | • Understanding of the benefits of sport and physical activity on wellbeing |
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DESIRABLE

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| • Minimum 1 year relevant experience | • Coaching qualification |
| • Understanding of substance misuse services | • Experience developing action plans |
| • Awareness of challenges faced by service users | • Experience managing a caseload |
| • Level 2 gym/circuits qualification or equivalent | • Experience working within substance misuse services |

This post will be subject to an enhanced DBS check and the requirement for the postholder to hold business use insurance on their personal vehicle.

VALUES

Our values underpin everything we deliver as a charity. The postholder is responsible for role modelling these values and is accountable for their own attitude and behaviour.

We are:

- **Caring** in our approach
- **Collaborative** in our partnerships
- Creating **meaningful** experiences
- Effectively fulfilling **potential**
- Taking **pride** of our work
- **Valued** by our community

EQUALITY, DIVERSITY & INCLUSION

Derby County Community Trust believe our workforce should be as diverse as the communities we serve. We are committed to encouraging equality, diversity & inclusion throughout our workforce, and eliminating unlawful discrimination.

SAFEGUARDING

Derby County Community Trust have a responsibility to promote the welfare of all children, young people, and adults at risk to keep them safe and is committed to working in a way that protects them. The Trust expects all staff and volunteers to share this commitment.



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