

**JOB DESCRIPTION**  
**PHYSICAL ACTIVITY SPECIALIST (WEIGHT MANAGEMENT)**

**MAIN PURPOSE**

- To provide a critical role as a Physical Activity Specialist within Hackney's community based Child Weight Management Service.
- Be responsible and accountable for the delivery of a high quality, evidence-based physical activity and prescribed exercise for children seeking weight loss interventions within the Weight Management Service in Hackney.

**SUMMARY OF RESPONSIBILITIES AND DUTIES**

- To plan, organise, deliver, and evaluate the physical activity and prescribed exercise element of the Tier 2 Children's Weight Management Programme to Children aged from 5 – 19 (including those with SEND up to 25)
- Provide comprehensive assessment and provision of physical activity advice and exercise prescription, together with on-going support to clients/patients, in group settings and some 1-2-1 sessions, implementing practical skills and knowledge of behaviour change theories.
- Ensure exercise prescription is continually monitored and progressed / regressed, according to individual needs.
- Support the physical activity development, delivery, evaluation and quality assurance of the integrated service and provide key physical activity expertise within care planning to the MDT and other colleagues within the service, ensuring excellent service delivery.
- Facilitate and empower clients/patients to change behaviour and adopt positive lifestyle changes by providing health education and evidence-based advice regarding increasing habitual physical activity, reducing sedentary behaviour and helping clients/patients to address barriers to change.
- To conduct on-going specialist physical activity support for those accessing the service including patient reviews and on-going case management.
- Contribute to 'MDT meetings' to discuss caseloads, care plans, case management and specific client/patient care including discharge planning, on-going management and / or referral to Tier 3 or 4, in conjunction with other relevant professionals.
- Accountable for ensuring programme delivery is monitored using validated tools and systems to collect and analyse client/patient performance outcome measures and evaluation, to ensure that the contractual KPI's are achieved and an excellent service is demonstrated; critical and rigorous implementation of all physical activity and functional capacity measures at key milestones across the services, ensuring excellent recording, monitoring and reporting on patient outcomes.
- Utilising iMPACT (and other relevant data systems) and internal reporting procedures to demonstrate service efficacy through generation of excellent health outcome data, contributing to an internal qualitative and quantitative evidence base.
- Keep accurate patient records, ensuring patient personal information is recorded in accordance with Everyone Health and Local Authority policies; Information Governance, Data Protection, current GDPR regulations and Data Sharing agreements.
- Work with the Clinical Governance Manager, Service Manager and Professional Lead for Physical Activity to achieve continual service improvement and client/patient-centred services in accordance with participant feedback, NICE guidance, Industry and local recommendations, professional competences and SLM policies and procedures, ensuring the service is delivered in line with CQC and NHS Digital regulations.

- Be compliant with all relevant policies, procedures and guidelines; including the appropriate code(s) of conduct associated with this post; maintain awareness of safeguarding issues, report and acting on concerns in accordance with Everyone Health and Local Authority policies and procedures.
- Ensure the safety of all clients/patients by undertaking: risk assessments, health and safety checks, equipment checks etc., as directed by the Service Manager. Respond to any relevant clinical / colleague issues / incidences to manage a mitigate risk, and maintain best practice.
- To have sound knowledge of common co-morbidities associated with obesity and the ability to liaise with the GP and other health professionals / agencies as necessary.
- Work as a cohesive member of the MDT through regular communication and liaise with community partners and referrers to ensure the successful recruitment and retention of clients/patients within the service, supporting integration and shared learning across the Tiers.
- To be responsible and accountable for achievement of relevant contractual targets including referrals, uptake, completion percentage targets and effective outcome measures, through delivery of high standard of physical activity advice and nutritional care.
- Support community engagement: build a network of key contacts and undertake networking publicity and promotional activity to raise the profile of the service and to identify and engage with target populations.
- Respect colleague's professional roles and scope of practice, ensuring a supportive and proactive member of the multi-disciplinary team.
- Take responsibility for own CPD and participate in Everyone Health's induction, training and continual professional development as required; recognise and work within own competence and professional code of conduct as regulated by professional body.
- Ensure that commitment to equality and diversity is reflected at all stages of project planning, delivery and evaluation, in line with agreed service standards.
- Be an ambassador for Everyone Health, promoting the Hackney Child Weight Management Service to members of the public and other stakeholders/ partners, where appropriate.
- Contribute to the growth of Everyone Health by working collaboratively with Managers / colleagues to develop and have some responsibility for an expanding portfolio of services and products.

## PERSON SPECIFICATION

### 1. SKILLS & ABILITIES

- Ability to direct and co-ordinate programmes of care working autonomously and collaboratively.
- Ability to produce individual and detailed exercise programmes, considering special adaptations required to accommodate an overweight and obese client/patient for appropriate physical activity / exercise prescription.
- Ability to translate physical activity and exercise information into a format that is appropriate and understandable for clients/patients to support compliance with increased levels of physical activity and reduced sedentary behaviour, for habitual behaviour change.
- A commitment to continuous service improvement with expert insight into clients/patients' needs, so that all clients/patients receive high quality care.
- Passionate about putting clients/patients first and delivering a high quality service.
- Proven ability to relate, motivate and confidently engage individuals in activities and discussion as part of a group and in a 1-2-1 situations.
- Ability to work independently and manage own work load; able to work effectively and supportively as a MDT member.
- Sound interpersonal skills with proven ability to work effectively with all levels of colleagues, including effective partnerships with other agencies and service providers.
- Good execution of exercise delivery: enthusiastic, motivating, clear cueing and innovative.
- Excellent verbal and written communication skills in order to effectively communicate with a wide range of individuals including participants, colleagues and external partners.
- Ability to use generic software packages.

### 2. KNOWLEDGE

- Sound knowledge of prescribing exercise and advising on physical activity to special populations specifically obesity as well as at population / community level.
- Sound knowledge of the complex care of the obese and morbidly obese client/patient.
- Knowledge of specific physical activity and exercise requirements for delivering appropriate weight management programmes for adults.
- Knowledge of behavioural and emotional development issues.
- Knowledge of stigma associated with obesity and effects on social and emotional well-being.
- Knowledge of weight management, nutrition and physical activity in relation to health improvement.
- Knowledge of psychological and behaviour change theoretical techniques in relation to supporting people to make positive lifestyle changes.
- Knowledge of NICE guidance relating to the treatment of obesity.
- Knowledge and understanding of the Patient Confidentiality and the Data Protection Act.

### 3. EXPERIENCE

- Minimum of two years' experience working with adults across Tier 2 weight management programmes across a range of service settings, including community, primary care and in patient settings.
- Experience of working with children and families in a 1-2-1 advice and group delivery environment, to support positive lifestyle change.
- Experience of delivering and prescribing exercise to those with co-morbidities and / or complex needs.
- Experience of taking accurate physical measures and contributing to helping individuals meet physical activity/exercise targets
- Experience of working with clients/patients within a weight management service.
- Experience of working effectively as part of a MDT /team.
- Experience of working with clients/patients of different cultures, genders and ages.
- Experience of working to time schedules.
- Evidence of experience in embracing and implementing change to provide high quality health outcomes.
- Experience of working to challenging performance targets and achieving excellent outcomes.

### 4. QUALIFICATIONS

- Degree or Diploma in relevant subject area, or equivalent knowledge and experience gained through working in a specialised physical activity role.
- Level 2 Children's Exercise certificate
- REPs recognised Level 3 Exercise Referral certificate (REPS Level 4 desirable)

### 5. SPECIAL CONDITIONS

- Highly motivated self-starter with resilience, determination and the ability to see jobs through to completion.
- Role incorporates evening / weekend working, with variable high levels of travel across Hackney, working in a variety of settings including the community, youth and community centres.
- Ability to travel across Hackney as required.
- Driving Licence and access to a car with 'business purpose' insurance for work.
- Flexibility to support other London Weight Management Services as business requires.
- Evidence of a personal commitment to continuing professional development and to maintaining an up-to-date professional knowledge supporting the development of business within the company.
- This post involves working with children and vulnerable adults as such the post holder will be required to apply for a disclosure of criminal records at an enhanced level (DBS).