

Falls Prevention Health Trainer – Cambridgeshire

Full Time Role and Part Time Roles. Competitive Salary

The Falls Prevention Health Trainer role is a fantastic opportunity for an individual with a keen interest and experience in working with older people and those at risk of falling, to support them to make healthier lifestyle choices and reduce their future risk of falling.

Working as part of a multi-disciplinary team in Cambridgeshire, the Falls Prevention Health Trainer plays a key role in identifying and supporting individuals at risk of falling through community engagement, and supporting behaviour change including signposting into local services.

Ideally, you'll have experience or qualifications in health promotion and exercise leadership, but most importantly, you'll be a natural and passionate motivator with excellent communication skills to engage with older individuals and those at risk of falls on both a one to one and group basis.

If you feel you have a creative, innovative flair, and relish the challenge of learning new skills, this could be the role for you.

We would like to hear from you if you are:

- ✓ Familiar with working with older individuals and knowledgeable of the benefits of a healthy lifestyle and managing fall risk factors: healthy eating, increasing physical activity levels, and balance and strength training.
- ✓ Creative and pro-active with strong planning, time management, empathy and excellent interpersonal skills.
- ✓ Experienced in delivering falls prevention activity in groups and through 1:1 exercise advice.
- ✓ Experienced in promoting and engaging individuals and groups, to sustain behavioural change through an empathetic approach, utilising Motivational Interviewing techniques and SMART goal setting.
- ✓ Flexible with a full UK licence and access to a car for work
- ✓ And have recognised Health Trainer qualifications relevant to the role e.g., RSPH, City & Guilds and YMCA / REPs endorsed strength, balance and Chair Based Exercise qualifications

For more information, please click: www.everyonehealth.co.uk/about-us/employment-opportunities to download the Job Description / Person Specification.

To Apply: Send a current CV and supporting letter to

AlexBrown@everyonehealth.co.uk and BrigitteMcCormack@everyonehealth.co.uk

Closing date is: 26th September, 5pm

Please note: Interviews will be 3rd October 2019

Any offers are subject to enhanced DBS checks and satisfactory references.

Everyone Health is an equal opportunities employer and an Investors in People organisation, who is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. All applicants will be required to undertake checks and references prior to appointment.

