

Health Coaches Job Advert

Through a collaborative agreement with Rossendale Leisure Trust the two Rossendale PCNs (Rossendale East PCN and Rossendale West PCN) are to appoint two Health Coaches. It is anticipated that the two PCNs will be one of the first nationally to be able to offer patients lifestyle support through the new Health Coach role.

Rossendale Leisure Trust are co-ordinating the recruitment for these new positions and the selected candidates will work as part of their network's multidisciplinary teams and in particular working closely with the PCNs two Social Prescribing Link Workers, who are now well established.

The Health Coaches will serve the nine Rossendale GP practices, taking referrals from practice and other NHS healthcare staff or directly from patients. In addition, these roles would also have access to the specialist health and fitness support of Rossendale Leisure Trust, which includes the Up and Active programme.

About Rossendale Leisure Trust – The Leisure Trust is the largest not for profit Charitable Trust in the valley. Established in 2004, the trust aspires to promote an active and healthy community within Rossendale. RLT believe that everyone deserves health, fun and happiness and are committed to offering this through the leisure facilities they provide which includes – The Adrenaline Centre in Haslingden, Marl Pits gym and swimming pool plus Pioneer Community Health Studio in Bacup.

About The Role - The Health and Wellbeing Coaches will be responsible for delivering group and one to one sessions on healthy eating, physical activity and health and wellbeing to meet with personalised care plans. The coach will play a critical role in engaging patients and use health coaching techniques to support them to take an active role in their health & wellbeing and create behaviour changes within their lifestyle.

The post holder will have a key role in helping raise the local populations awareness of the support groups and opportunities available to assist in achieving their health and wellbeing goals. Furthermore, you will work in partnership with your clinical and non-clinical colleagues, management support and the wider PCN to ensure the role delivers the best possible outcomes for our patients.

Main duties and responsibilities include:

- Care planning, health and wellbeing coaching and delivery of systematic self-management support based on a knowledge of individual's activation levels.
- Care coordination across care continuum (including identification and support of carers)
- Support effective team working in primary care through taking on appropriate practice based tasks, attending regular team meetings if required, working with the complex care teams.
- Support for individuals to access appropriate community resources and services.

About the successful candidate - You will be an experienced and qualified health and wellbeing professional that ideally has experience within a healthcare setting that is confident to deliver support, advice to a range of patients and their diverse health needs. Ideally you will hold a Diploma Level 3 Certificate or equivalent in Health and Wellness Coaching. You will have strong experience with working and supporting patients who have long term conditions and low knowledge skills and be the single point of contact for patients to improve and manage their health and wellbeing effectively. You will be experienced in delivering a personalise care planning approach and be confident to writing concise and accurate and timely bespoke care assessments alongside a multi-disciplinary team in improving patient health across our community.

Within the coaching element of the role, you will be experienced in teaching and supporting patients / carers to understand and manage their own conditions and maintain an independent lifestyle through health coaching techniques to encourage patient activation. You will have excellent interpersonal and communication skills and be confident to be involved in multidisciplinary meetings and promote local support networks and services in our community to benefit the patient's health and wellbeing.

These roles are equivalent to NHS Agenda for Change Band 5 starting at £24,907 per annum.

Closing date 9th October 2020

If you are interested in applying for the above posts then please can you forward a copy of your Curriculum Vitae to Jodie English (Health & Wellbeing Manager) at Rossendale Leisure Trust – Jodie.english@rtrust.co.uk Furthermore if you have any queries or wish to have an informal discussion about the role then contact Jodie.