

Job Description

Job title:	Adult Weight Management Behaviour Change Practitioner
Location:	Salford based (Eccles) with regular travel across Greater Manchester and occasionally nationwide
Salary:	£25,000 - £27,000 (pro rata) plus 3% Employer pension contribution
Hours:	37.5 hours per week, with flexibility to include at least 2 evenings per week
Reporting To:	Adult Weight Management Lead
Purpose of job	<p>To deliver and support elements of the MoreLife adult behavioural change weight management programme</p> <p>To deliver one-to-one therapy for those who need support with their mental health before attending a group (dependent on postholder qualifications)</p>

SUPPORTING PEOPLE TO GROW IN CONFIDENCE AND TAKE GREATER CONTROL OF THEIR HEALTH

You have a chance to be part of something amazing at Morelife, joining in our exciting mission to support the health and wellbeing of tens of thousands of adults and young people across the UK. We deliver healthy lifestyle services and specialist weight management programmes for a number of local authorities. And we are growing, fast.

We know our programmes work and our goal is to ensure we reach out to as many people as we can to help them live healthier lives. We are also passionate about developing our people with a strong support structure lead in a fun and fast paced environment.

Where do you fit in? We are continuing to build our team of skilled practitioners to deliver our exciting new service across Greater Manchester, and we're looking for a range of practitioners, including experienced behaviour change specialists and qualified therapists. The service delivers non-surgical programmes for obese adults including pregnancy weight management. Our specialist service uses a psychologically informed approach to weight management and utilises a range of therapies to evoke behaviour change around diet and physical activity.

Responsibilities of the role:

- Undertake clinical assessments in order to create an appropriate care plan for clients who may have a number of mental, physical and social considerations.

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- Be responsible for leading groups of adults to enable them to lose weight in an effective and sustainable way, taking ownership for supporting clients to achieve and sustain their weight loss targets
- Deliver the multi-component programme ensuring an action orientated approach to learning for the full range of individuals to fully engage.
- Use therapeutic approaches including CBT, DBT and mindfulness-based approaches to help improve clients' relationship with food and support weight loss.
- Use psychological coaching strategies, including motivational interviewing, goal setting and cognitive communication, behaviour therapy skills to negotiate change to overcoming barriers to achieve required weight loss.
- Educate adults by facilitating interactive and engaging sessions on physical activity, dietary and healthy eating advice.
- Undertake training in physical activity and nutrition to enable the delivery of accurate education on these topics.
- Support and encourage adults to set realistic goals in terms of changing behaviour and achieving positive healthy outcomes.
- Lead inclusive, fun, motivating and positive lifestyle experiences, considering the needs of the members of each group.
- Promote a flexible approach to engaging with the MoreLife programme. Ensure there is the regular communication with participants between sessions, ring those who do not show up and conduct follow up calls and drop in sessions on a regular basis.
- Be sensitive and supportive to the psychological and physiological needs of participants, and signpost additional support where appropriate.
- Regularly evaluate the success of the programmes and provide feedback to ensure continuous improvement in terms of outcomes.
- Adhere to local and national safeguarding procedures.
- Support the patient assessment and monitoring process by conducting anthropometrics (weight, height, blood pressure, waist circumference)

- Undertake timely and accurate computerised and paper collection of data on patient referrals, contacts and outcomes. Ensuring all data is updated within 48 hours of a session.
- Ensure all recording systems are up-to-date and provide reports, interpreting and analysing the information in a clear and concise manner.
- Be engaged in stakeholder engagement and locality working and GP links.
- Be committed to active engagement with/working within the community and need to understand the issues that impact on those living and working in the community.
- As and when required, support the administration process of engaging clients onto programmes. For example, answering calls, sending out communications, telephoning clients.

General

- To positively promote access to the MoreLife offer and the aims and objectives of the MoreLife service.
- To organise and engage with local community groups as necessary to enhance engagement and to develop and facilitate networks and opportunities.
- To record, monitor and, with the AWM Lead of the service, actively improve on KPIs.
- To keep accurate records of work.
- To identify, reach and engage effectively with target groups/areas/communities in line with KPIs.
- To attend team meetings and contribute to the performance improvement process and other meetings as requested and appropriate. This includes attending monthly 1:1 meetings, clinical supervisions and team meetings.
- To take an active part in developing own knowledge and skills and seek advice and support as and when necessary.
- Adhere to organisational policies and procedures.
- Any other task commensurate with the role as required.
- Discuss any clinical and safeguarding issues arising and support required

Skills and Knowledge:

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- Written and verbal communication skills
- Organisation, time management and planning skills
- Delegation skills
- Attention to detail
- Financial acumen and numeracy skills
- IT skills and a knowledge of Microsoft Office programmes
- A passion to strive for continual improvement and a commitment to delivering a quality service
- Ability to work as part of a team.
- A knowledge of obesity and effective healthy living interventions.

Fitness to Practice:

Practitioners have a responsibility to monitor and maintain their fitness to practice at a level that enables them to provide an effective service. If their effectiveness becomes impaired for any reason, including health or personal circumstances, they should seek the advice of their supervisor, experienced colleagues or line manager and, if necessary, withdraw from practice

Health and safety:

To maintain a positive attitude to health and safety in carrying out the duties of the post with special emphasis on the environment and safety of the individuals in your care.

There is a no smoking and drinking of alcohol policy in force for the duration of the program.

Equal Opportunities:

Post holders must at all times carry out their responsibilities with due regard to the Company's equal opportunities policy.

The post holder will also need to be aware of and committed to the vision, policies and practices of the organisation by which they are employed.

Person Specification – Adult Weight Management Behaviour Change Practitioner

ATTRIBUTE	ESSENTIAL	DESIRABLE	HOW IDENTIFIED
QUALIFICATIONS	A relevant qualification in psychotherapy or Cognitive Behavioural Therapy Or A relevant degree in psychology and certificated training in behaviour change techniques	Qualification in health behaviour change	Application.
EXPERIENCE	Experience of working with adults Experience of facilitating groups. Experience of coaching individuals and groups. Experience of using CBT techniques. Experience of motivational interviewing.	Experience of leading relevant physical activity/ weight management classes. Experience of dealing with people with sensitive medical problems.	Application/ Interview.
SPECIAL ATTRIBUTES	A passion and enthusiasm for supporting individuals to achieve weight loss and a healthier lifestyle. Confidence in planning and delivering engaging weight-loss sessions to adults Self-motivated and a natural leader. Coaching skills Strong interpersonal skills and the ability to build trusting relationships with the individuals. A caring and empathetic attitude. Ability to use initiative. Be able to work under pressure and meet targets. Strong organisational skills. Excellent verbal and written communication skills. Able and willing to travel across Greater Manchester to deliver the programme in a range of community venues	The ability to prepare and deliver sessions that are appropriate to the target audience.	Application/ Interview.