



## WOODHOUSE AND DISTRICT COMMUNITY FORUM

OUR AIM IS TO IMPROVE THE AMENITIES, FACILITIES, ENVIRONMENT AND GENERAL QUALITY  
OF LIFE FOR THE BENEFIT OF ALL THE RESIDENTS OF WOODHOUSE

### JOB DESCRIPTION

---

---

---

**POST TITLE**

Health Trainer

---

**GRADE**

£16,800

---

**RESPONSIBLE TO**

Line Management responsibility:

Kathryn Taylor

NHS Sheffield/Sheffield City Council supervision and work planning:  
Aziz Muthana – Citywide Health Trainer Manager

---

**RESPONSIBLE FOR**

No Staff

---

**KEY TERMS & CONDITIONS**

30 hours per week. The post is funded until 31 March 2018

---

**PURPOSE OF JOB**

This post will contribute to tackling inequalities in health through promoting and supporting people to develop healthier behaviours and lifestyles in the context of their own local communities, namely Woodhouse, Westfield and Hackenthorpe areas. The successful candidate will be employed by

---

---

Woodhouse and District Community Forum.

It focuses on engaging with individuals in communities and offering them practical support to change their behaviour to achieve their own choices and goals.

Health trainers will be a practical resource to help connect people into services at a local level. The work will focus on people in communities who are marginalised and who experience the greatest inequalities in health.

Health trainers are not expected to have specialist knowledge in any one area of health / illness. However workers will have a focus on: diabetes, heart health, smoking cessation and healthy eating.

---

---

## **SPECIFIC DUTIES AND RESPONSIBILITIES**

### **Engage with individuals in local communities which have identified health inequalities**

- Work with existing groups in order to identify and engage with individuals.
- Identify and make contact from individuals who may benefit from Health trainer interventions.
- Develop and maintain relationships with individuals who are experiencing the greatest inequalities in health.
- Promote the equality and value the diversity of individuals.
- Build up and maintain knowledge of contacts within the community.

### **Communicate with individuals about health and health improvement**

- Provide information to individuals about health and wellbeing.
- Provide information to individuals about the relationship between ways of behaving and health
- Enable individuals to develop their knowledge and skills regarding health and wellbeing.
- Signpost individuals to other agencies for information, support and resources.

### **Enable individuals to change their behaviour to improve their health**

- Help individuals identify how their behaviour and context might affect their health and wellbeing.
  - Help individuals develop a personal health plan to make the changes they have identified.
  - Support individuals in achieving their personal health plan.
  - Support individuals in maintaining their behaviour change.
  - Help individuals to access and use local services.
-

---

## **Manage and organise own time and activities to support individuals in the community**

- Plan own time and activities around the needs of individuals in the community.
- Respond effectively to referrals – self-referrals from the individuals, and those from colleagues /other workers.
- Alert line manager to any issues in work (including concerns about individuals or work in the community).
- Inform line manager of ways in which local services can be improved to improve the health and wellbeing of the local community / barriers that individuals are experiencing in changing their behaviour.
- Work with other Health Trainers and Community Health Worker to share learning and expertise and develop models of good practice.
- Provide reports as and when required
- Maintain records for monitoring & reporting purposes
- Work within Woodhouse and District Community Forum's policies regarding confidentiality and maintaining records.
- Attend regular supervision, personal development and working group meetings.
- Undertake any other appropriate duties negotiated between the post holder and line manager.

The duties of the post holder may change over time and develop to meet service requirements. The description of the job would be amended after consultation with the post holder and in relation to the individual's appraisal.

---

## PERSON SPECIFICATION

Post Title: Health Trainer SECA - Person Specification

Minimum Essential Specification	Method of Assessment		
	Application	Interview	Exercise
<b>Skills/Knowledge</b>			
Knowledge of the local area – Woodhouse, Westfield and Hackenthorpe	•	•	
Know about the things that make people healthy and unhealthy	•	•	
Know about the broad health and health services needs of the local community	•	•	
Know how to find out about local services and how to support individuals to use them	•	•	
Know about behaviour change methods	•	•	
Know your own limits of skills, competences and responsibilities and work within them	•	•	
<b>Experience/Qualifications/Training</b>			
Experience of working with local community groups in some capacity	•	•	
Ability to review and monitor activity and record outcomes and learning	•	•	
Good knowledge of English	•	•	
Ability to communicate effectively both verbally and in writing, with a range of individuals and groups	•	•	
Effective administrative & IT skills	•	•	
No formal qualifications are needed but you must be willing to be trained as a Health Trainer	•	•	
<b>Work Related Circumstances</b>			
Sense of humour	•	•	
Enthusiastic	•	•	
Committed to learning	•	•	
Empathy	•	•	
Non-judgemental and Flexible approach	•	•	
<b>Desirable</b>			
Full UK Driving Licence	•	•	
Own transport	•	•	