

**Bassetlaw**

**ACTION**

**Centre**



Follow us on Facebook  
Bassetlaw Action Centre



Follow us on Twitter  
@ActionCentre

## Long Term Conditions Health And Wellbeing Coach

- **Salary: £23,000 per annum**
- **Hours: Full Time 39 hours per week**
- **Post available for the area of: Bassetlaw – Specifically within the Retford and Villages PCN**
- **Closing date: Monday, 11th January 2021**
- **Interview date: Week commencing 18th January 2021**

Bassetlaw Action Centre is looking to recruit to the post of LTC Health and Wellbeing Coach, based within the Voluntary Sector to work within a Primary Care Network multidisciplinary healthcare team, providing 1:1 personalised support to people who are referred to them by team members and local agencies. The post holder will be based at our Retford Office and across network practices as required. The post holder will be required to travel independently between work sites.

The successful candidate will have good communication, negotiation and people management skills and act with compassion and integrity. They will have experience of using coaching approaches, frameworks and models or other helping strategies, for example, motivational interviewing.

The post holder will work with a diverse range of people from different cultural and social backgrounds. The ability to work confidently and effectively in a varied, and sometimes challenging environment is essential.

This is a vital role within the Primary Care Network and the post holder will provide health and wellbeing coaching for the most vulnerable people in the community, including the frail / elderly and specifically those with other long-term health conditions. They will work closely with GP and practice teams and voluntary sector colleagues to manage a caseload, ensuring appropriate support is available to people with LTCs, their families and carers.

This role involves coaching and motivating patients in managing their own health and wellbeing to live independently and improve their health outcomes. The post holder will work with individual and/or groups of patients to deliver sessions on healthy eating, physical activity and health and well-being to meet personalised care plans. You will use a holistic approach to promote lifestyle medicine approaches and support patients to address their existing health problems and prevent new ones.

The role is varied, and may include supporting self-management education, peer support, case management and facilitating group consultations.

Please see the attached Job Description and Person Specification for more details.

An enhanced Disclosure & Barring Service (DBS) police record check in relation to vulnerable adults (previously known as CRB check) is required for this role.

Ability to travel across Bassetlaw (and occasionally to other areas when necessary), driving licence and use of own vehicle is required for this role – work related travel expenses are reimbursed at 45p per mile.

**To apply for the role, please download the application pack from our website <https://www.bassetlawactioncentre.org.uk> and send us your completed application form.**

### **NO AGENCIES PLEASE**

We have the right to close the vacancy earlier than the closing date, if we reach the maximum number of applications.

# JOB DESCRIPTION/PERSON SPECIFICATION

## Primary Duties & areas of Responsibility:

Coach and motivate patients (individually or in groups) through multiple sessions to identify their needs, set goals, and support them to implement their personalised health and care plan.

Provide personalised support to individuals, their families and carers to ensure that they are active participants in their own healthcare; empowering them to take more control in managing their own health and wellbeing, to live independently and improve their health outcomes through

- 1) Providing interventions
- 2) Supporting people to establish and attain goals set by the person based on what is important to them.
- 3) Working with the social prescribing service to connect them to community-based activities.
- 4) Working with the Long Term Conditions (LTC) team to deliver specific health advice, where appropriate.
- 5) Working to increase the prevalence of treatable LTCs by undertaking health checks.
- 6) Inputting data including appropriate disease and referral coding.
- 7) Provide support to local community groups and work with other health, social care and voluntary sector providers to support the patients; health and well-being holistically.
- 8) Help to establish and co-ordinate patient groups to aid self-management, peer support, and the creation of patient communities
- 11) Support colleagues to improve their skills and understanding of personalised care, behavioural approaches.
- 12) Undertake all the necessary training and induction for the role
- 13) Raise awareness within the PCN of shared decision making and decision support tools and supporting people in shared decision-making conversations.
- 15) Explore and support access to a personal health budget, where appropriate, for their care and support
- 16) Utilise existing IT and MDT channels to screen patients, with an aim to identify those that would benefit from health coaching

## Skills and Qualifications:

- NVQ Level 3 Health Trainer qualification or other relevant professional academic qualification
- Educated to degree level or related discipline
- Training in motivational interviewing/coaching
- Training in delivering psychological interventions
- Experience of project management in a healthcare or voluntary setting

