

## Job Description

<b>TITLE:</b> HEALTH AND WELLBEING PRACTITIONER	<b>DATE PREPARED:</b> (UPDATED) 15/04/2021
<b>SALARY:</b> £19,831	<b>LOCATION/ DEPARTMENT:</b> HEALTH & WELLBEING, COMMUNITY OUTREACH
<b>HOURS WORKED:</b> 37.5 HOURS FIXED TERM UNTIL MARCH 22 <b>WORK PATTERN:</b> FLEXIBLE TO COVER A VARIETY OF COMMUNITY GROUPS, INCLUDES OCCASIONAL WEEKENDS	<b>REPORTS TO:</b> HEALTH & WELLBEING LEAD

### Job Purpose:

To deliver cycle training and group cycling activities for adults who are keen to improve their physical and mental health through cycling. The Health and Wellbeing Practitioner will contribute towards the setup, running and on-going planning of Health and Wellbeing group engagement and 1:1 lessons.

Specifically this role will involve the direct delivery of our social prescribing for cycling programme. This will include setting up 1:1 and group sessions with referrals along with delivering the sessions.

### Principal Accountabilities:

1. Support the Health and Wellbeing Lead with the set-up of all group and 1:1 referrals received from CLP's
2. To plan and deliver 1:1/group cycle sessions and indoor activities such as basic maintenance classes dependant on the goals set by groups and individuals.
3. Act as a mentor to support participants to gradually increase their physical activity levels and general wellbeing.
4. Ensure all participant paperwork is filled out correctly and entered onto the database.
5. Support participants to track their progress, manage their Bikes for All account and support them to appreciate positive changes made.
6. Ensure evaluation and monitoring of participants is completed for all participants.
7. Support the Health and Wellbeing Coordinator to create and develop adult cycling resources.
8. Communicate with local stakeholders such as health centres and community links practitioners.
9. Support the Health and Wellbeing coordinator to ensure all H&S policies and safeguarding procedures are in place and implemented (e.g, vulnerable adult protection, risk assessment procedures, first aid etc).
10. Act as a mentor for local people and volunteers involved in Health and Wellbeing sessions.
11. Support the delivery of wider Bike for Good services.
12. Support the Health and Wellbeing Lead to manage and maintain fleet bikes.

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13. Support the H&W Coordinator and Lead to develop the monitoring and evaluation process to assess the effectiveness of Health & Wellbeing activities and report findings back to them.
14. Support the H&W Coordinator and Lead to create a long-term sustainability plan for Health and Wellbeing.
15. Any other reasonable duties as required by your line manager.

## KNOWLEDGE, SKILLS AND EXPERIENCE REQUIRED (THE PERSON SPECIFICATION)

### Essential

- Qualified Ride Leader and Cycle Trainer
- Experience of delivering training in a community setting
- Excellent organisational skills and the ability to manage time accordingly
- Ability to work independently
- Well-developed communication skills
- Experience of working with the public in a community setting
- A valid driving licence and be willing to drive for work purposes
- A flexible approach to working
- Self-starter with an enterprising attitude
- Ability to network and present a positive image when representing Bike for Good at external events
- Experience in working as part of a team
- Understanding and knowledge of barriers to cycling
- Passionate about cycle promotion and development with a focus on inclusivity
- Experience in bike mechanics

### Desirable

- Qualified bike mechanic
- Experience of working with vulnerable adults.
- Experience of designing community activity programmes
- Experience communicating with hard to reach demographics
- Experience of report writing and delivering presentations
- Experience of working with volunteers