

# Physical Activity Specialist

Hounslow, UK

We are looking for an enthusiastic individual to join our Hounslow based team as a Physical Activity Specialist. If you want to support local families to be the healthiest, happiest versions of themselves, then we can't wait to hear from you.

Our Physical Activity Specialist's role is about increasing the percentage of the population in Hounslow in achieving the national physical activity guidelines for their status (children & young people and adults).

We have a strong sense of who we are and who we want to be, this is embodied in our 5 ways of being:

Our Values	<b>BE REAL</b>	We are genuine, authentic, transparent, and have integrity
	<b>BE PASSIONATE</b>	We are who we are and won't hide our passion for what we do
	<b>BE INNOVATIVE</b>	We are creative and love to explore new ideas
	<b>BE EMPOWERING</b>	We are supportive and help people to make great choices
	<b>BE COURAGEOUS</b>	We are brave and bold and live the values we believe in

## What's the role?

We are looking for a Physical Activity Specialist to provide introduction sessions, personal assessments and drop-in clinics for all participants, working alongside a team of nutritionists and a family support worker to improve accessibility and remove barriers to change.

You will make an important contribution to the service by ensuring all activities given during sessions are appropriate, based on need (including culture, disability, level of ability and age), whilst being underpinned by evidence to support behaviour change.

## The important stuff: Title, dosh, hours

<b>JOB TITLE</b>	Physical Activity Specialist
<b>HOURS</b>	Part time (18.75 hours per week) including evenings/flexi-time
<b>SALARY</b>	£26,160 per annum FTE, inclusive of London Weighting Allowance
<b>LOCATION</b>	Office based in Hounslow, also working in community centres and schools across Hounslow

## What will you do if you get the job?

- Deliver individually tailored physical activity to clients of many backgrounds and abilities
- Work within your own capabilities and be able to identify clients who may need specialist input
- Support the recruitment of individuals to the interventions by working with key local stakeholders
- Create an asset map with local activities and organisations, and signpost families dependent on their needs
- Coordinate local sports coaches to deliver physical activity sessions to adults and families
- Help to refine existing programmes in line with evidence, co-production and sound underpinning theories
- Empower individuals to manage their weight effectively by understanding their individual needs and supporting them to change behaviours
- Ensure we deliver evidence based advice to families across Hounslow – keeping up with changes and new ways of working
- Personalise movement to each service user by assessing their likes, dislikes, wants and abilities
- Be part of a team that delivers the award winning BZ behaviour change and weight management programme
- Following up with individuals after sessions and consultation ensuring they are on track and referring them onto alternative services if necessary
- Help us achieve our contract aims
- Input data and manage caseloads of individuals using our online data system
- Contribute to a positive working environment to help the team thrive and innovate (a good sense of humour is a must!)
- Undertake other relevant work as required by BeeZee Bodies

# Criteria for this post:

## Qualifications

Essential

Desirable

REPs Level 3 Registration and/or member of CIMSPA



Level 2 certificate in instructing for children



Level 3 Exercise Referral Qualification



## Experience

Experience of working with children, young people and families



Experience of working with hard to reach groups and tackling health inequities



Experience of working with adults with health problems and disabilities



Experience working with / supporting children and young people with SEND



Experience working as part of a multi-disciplinary team



Experience working in community health programmes



Experience of having to prioritise caseload / manage own time effectively



## Skills

Excellent oral and written communications skills with people from a wide variety of backgrounds



Ability to work effectively with individuals and groups



Good understanding of the principles of Confidentiality & Safeguarding



Fluent in English with clear spoken English



Full driving license



Essential

Desirable

## Personal Attributes

Passionate and enthusiastic about living a healthy and active lifestyle



Passionate about encouraging and influencing others to include activity in their everyday lives



Good organisational skills



Be compassionate, confident and self motivated

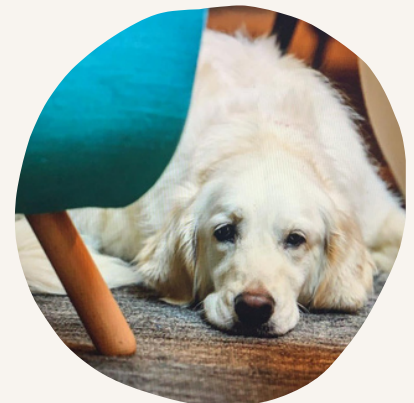


Ability to reflect and appraise



## Why is it great working at BeeZee Bodies?

- Have work that is meaningful and helps change peoples lives for the better
- Be part of a vibrant organisation who love to innovate
- Work with a team that will support you to do your job to the best of your ability
- Have a chance to take part in fun work place activities and challenges
- Access our employee assistance programme when they need to
- Take part in our daily workplace health (everyone gets an extra 20min paid break)
- Develop your skills with regular and diverse CPD
- Be part of our pension scheme
- Have access to our bike to work scheme
- Monthly 1-1s with your line manager
- 4.8 out of 5 Glassdoor.co.uk rating
- Free tea and coffee



## Company Policies and Procedures:

Beezee Bodies is committed to being an inclusive employer, we welcome applications from the local community. BZ believe the greater the mix of people that work for us means the greater the mix of skills, experiences, perspectives and ideas we can be inspired by!

**This role is subject to a full DBS disclosure.**

## How to apply:

Send your CV with a covering letter that answers the following 4 questions to [recruitment@beezeebodies.co.uk](mailto:recruitment@beezeebodies.co.uk)

- Where did you see this advert?
- What experience and skills could you bring to this role
- Why would you want to work at BeeZee Bodies and do this role?
- What would be the first thing dogs would say to their owners if they could talk?

The closing date for this post is **31st March 2023** with interviews taking place soon after.

If you have any questions, please email [recruitment@beezeebodies.co.uk](mailto:recruitment@beezeebodies.co.uk)

**GOOD LUCK!**