

Role Descriptors		
#YouCan	Weight Management	Movement for Memories
<p><b>Background</b></p> <p>The post will be responsible for delivering activities to inactive care experienced young people aged 14-26 to improve their physical, mental and emotional health by empowering them to lead more active, healthier lives and develop new life skills.</p> <p>#YouCan focuses on delivering activity programmes to young people who are looked after in</p> <ul style="list-style-type: none"> <li>• Foster care</li> <li>• Kinship care</li> <li>• Residential care</li> <li>• Secure care</li> <li>• Looked after at home/supervision order</li> </ul> <p>This innovative project is funded by the Life Changes Trust.</p> <p>Please note that some programme activities are delivered in the evening and at weekends to suit the needs of the participants.</p>	<p><b>Background</b></p> <p>The post will be responsible for delivering 9 week blocks of 'Get Going' &amp; 'Get Moving' courses to encourage health improvement and long term lifestyle behaviour change in children and adults.</p> <p>You will co-deliver the courses and you will be responsible for ensuring the physical activity and nutrition sessions are delivered to standard. The job will involve a strong element of health assessments, monitoring participant progress and ensuring evaluation processes are completed.</p> <p>Our weight management programmes are delivered in partnership with NHS Lothian.</p> <p>Please note that some programme activities are delivered in the evening and at weekends to suit the needs of the participants.</p> <p>In addition, annual leave entitlement will be granted with consideration for delivery of 9 week block programmes.</p>	<p><b>Background</b></p> <p>The post will be responsible for delivering activities to people living with dementia. You will conduct consultations to identify individual activity plans that support the needs of participants.</p> <p>You will work with the programme supervisor, supporting volunteers to deliver physical activity for people living with dementia with activities such as swimming, gym, tennis, golf and our low level physical activity classes.</p> <p>The role includes supporting the delivery of our outreach service which delivers activities to people living with dementia in the community.</p> <p>This innovative project is funded by the Life Changes Trust.</p> <p>Please note that some programme activities are delivered in the evening and at weekends to suit the needs of the participants.</p>

<p><b>Job Role</b></p> <ul style="list-style-type: none"> <li>• To deliver physical activity programmes for care experienced young people</li> <li>• To deliver individual appointments with care experienced young people, carry out pre-and post activity questionnaires and promote physical activity opportunities</li> <li>• To monitor and review care experienced young people's progress, identifying motivational barriers and readiness to change, implementing changes as required</li> <li>• To encourage care experienced young people to try a range of activities at locations convenient to them, whether that be an Edinburgh Leisure venue, community facility or outdoors</li> <li>• To Prepare sessions in advance by; preparing the hall/studio/gym space and set down of each session;</li> <li>• To ensure appropriate materials and equipment are in place for effective delivery of the planned session</li> </ul>	<p><b>Job Role</b></p> <ul style="list-style-type: none"> <li>• To deliver specialist weight management courses to referred participants in Edinburgh Leisure venues; group education in halls or studios and physical activity in a studio or gym.</li> <li>• To promote healthy lifestyle adaptations (set eating and activity targets) out with the courses sessions and follow up at each subsequent session.</li> <li>• To Prepare each session by; prepare the hall/studio/gym space and set down of each session; ensure appropriate materials and equipment are in place for effective delivery of both the group education and group physical activity elements</li> <li>• To support participants to continue with their activities upon completion of the weight management course to maintain their behaviour change through individual and group physical activity sessions</li> </ul>	<p><b>Job Role</b></p> <ul style="list-style-type: none"> <li>• To deliver physical activity programmes for people living with dementia</li> <li>• To deliver individual appointments with people living with dementia, carry out pre-and post activity questionnaires and promote physical activity opportunities</li> <li>• To support volunteers working with service users on the programme with additional physical activity opportunities</li> <li>• To support delivery of outreach activities in the community.</li> <li>• To encourage people living with dementia to try a range of activities at locations convenient to them, whether that be an Edinburgh Leisure venue, community facility or outdoors</li> <li>• To Prepare sessions in advance by; preparing the hall/studio/gym space and set down of each session;</li> <li>• To ensure appropriate materials and equipment are in place for effective delivery of the planned session</li> <li>• To complete weekly and post course evaluations for monitoring and reporting purposes.</li> </ul>
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<p><b>Knowledge</b></p> <p>The following areas of knowledge and understanding are beneficial to the delivery of activities within this programme</p> <ul style="list-style-type: none"> <li>Knowledge of issues that care experienced young people face</li> <li>Know the importance of partnership working and how to effectively create, maintain and manage partnership relationships</li> <li>Know and understand how to co-ordinate a programme in line with organisational and partner policies / procedures and budget and usage objectives</li> <li>To understand the principles of behaviour change relating to increasing physical activity levels</li> <li>Know the importance of participating in physical activity and the positive impact it can have on care experienced young people</li> </ul>	<p><b>Knowledge</b></p> <p>The following areas of knowledge and understanding are beneficial to the delivery of activities within this programme</p> <ul style="list-style-type: none"> <li>Knowledge of complexity of overweight and obesity</li> <li>Know the importance of partnership working and how to effectively create, maintain and manage partnership relationships</li> <li>Know and understand how to co-ordinate a programme in line with organisational and partner policies / procedures and budget and usage objectives</li> <li>To understand the principles of behaviour change relating to increasing physical activity levels and improving dietary behaviours</li> <li>Know the importance of participating in physical activity and the positive</li> </ul>	<p><b>Knowledge</b></p> <p>The following areas of knowledge and understanding are beneficial to the delivery of activities within this programme</p> <ul style="list-style-type: none"> <li>Knowledge of issues people with dementia face</li> <li>Know the importance of partnership working and how to effectively create, maintain and manage partnership relationships</li> <li>Know and understand how to co-ordinate a programme in line with organisational and partner policies / procedures and budget and usage objectives</li> <li>To understand the principles of behaviour change relating to increasing physical activity levels</li> <li>Know the importance of participating in physical activity and the positive impact it can have on people living with dementia</li> </ul>

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