

Job Title:	Child and Family Lifestyle Coach
Reports to (job title):	Essex wellbeing child and family delivery co-ordinator.
Line Manager to:	N/A

Job purpose

To engage with CYP and their families in the community and improve their lifestyle and self-management capacity. Apply behaviour change techniques to support lifestyle changes, e.g. goals setting and confidence building to eradicate barriers and allow them to make long term, sustainable adjustments to their lifestyles. Provide information and interventions based on evidence about a range of health issues such as healthy eating and physical activity. Social prescribe to other services that will enhance and sustain the outcome of the interventions. Undertake a full assessment of a family and their unique lifestyle in order to build the family a bespoke support package. Engage with families as part of the National child measurement (NCMP) pathway and offer signposting and tailored support where required. Engage with school aged children as part of physical activity interventions.

Base

Quadrant based (Mid, North, South, West).

Key responsibilities

- Undertake family assessments and develop bespoke family centred interventions from a bank of available resources.
- Engage with families as part of the NCMP pathway and offer signposting and support where required.
- Liaise with colleague across BU14 services in order to get the right support for a family or CYP.
- To support existing services and develop new local approaches that meet the needs of client in the target group
- To follow up client during and after completion of their lifestyle change intervention and discuss further steps.
- Undertake any other delegated work
- Able to manage the role under guidance from senior staff and colleges
- Able to follow standard operating procedures, protocols and organisational procedures
- Plan and initiate local activities
- Able to contribute to service improvements and development plans
- Able to solve problems by taking information from expert sources and using it appropriately

Our values

Our values are our moral compass and core to our DNA. They underpin the way we deliver our services and treat those who use our services.

To many organisations values are just words which don't translate into reality of the day to day but our values flow through everything that we do, they define who we are, what we stand for and set the expectations of our colleagues, communities, customers and partners. They have been defined by our colleagues and have been integral to our journey so far and will be integral to our future as well.

We have three values which help us stand out from the crowd, not just because there's only three, but because they are unique to who we are. We care, we think, and we do.

Care	Think	Do
<ul style="list-style-type: none"> • Inspire • Understand • Communicate 	<ul style="list-style-type: none"> • Challenge • Improve • Learn 	<ul style="list-style-type: none"> • Accountability • Involve • Resilience

Confidentiality and Information Security

As our employee you will be required to uphold the confidentiality of all records held by the company, whether patients/service records or corporate information. This duty lasts indefinitely and will continue after you leave the company's employment.

All information which identifies living individuals in whatever form (paper/pictures, electronic data/images or voice) is covered by the 1998 Data Protection Act and should be managed in accordance with this legislation. This and all other information must be held in line with NHS national standards including the Records Management: NHS Code of Practice , NHS Constitution and HSCIC Code of Practice on Confidential Information and should only be accessed or disclosed lawfully. Monitoring of compliance will be undertaken by the Company. Failure to adhere to Information Governance policies and procedures may result in disciplinary action and, where applicable, criminal prosecution.

Information governance responsibilities

You are responsible for the following key aspects of Information Governance (not an exhaustive list):

- Completion of annual information governance training
- Reading applicable policies and procedures
- Understanding key responsibilities outlined in the Information Governance acceptable usage policies and procedures including NHS mandated encryption requirements
- Ensuring the security and confidentiality of all records and personal information assets
- Maintaining timely and accurate record keeping and where appropriate, in accordance with professional guidelines

- Only using email accounts authorised by us. These should be used in accordance with the Sending and Transferring Information Securely Procedures and Acceptable Use Policies.
- Reporting information governance incidents and near misses on CIRIS or to the appropriate person e.g. line manager, Head of Information Governance, Information Security Lead
- Adherence to the clear desk/screen policy
- Only using approved equipment for conducting business

Governance

Clinical governance is a framework through which organisations delivering health and care services are accountable to continuously improving the quality of their services and safeguarding high standards of care by creating an environment in which clinical and other forms of care flourishes. Employees must be aware that clinical governance places a duty on all staff to ensure that the level of care services they deliver to patients is safe and high quality, and that they follow/comply with our policies and procedures.

Registered Health Professional

All staff who are a member of a professional body must comply with standards of professional practice/conduct. It is the post holder's responsibility to ensure they are both familiar with and adhere to these requirements.

Risk Management/Health & Safety

The post holder has a responsibility to themselves and others in relation to managing risk, health and safety and will be required to work within the policies and procedures laid down by the company. Staff are required to observe the Hygiene Code and demonstrate good infection control and hand hygiene.

Employees must be aware of the responsibilities placed on them by the Health & Safety at Work Act (1974) to ensure that the agreed safety procedures are carried out to maintain a safe environment for other employees, patients and visitors. It is essential to observe strict fire and security precautions at all times.

All staff must report accidents, incidents and near misses so that the company can learn from them and improve safety.

Safeguarding Children and Vulnerable Adults Responsibility

We are committed to safeguarding and promoting the welfare of children and adults at risk of harm and expects all employees to share this commitment.

Medicines Management Responsibility

Nursing or registered healthcare professionals

Undertake all aspects of medicines management related activities in accordance within the company's medicines policies to ensure the safe, legal and appropriate use of medicines.

Skilled non-registered staff

Undertake all aspects of medicines management related activities in accordance with the company's medicines policy where appropriate training has been given and competencies have been achieved.

Policies and Procedures

All colleagues must comply with the Company Policies and Procedures which can be found on the company intranet.

General

We are committed to serving our community. We aim to make our services exemplary in both clinical and operational aspects. We will show leadership in identifying healthcare needs to which we can respond and in determining the most cost-effective way of doing so.

We recruit competent staff that we support in maintaining and extending their skills in accordance with the needs of the people we serve. We will recognise the commitment from our staff to meeting the needs of our patients.

The company recognises a "non-smoking" policy. Employees are not able to smoke anywhere within the premises or when outside on official business.

Equal Opportunities

It is the company's intention to be an employer of choice and ensure that no job applicants or employees are unfairly disadvantaged on the grounds of gender, disability, race, ethnic origin, colour, age, sexual orientation, religion or belief, trade union membership or any other factors that are not relevant to their capability or potential. To this end, the company has an Equality and Diversity policy and it is the responsibility of each employee to contribute to its success.

Flexibility Statement

This job description is not exhaustive and may change as the post develops or changes to align with service needs. Any such changes will be discussed directly between the post holder and their line manager.

Personal Specification

Essential

- Relevant Diploma or equivalent plus experience health improvement and community development MECC
- Experience working with children, young people and families
- Clear understanding of behaviour change methods and evidence of applying
- Experience of working in a relationally capable, young person or family centred way
- Evidence of working in public health and in the community
- Relevant knowledge of health improvement/ public health
- Clear and demonstrable understanding health inequalities and the main issues of health affecting the local community
- Clear understanding of barriers to make lifestyle changes and how to support people with mental health issue e.g. coming from deprived backgrounds
- Evidence of experience in partnership working and community development
- Group facilitation and presentation skills
- Ability to support complex behaviour change by applying behaviour change techniques
- Motivational Interviewing techniques
- Able to manage own time
- Excellent communication skills both written and verbal
- Able to use a wide range of work area specific practical and theoretical knowledge which will inform the intervention approach.
- Able to evaluate outcomes in relation to the interventions
- Understand relevant legislation, policy and guidance
- Understand the limits of their knowledge base
- Understand relevant legislation, policy and guidance
- Knowledge of models and approaches of behaviour change
- Knowledge of the models and principles of health promotion and their application
- Understand the principles of respect, dignity, choice and independence and applies them to own work area
- Maintains accurate records using appropriate methods, tools and technology

Job Description

Desirable

- Evidence of commitment to CPD
- Trauma Informed
- Level 2 Stop Smoking

Employee signature

Manager signature
