

Be Your Best 'Health and Wellbeing Coach' (13-17yrs)

Are you passionate about helping young people and families improve their health and wellbeing? Do you want to make a real difference? If you have answered 'yes' to both questions, we want to hear from you!

- An exciting opportunity has arisen for Health & Wellbeing Coaches to come and join an established, supportive, and friendly team on the Be Your Best programme. You will be working within a multi-disciplinary partnership including Active Surrey, SCC Family Learning and external health and education providers.
- Be Your Best is a fully funded healthy lifestyle programme for children aged 5-17 years, who are above the healthy weight range, and adopts a family approach so you will be working with the whole family. For more information, visit www.bybsurrey.org.

Tell me more!

Like all roles at Active Surrey, you can expect this role to be fun, rewarding and challenging. No two days will be the same! Your role will be to deliver six 1:1 sessions as part of the Be Your Best programme. These are likely to take place within schools and family homes. Families are also offered six online group sessions and will include topics such as The Eatwell Guide, sugar swaps, sleep, exercise, and screen time.

The successful candidate will be experienced in working with young people and families directly to support behaviour change in relation to healthy living. As a Surrey wide programme, you will need a full driving license and access to a vehicle. Full training will be given.

Pay per hour: £27.50 per hour (session delivery), £14.00 to cover post administration tasks and mileage at a rate of 0.45p per mile.

Job type: Self-employed 1-year contract, potential extension until March 2026. Probation period of 3 months.

Number of hours per week: To be discussed at interview. Zero-hour contracts and minimum hour contracts available.

Location: Surrey-wide. Borough / District preferences will be considered as much as possible.

Timelines: Applications must be received by Friday 23 February 2024.

Access to internet and a laptop essential. Mobile phone provided. DBS checked essential

If you think this role is for you, submit your cover letter and CV to abigail.price@surreycc.gov.uk. Got a question? Call 07972 188697.

About you...

- First and foremost, you want to make a real difference!
- Patient, empathetic and want to help those that need it the most
- Non-judgmental and able to really listen to the young person / family
- Solid health improvement knowledge combined with first class communication
- Experience of delivering health and wellbeing interventions to children and young people
- Ability to recognise and respond appropriately to young people and families in sometimes challenging situations
- Awareness of onward referral / signposting options for the family
- Able to advocate the importance of physical activity and health eating
- IT literate with accurate data recording skills

It would be even more advantageous if you had...

- A safeguarding children and young people qualification
- Experience of working in schools / community settings
- An Emergency First Aid qualification
- Experience of working with young people with additional needs, in particular Autism and ADHD
- A nutritional qualification
- An understanding of behavior change

Your time as a Health and Wellbeing Coach will include...

- Delivery of six 1:1 sessions in schools or the family home
- Being responsible for bringing all resources / equipment for each session – provided by Active Surrey
- Ensuring you are fully prepared for the delivery of all sessions. Full training will be given
- Adhering to safeguarding policies and procedures implemented by Active Surrey. Report any concerns / queries directly to Active Surrey as soon as possible
- Demonstrating maturity, professionalism, and respect to all involved
- Ability to always adapt depending on the nature of the session / family circumstances
- Providing regular feedback to support the monitoring and evaluations of sessions, including uploading registers and evaluation forms onto an internal monitoring system (Upshot)
- Attending safeguarding meetings as and when needed to report on a family's progress

Still not convinced? Hear first-hand from one of our coaches who has worked with us for a few years!

Working with Active Surrey and the Be Your Best Team has been one of the most rewarding jobs I have ever had. I have met some amazing families, and it has been an absolute privilege to be part of their journey to a healthier life. The flexibility of the role has allowed me to fit the hours around my family life and I have found this has worked well. The team is so supportive, and I have always felt that my role is a valued and important one.