



Job Description: Learning Disability Health & Wellbeing Coach

Reports to: Volunteering and Employability Manager

Salary: SP6 £28,348 per annum
plus generous benefits package and mileage for
within work travel

Hours: 37 hrs/week

Based at: The role will involve travel to each of our four Day Centres (Hubs)
and will be based out of Newcastle Hub NE3 3RY

The Role: I Can Live Well Project

Generously funded by the Make Some Noise Charity (the UK's leading independent radio stations), Journey Enterprise's Health & Wellbeing Coach will support adults with learning disability to understand their health, health prevention and services, healthy lifestyles and exercise. Under our I Can Live Well Project the role will involve frequent travel across to each of our four Hubs delivering sessions for groups Clients and some Staff training, and developing local partnerships.

This is an important programme for the Charity addressing the preventable early mortality statistics for adults with learning disability. We want a healthy future for all, Clients to be informed and confident in managing their health, understanding of their bodies, access to services and enjoyment of exercise and wellbeing activities in the community.

Principal Duties

The post holder(s) will:

- Developing and delivering our Health & Wellbeing education programming for adults with learning disability working with the wider Staff team and Clients' circles of support;
- Develop links externally to enable opportunities for Clients to engage in health prevention, treatment, exercise and healthy living;
- Applying your expert knowledge of healthy lifestyles to support Clients with evidence-based approaches to diet;
- Develop Easy Read resources to support Clients to understand health & wellbeing, using these in conjunction with our I Can Live Well health education resources;
- Support Clients to use technology such as apps (ipads and smart phones) to understand health & wellbeing, monitor key areas of health and navigate services;
- Train non-health specialist Staff working with Clients to introduce and develop key themes within the Programme;
- Work with the Employability Work Coaches to support Clients' mental and physical health as they move in to volunteering or part time employment;

Person Specification

Qualifications & Training

Relevant qualification in health/wellbeing	Essential
Relevant qualification in health coaching	Desirable
English and Maths Level 4+/5	Essential
Disability-specialist training e.g. positive behaviour support, person-centred practice, autism awareness, Makaton, BSL	Desirable
Recent Safeguarding Adults training	Desirable

Experience and Skills

Experience working in a health or health education context	Essential
Experience of goal-setting for individuals' health improvement	Desirable
Excellent inter-personal skills and ability to work autonomously	Essential
Working with people with learning disability and/or complex needs	Desirable
Current UK driving licence and access to transportation for the role (or Access to Work 'within work' transport package)	Essential
Confident IT skills i.e. Windows, Microsoft 365 (email, Word, Publisher, Powerpoint, Excel, Yammer, Teams) and Adobe, web Chat Forums, Video Conference Calling (Facetime, Zoom and MS Teams), social media (Facebook and Instagram) and apps	Essential

Terms and Conditions

Contracts are offered on a permanent basis.

Employees are provided with 36 days leave/annum pro rata, a contributory pension scheme, a healthcare package, holiday buy-back scheme, Cycle2Work Scheme and a Journey promotional items welcome pack. Staff are also offered discounted lunches and free refreshments.

The Charity operates between 08.30 – 16.30 from Monday – Thursdays and 08.30 – 16.00 on Fridays. All Staff who work for six hours continuously must take half an hour for lunch daily.

Applications

Applications should be made on Journey's standard application form.
We do not review CVs.

Closing date: 22nd May

Interviews: 30th May at NE3 3RY

Useful Background Reading

For further information on Journey and the Project's funder please go to:

www.journeyenterprises.co.uk

<https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/514827> (review our last Trustees Annual Report & Accounts)

<https://www.makesomenoise.com/>

Early mortality in adults with learning disability:

<https://www.kcl.ac.uk/research/leder>

