

Job Profile

Job Title: Get Active Specialist

Job Grade: Level Three Zone One

Fixed term - 2 years. Full time or part time working.

About Camden

'Camden is building somewhere everyone can thrive, by making our borough the best place to live, work, study and visit. Because, we're not just home to UK's fast-growing economy. We're home to the most important conversations happening today. And we're making radical social change a reality, so that nobody gets left behind. Here's where you can help decide a better future for us all.

The Get Active Specialist (GAS) will work as part of a team delivering a new Get Active Service in Camden and Islington. The Get Active Specialist will support inactive residents referred by their healthcare professional to increase their physical activity levels with the aim of improving physical and mental health. It is expected that many of the referred clients will be living with long term medical conditions. The GAS will engage with referred residents using evidence-based behaviour change techniques.

The role involves working with professionals across primary and secondary care to ensure that the Get Active service has a high profile and is fully utilised. The Get Active Specialist will build strong relationships with; community partners, providers/ deliverers of specialist and universal physical activity & sport.

About the role

Behaviour change is the main focus of the role and it involves organising and delivering one-to-one brief interventions with inactive people living with a long-term health condition, using motivational interviewing techniques. It will be important to develop networks with identified referral routes (e.g. GPs, Practice Nurses, Physiotherapists and other health professionals and build knowledge of, and relationships with, local partners who provide opportunities for physical activity and sport in Camden and Islington.

The role will empower people to lead healthy and independent lives.

About you

You will understand behaviour change and hold a minimum REPS level 3 qualification. You will also have:

- Experience of working with inactive people, older adults, people who have long term conditions
- Knowledge of the principles and best practice of prescribing and signposting specialist physical activity principles to inactive people with long term health conditions
- Understanding issues of anti-racism and equity in physical activity and maximising access by groups which are under-represented
- Ability to communicate effectively to a diverse range of service users and with representatives of collaborating organisations.
- Excellent communications skills
- Ability to work as part of a team to help deliver an agreed level of performance, quality and customer care.
- Ability to work on own initiative, and to plan work, meet delivery deadlines, targets and agreed work standards, without supervision.
- Ability to use and maintain information systems including MS Word, Excel Outlook and other software as required.
- Excellent organisation skills

Work Environment:

- The role is based in Camden and Islington at locations including GP practices, and other local venues. The GAS can expect to be deployed across Camden & Islington as service requirements demand.
- The post holder may be required to work during the evening and/or weekends.
- The post holder will be required to work alone with clients/groups and must adhere to the Council's lone working policy.

People Management Responsibilities:

This role has no formal line management responsibilities

Relationships:

This role will build and support partnerships with; Camden and Islington Public Health, Islington Leisure Team, GPs, Practice Nurses, Physiotherapists, Occupational therapists, other health professionals, GLL, community groups, and sports clubs.

Over to you

We're ready to welcome your ideas, your views, and your rebellious spirit. Help us redefine how we're supporting people, and we'll redefine what a career can be. If that sounds good to you, we'd love to talk

Is this role Politically Restricted?

Some posts at Camden are politically restricted, which means individuals holding these posts cannot have active political role. For a list of all politically restricted roles at Camden [click here](#).

Diversity & Inclusion

At Camden, we value and celebrate difference and encourage diversity in all respects. Our diverse workforce ensures we represent our communities to the best of our ability and enables us to make better decisions. Because of this, we particularly welcome applications from Black, Asian and those of other non-white ethnicities, those who identify as LGBT+, neurodiverse and disabled people.

Agile working

At Camden we view work as an activity, not a place. We focus on performance, not presenteeism. We create trusting relationships, we embrace innovation rather than bureaucracy and we value people. Collaboration is the Camden way, silo working isn't.

At Camden we are proud to be one of Hire Me My Way's inaugural campaign supporters. Hire Me My Way is a national campaign led by Timewise, designed to increase the volume of good quality jobs that can be worked flexibly in the UK (www.HireMeMyWay.org.uk). Hire Me My Way aims to treble the number of available good quality flexible jobs to 1 million by 2020.

Asking for Adjustments

Camden is committed to making our recruitment practices barrier-free and as accessible as possible for everyone. This includes making adjustments or changes for disabled people, neurodiverse people or people with long-term health conditions. If you would like us to do anything differently during the application, interview or assessment process, including providing information in an alternative format, please contact us on 020 7974 6655, at resourcing@camden.gov.uk or post to 5 Pancras Square, London, N1C 4AG,

Note:

This document is for use during recruitment, setting objectives as part of the performance management process and other people management purposes. It does not form part of an employee's contract of employment.