Onside is a voluntary organisation promoting the rights and interests of people facing disadvantage. We are all about people, supporting and empowering them to live the very best life possible. Onside works to strengthen communities and reduce loneliness, we ensure that the most vulnerable people are not alone and feel connected to the people and places closest to where they live.

**We have a number of full and part time opportunities available across Worcestershire for**

**Lifestyle Advisors**

**Bromsgrove, Worcester and Evesham, Broadway, Bredon, Inkberrow**

**Salary £19,100 per annum (to be pro rata to hours offered)**

Onside are delighted to be working in partnership with Primary Care Networks across Worcestershire to deliver a Lifestyle Advisor service for their patients working in conjunction with existing Social Prescribing services. Based at GP practices in the areas above and working with patients to identify and modify health risk related lifestyle behaviour to reduce health inequalities and reduce longer term demands on care. Where appropriate set up and facilitate group support providing participants with the opportunity to give and receive support from people facing similar problems, share successes, struggles and experiences and build confidence and self-belief.

Key Elements of the role;

* To work as part of the team within GP practices, to develop strong working relationships with GP surgery staff, health and other professionals
* Respond to referrals, carry out a lifestyle assessment, develop a personalised plan to improve health & wellbeing, setting achievable goals and steps to achieving the agreed outcomes
* To provide personalised one to one support to individuals to take control of their health and wellbeing and improve their health outcomes
* To record and measure health behaviours and outcomes appropriate to the specific goals set, e.g. BMI, GPPAQ, AUDIT-C, WEMWEBS, smoking status
* To upskill, share knowledge and provide information and guidance regarding lifestyle behaviours including healthy eating, physical activity, alcohol consumption, smoking and mental wellbeing
* To facilitate group sessions and workshops enabling peer led community groups to support sustained behavioural changes
* To work closely with the social prescribing and wider wellbeing services to allow service users to be supported to address not only lifestyle behaviours but the wider determinants of health that may have led to harmful lifestyle choices
* To work in partnership with other local agencies to raise awareness of the lifestyle service and social prescribing and to promote the service and its benefits widely
* To refer people back to other health professionals/agencies where appropriate, recording and monitoring referrals to other NHS and social care services to evaluate referral routes and the effectiveness of a system wide approach
* To build effective relationships with key staff in GP practices, attending relevant meetings and becoming part of the wider network team, giving information and feedback on the lifestyle service
* To work in partnership with other local agencies to raise awareness of the lifestyle service and social prescribing and to promote the service and its benefits widely
* To work with the Onside Volunteer Manager to recruit and support volunteers to facilitate, engage and mentor individuals to access community groups and services to build independence, self-confidence and resilience in achieving and maintaining their lifestyle goals
* To use appropriate systems for data capture, case management, feedback and reporting, to include EMIS, adhering to data protection legislation and data sharing agreements

We are seeking people with a real commitment to improving lifestyle behaviours and an understanding of the potential benefits for all involved. You must be a good listener, have time for people and be committed to supporting local communities to care for each other. You should have experience of working positively with people facing complex social and emotional challenges. You will have great interpersonal skills enabling you to support people, community groups and local organisations. Good knowledge of the voluntary and community sector, coupled with the ability to support the development of community activities will also be vital to the success of this role

It is essential to have an open-minded, non-judgemental, respectful attitude together with an ability to easily create partnerships based on trust. Sound judgement and reliability are fundamental alongside a warm, friendly personality. It is important to be able to understand the needs and wishes of the individual and support them in achieving their goals.

The work is challenging but rewarding and you will need to be resourceful, creative and highly organised with the ability to respond to change, manage a varied workload and work independently.

**If you would like to make a real difference to someone’s life and share our commitment to creating more inclusive communities we would like to hear from you.**

**Closing Date for Applications: Wednesday 7th October 2020, with interviews taking place week commencing 12th October 2020**

For an application pack or specific queries regarding the posts please contact:

**01905 27525 or email: recruitment@onside-advocacy.org.uk**