**Lifestyle Advisor – Weight management**

**Job Description**

**Responsible To:** Weight Management Team Lead

**Responsible For:** Volunteers

**Location:** Community locations in Worcester, Bromsgrove, Wyre Forest and Wychavon

**Overall Purpose**

Based within the community, to work with individuals to identify and modify health risk related lifestyle behaviour to reduce health inequalities and reduce longer term demands on health and care. The specific focus will be on supporting people who are overweight or obese to adopt healthier lifestyles and lose weight Also, to set up, facilitate and deliver group support programmes providing participants with the opportunity to give and receive help from people facing similar problems, share successes, struggles and experiences and build confidence and self-belief in order to achieve weight loss goals.

**Key responsibilities:**

1. To encourage participation in the programme by promoting the project in a wide range of community settings.
2. To manage the referrals process encouraging and promoting self-referrals as well as receiving referrals from a wide range of health and social care professionals
3. To provide personalised one to one support to individuals to take control of their weight and health and wellbeing and improve their health outcomes
4. To carry out a lifestyle assessment to establish the most significant area(s) to focus on
5. To co-produce a personalised plan to lose weight, improve health and wellbeing, setting achievable goals and steps to achieving the agreed outcomes
6. To record and measure health behaviours and outcomes appropriate to the specific goals set, e.g., weight, BMI, WEMWEBS, smoking status
7. To upskill, share knowledge and provide information and guidance regarding lifestyle behaviours including healthy eating, physical activity, alcohol consumption, smoking and mental wellbeing
8. To set up and deliver group programmes for weight management, providing peer support for weight loss and setting group goals and shared targets.
9. To facilitate group sessions and workshops enabling peer led community groups to support sustained behavioural changes
10. 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
11. To manage and prioritise caseload, in accordance with needs, priorities and urgent support required by individuals
12. 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
13. To work with commissioners and local partners to identify unmet needs within the community and gaps in community provision
14. To work in partnership with other local agencies and sessional staff to deliver the programme and to raise awareness of the lifestyle service and social prescribing and to promote the service and its benefits widely
15. To seek regular feedback about the quality of services and the impact of the lifestyle service, preparing and providing both written and verbal feedback and reports on performance
16. 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
17. To use appropriate systems for data capture, case management, feedback and reporting, to include EMIS, adhering to data protection legislation and data sharing agreements
18. To work as part of the team to seek feedback, continually improve the service and contribute to business planning

**Other Responsibilities:**

* Provide mentoring on a one-to-one and group basis as required
* Work with service users’ families to provide information, advice, and guidance to enable them to access other appropriate support and services
* This role will involve working in different locations and will require you to travel across the county including isolated rural areas. The ability and means to travel independently within Worcestershire are essential.
* There may be occasional evening and weekend work which will be considered as part of your normal working hours.

**In addition, all Onside employees are expected to:**

* Work within the organisation’s stated principles and values, adhering at all times to the organisational policies, procedures and guidelines
* Demonstrate a commitment to equal opportunities, social inclusion and individual empowerment
* Show a commitment to personal, professional and organisational development.
* Contribute to organisational promotional and networking activities.
* Work flexibly and co-operatively with colleagues to support the needs of the organisation and assist with wider social prescribing services as required
* Take responsibility for safeguarding appropriate to your role and raise any potential concerns with the Onside Safeguarding and Professional Guidance Lead

**Onside People:**

* are **passionate** about what they do
* **value difference**
* are **creative** in their approach
* are committed to **fairness and justice**

While the job description provides the main duties and responsibilities for the position, it is not definitive and employees are expected to carry out any additional duties compatible with their skills and abilities. The above may be subject to change and alteration from time to time with the prior agreement of the job holder.

Signed………………………………………………....Date...........................................................

Print Name …………………………………………………