



Wellbeing Practitioner (Weight Management)

Salary: Band: 5, £25,652 - £27,363

37 hours per week

Portsmouth City Council is committed to safeguarding and promoting the welfare of 'adults at risk' and expects all staff and volunteers to share this commitment.

DBS Disclosure at Enhanced level will be required prior to any offer of employment and this post is exempt from the Rehabilitation of Offenders Act 1974.

Public Health

"We want Portsmouth to be a healthy and happy city, in which each person has the education, care and support they need for their physical and mental health" ([Health and Wellbeing Strategy 2022 - 2030](#))

The Public Health Directorate plays a key role in achieving the city's ambitions by providing leadership and influence to improve the health and wellbeing of the people of Portsmouth. We do this by focusing on improving the health and wellbeing of our poorest residents fastest to reduce health inequalities.

The service leads on delivering the Council's public health role and works closely with a range of colleagues within the Council and partners to optimise opportunities, such as Hampshire & Isle of Wight Integrated Care Board, the voluntary and community sector, the University of Portsmouth, businesses and local residents. As a service we take pride in our work by valuing others and focusing on areas where we can make a real and positive difference.

The Wellbeing Service

People living in the most deprived communities in Portsmouth have poorer health outcomes and shorter life expectancy. Around two thirds of reduced life expectancy and health inequality in Portsmouth is caused by four conditions (cardio-vascular disease, cancer, liver disease and respiratory disease). These conditions are primarily associated with the four main risk factors known to impact health - specifically smoking, excess alcohol, unhealthy weight, and physical inactivity.

The Wellbeing Service supports individuals to modify behaviours, improve their health, increase life expectancy, and to reduce health inequalities for people in Portsmouth. The Wellbeing team provide services across the PO1 - PO6 locality in a range of venues including GP practices, hospital settings and community centres. In addition, the service provides telephone/virtual support. Some of the work undertaken will be targeting our most deprived communities, who suffer the greatest health inequalities.

We deliver a diverse range of services so our principles are created to best meet the needs of the service and our customers balanced with the needs of our staff.

Team Principles are setting out how, where, why and for what teams work. They have been collectively agreed and owned by the whole team to best meet the needs of the service and our customers/residents. Team Principles are reviewed regularly to ensure the service needs continue to be met in the most effective way.

Main Purpose of Job

Based at the Civic Offices and reporting to the team leader, you will support the Public Health Directorate and senior management teams to assist Portsmouth City Council in meeting its public health obligations to protect, promote and improve the health of citizens and to reduce health inequalities.

This role is linked to health improvement and reducing health inequalities, such as those which address the wider determinants of health. This will include addressing modifiable risk factors, such as overweight and obesity and physical inactivity.

The Wellbeing team provide services across the PO1 - PO6 locality in a range of venues including GP practices, hospital settings and community centres.

What is the role?

This role will focus on supporting the Weight Management provision for clients, primarily those attending the Weight Management programme 'Healthier Me' in a range of community settings. This will include:

- Co-delivery of the weight management groups (across PO1 - PO6) and to assist in meeting, greeting & weighing clients
- Preparing resources for weight management sessions
- You will be responsible to ensure safe transportation and storage of resources and equipment for the weight management sessions
- Following up clients who do not attend sessions or need additional support between sessions
- Update all client interaction on QuitManager (caseload management system)
- Support the promotion of 'Healthier Me' and the Wellbeing Service across the City
- Use of validated screening tools such as Audit C and Warwick Edinburgh with clients
- You may be required to support lower banded staff with delivery of the weight management programme
- You may support new referral processing and triage of clients for the weight management programme as required

Work patterns typically involve 2 evening shifts a week.

Portsmouth City Council commit to developing its staff therefore as part of this role you will be expected to commit to ongoing learning and development.

Who is the person?

The post holder will be able to demonstrate that they have:

1. Some experience of working in a customer facing role with clients, in 1-2-1's or groups in a variety of settings.
2. Preferably have the ability to facilitate support with either physical activity, emotional wellbeing or the broader issues that may be impacting an individual's current health or could prevent a client's ability to manage their health in the future.
3. Knowledge and understanding of Portsmouth demographics and of the Wider Determinants of Health, how they can impact health and how to engage people with support to address these.

4. Good Interpersonal skills and being part of a multi-disciplinary team. You will be able to demonstrate effective team working, working flexibility to meet the needs of the wider team.
5. Excellent communication skills are essential as you will be communicating with individuals at all levels including service users and stakeholders. The ability to converse at ease with customers and provide advice in accurate spoken English (essential for the post).
6. Good data management and time management/organisational skills with the ability to prioritise and organise your workload.
7. Demonstrate an ability to self-motivate and to act on your own initiative, with the ability for autonomous working.
8. Good level of numeracy and literacy are essential.
9. Good IT skills, including the use of Microsoft Outlook, Teams, Word and Excel, this will include the use of the Wellbeing Service system, QuitManager.
10. To comply with local Safeguarding procedures and undertake training if required
11. Have a commitment to equal opportunities
12. Car driver required for working across PO1 - PO6, as you will be required to transport resources to and from venues.
13. Knowledge of recognised behaviour change techniques and the ability to deliver health behaviour change including guidance around healthy eating and being active would be desirable.
14. Understanding of the role of Public Health in supporting healthy lives and reducing health inequalities desirable although not essential.
15. Understand and demonstrate the benefits of working in partnership/collaborating with others desirable although not essential.
16. Experience of working with community and voluntary sector groups is desirable.
17. Have a commitment to continuous personal development including the willingness to undertake training in weight management support.
18. Contribute to reflecting and reviewing existing work practices and procedures.

Portsmouth City Council

Everything we do is guided by our values. They set who we are as people, what we stand for and how we act. Our council values are:

- **respect** – we treat everyone with respect, considering the feelings, wellbeing, safety, and rights of others.
- **integrity** – we are accountable, can be trusted and take responsibility for our actions.
- **collaboration** – we work together as a team and with our colleagues, residents, partners, and communities to achieve more..
- **inclusive** – we recognise diversity, are open, fair and provide equal opportunity to all
- **people-focussed** – we put people first and ensure our customers are at the heart of everything we do.

Additional information:

How to apply: Please ensure **you fully read the profile and follow the guidance in the 'How to Apply' before** you complete your application to ensure that you fully demonstrate how you meet the points on the job profile.

General Data Protection Regulation (GDPR)

As part of any recruitment process, Portsmouth City Council collects and processes personal data relating to job applicants. Portsmouth City Council is committed to being transparent about how it collects and uses that data and to meeting its data protection obligations under the General Data Protection Regulations (GDPR).

Completing and sending an application in for a vacancy is your consent for us to process your data for the purpose of recruitment. Your data is not used in any other way and you can withdraw your consent at any point in the recruitment process and we will destroy or delete your information.

For more detailed information on what we collect, how we use, store, delete data and your rights you can access a privacy statement on our Job board.

This role is eligible for a DBS check and the DBS have published a privacy notice to ensure individuals are fully informed of the use of their personal data; their rights and that Portsmouth City Council are meeting the necessary requirements when submitting DBS checks. It is important that you read and understand this privacy policy before any application is submitted to the DBS.

You will need to demonstrate that you have the Right to Work in the UK. No post will be offered without it.