



Solutions4Health

JOB DESCRIPTION FOR

Weight Management Instructor

Project: Eat4Health
Salary: £30 per 1.5-hour session
Location: Slough, Reading and West Berkshire
Contract type: Self employed

JOB SUMMARY

Eat 4 Health is a 12-week weight management programme for individuals aged over 16, with a BMI of >25 who want to lose weight and keep it off long term. The programme consists of 12 weekly 1.5 hour sessions, containing a 45-minute nutrition workshop followed by 45 minutes of physical activity. Sessions run in a variety of locations across Reading, Slough and West Berkshire both daytime and evening.

The Eat 4 Health Instructor is responsible for the delivery of these sessions, ensuring that the content is delivered in line with the Eat 4 Health instructor manual and protocol. The instructor is also responsible for maintaining client retention rates and supporting client to achieve a weight loss equal to or greater than 5%.

Post holders will be self-employed and responsible for their own travel to and from sessions. The role is paid at the rate of £30 per session.

MAIN DUTIES AND RESPONSIBILITIES

- Delivery of the Eat 4 Health programme via the instructor manual to groups within diverse local community settings.
- Using your relevant training and experience to enhance the sessions and empower clients to make positive and sustainable behaviour changes.
- Effectively managing weekly groups by providing support to participants to improve their behaviour and take responsibility for losing weight through the use of motivational interviewing, negotiating and empathic skills.
- Making sessions interactive and leading group discussion around various topics within the Eat 4 Health manual such as portion sizes and food labelling.
- Taking anthropometric measures such as height, weight, waist circumference and blood pressure from clients.
- Completing appropriate paperwork such as dietary analysis questionnaire, physical activity questionnaire and evaluation forms.
- Participating in any necessary training programmes and take responsibility for own development, learning and performance.



- To represent S4H in a professional manner, acting as an advocate for the organisation always.
- To be flexible about working hours including scheduled weekend and evening work.
- Additional duties as required.

ELIGIBILITY TO WORK IN THE UK

All applicants must be eligible to work in the UK. We only accept applications from candidates who are legally entitled to work in the UK.

EQUAL OPPORTUNITIES

Solutions 4 Health is committed to the development of positive policies to promote equal opportunity in employment. All employees have a responsibility to ensure that they understand, comply with and promote the Equal Opportunities Policy, avoiding behaviours which discriminate against colleagues, potential employees, clients or patients on the grounds of sex, marital status, race, age, sexuality, colour, nationality, ethnic or national origin, religion or disability.

DISCLOSURE AND BARRING SERVICE CHECK

All Solutions 4 Health employees either in direct contact with patients and/or with access to patient data are required to pass a Disclosure and Barring Service (DBS) check.

It is a requirement of this post that you undertake an enhanced DBS check, and you will be asked to complete and sign a Disclosure Form giving permission for the screening to take place. If you refuse to sign the form your appointment will not be progressed further.

SAFEGUARDING AND PROMOTING THE WELFARE OF CHILDREN AND VULNERABLE ADULTS

Solutions 4 Health is committed to safeguarding and promoting the welfare of children and vulnerable adults. This is defined as protecting children and vulnerable adults from maltreatment, preventing impairment of their health or development and ensuring that their domestic and social circumstances are consistent with the provision of safe and effective care.

NO SMOKING POLICY

Solutions 4 Health has a No Smoking Policy, which does not allow smoking by staff or visitors on any of our premises.

OCCUPATIONAL HEALTH CLEARANCE AND IMMUNISATION

The post may be subject to Occupational Health clearance, and immunisation against certain diseases may be required. These will be discussed with you during the recruitment process where applicable.

Person Specification for Weight Management Instructor

	Essential	Desirable
Education and Qualification		
<ul style="list-style-type: none"> Level 2 Physical Activity/Exercise qualifications/equivalent 	✓	
<ul style="list-style-type: none"> Level 3 GP Exercise Referral. 		✓
<ul style="list-style-type: none"> Professional Qualification in Nutrition/ Physical Activity 		✓
Knowledge and Skills		
<ul style="list-style-type: none"> Excellent group leadership and communication skills 	✓	
<ul style="list-style-type: none"> Awareness of data protection and safeguarding protocols 	✓	
<ul style="list-style-type: none"> Knowledge of behaviour change 	✓	
Experience		
<ul style="list-style-type: none"> Experience of working with diverse groups in physical activity/ nutrition setting 	✓	
<ul style="list-style-type: none"> Experience of working with overweight clients 	✓	
<ul style="list-style-type: none"> Experience retaining clients within a programme or service 	✓	
<ul style="list-style-type: none"> Strong Time Management skills 		✓
<ul style="list-style-type: none"> Leading weight management programmes and supporting clients to achieve a weight loss target 	✓	
<ul style="list-style-type: none"> Applying principles of motivational interviewing 		✓
<ul style="list-style-type: none"> Running a range of physical activity sessions 	✓	
<ul style="list-style-type: none"> Experience of taking anthropometric measures on overweight clients 	✓	
<ul style="list-style-type: none"> Second Language 		✓