**JOB DESCRIPTION – HEALTH & WELL-BEING WORKER**

JOB TITLE: Health and Well-being Worker

SERVICE AREA: Lifestart

GRADE: NJC Scale 4 Point 20

DIVISION/UNIT: Family Centre @ LCDI

REPORTS TO: Lifestart Manager

HOURS: 16 Per Week

## **The Organisation**

Limavady Community Development Initiative (LCDI) is a charity, focused on serving the community of the Borough of Limavady. The organisation was founded in 1987, by a group of local people concerned at the high levels of unemployment in the area. Some of those founder members are still with us today. The emphasis in those early days was on creating job opportunities.

We currently employ 60 people, delivering an innovative range of community projects throughout the borough and beyond. We are one of the largest community groups in NI, and our success is testament to the commitment and passions that we have for our work.

LCDI is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment. The Organisation also expects all staff and volunteers to share the Organisation’s commitment to Equal Opportunities within the workplace.

## **Duties and Responsibilities**

* To support the development and delivery of Health and wellbeing programmes for Children and parents working with the LCDI and their partners.
* To work with the Lifestart Manager to develop and deliver the healthy lifestyles offer to parents and carers of children affected by deprivation through early years and family support settings based at the Family Support Centre @LCDI.
* To work creatively to enable settings to embed and sustain activity to improve health outcomes for young children and their families who are in most need in the Limavady area.
* To support the existing early years and family support projects to raise healthy lifestyle issues (e.g. healthy eating and nutrition, physical activity, mental health, substance and alcohol use) with parents and carers, taking into consideration the need to maintain positive relationships with families while challenging particular behaviours.
* To build capacity within the children’s workforce (in health, education and the voluntary sector) to improve health outcomes for children and families, including through health promotion and education, identification, advice and referral to targeted and specialist services. This work will focus on healthy eating and nutrition, physical activity, mental health, alcohol and substance misuse, reflecting local population needs.
* To provide support for settings and professionals working with pregnant women and families at risk of poorer health outcomes.
* To support projects associated with the Family Centre @ LCDI develop the emotional, physical and mental health and wellbeing of children affected by disadvantage.
* To develop and deliver family friendly health promotion, health education and health interventions aimed at parents and carers of young children in early years’ settings, contributing to health improvement and reducing health inequalities in children in Limavady.
* To work in partnership with other services to develop, deliver and evaluate health promotion and educational activities in mental health, alcohol brief advice, physical activity, healthy eating and nutrition for parents and carers of young children.
* Set up and facilitate groups i.e. post-natal support, parenting etc.
* Facilitate sessions on baby massage, baby yoga, mindfulness, ante-natal workshops, weaning, toileting, dental care, breastfeeding etc. according to areas of expertise
* To adhere to LCDI policies in relation to service delivery, including safeguarding, information sharing and data protection, record keeping, health and safety, equal opportunities, supervision and customer care.
* To work independently and as part of the Lifestart Team, to liaise and work with other services, local agencies and health professionals as appropriate
* To attend local, regional and national events which promote good practice, increase professional development or disseminate evidence that support the aims of the post and the team.
* Safeguard and promote the welfare of children
* To undertake regular Child Protection training at a level commensurate with role
* To take a holistic approach to the needs of children and young people at all times.
* Work in partnership with other agencies to deliver effective services as part of a multi-agency approach
* To undertake other duties commensurate to the grade of the post.

**Secondary Duties and Responsibilities**

* To use and assist others in the use of information technology systems to carry out duties in the most efficient and effective manner.
* To achieve agreed service outcomes and outputs, and personal appraisal targets, as agreed by the line manager.
* To undertake training and constructively take part in meetings, supervision, seminars and other events designed to improve communication and assist with the effective development of the post and post holder.
* To carry out duties and responsibilities in accordance with Lifestart commitment to customer service excellence and ensure compliance with the customer care standards.
* To be committed to the Lifestart core values of community led service provision, quality, equality and empowerment and to demonstrate this commitment in the way duties are carried out.
* To ensure that duties are undertaken with due regard and compliance with the Data Protection Act and other legislation.
* To carry out duties and responsibilities in accordance with the Lifestart’s Health and Safety Policy and relevant Health and Safety legislation.
* At all times to carry out responsibilities/duties within the framework of the Lifestart's Dignity for all Policy. (Equal Opportunities Policy)

**Person Specification**

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| **CRITERIA** | **ESSENTIAL** | **DESIRABLE** | **Assessed**  **From:** |
| **QUALIFICATIONS AND EXPERIENCE, INCLUDING DETAILS OF SPECIALISED KNOWLEDGE AND SKILLS REQUIRED** | NVQ III in Childcare, Learning and Development , Health & Social Care or a related field (where a candidate does not have the qualification, we may consider at least three years relevant experience)  At least one year in a formal role  Experience delivering a relevant programme i.e. baby massage, baby yoga, nurturing, weaning, toilet learning, breastfeeding, nutrition etc.  Good understanding of child development  Understanding and appreciation of each family and the importance of the years from birth to 5 years old  Ability to present information in appropriate formats according to audience and fit for purpose  Ability to be pro-active and display initiative  Willingness to learn and acquire new skills  Administrative and organisational skills | First Aid Certificate  Child Protection Certificate  Experience of community outreach work with children and parents  Experience of family support work  . | Application  Certificates |
| **SPECIAL SKILLS/ABILITIES** | Demonstrates understanding and commitment to supporting LCDI to meet its targets for success  Good interpersonal skills, both verbal and written with adults and children  Evidence of problem-solving decision making skills  Organised & flexible  A professional and supportive team player who enjoys effective collaboration with colleagues and health care professionals  Good team player, but also able to work autonomously  Willingness to accept additional responsibilities | Uses initiative | Application  Interview  References |
| **PHYSICAL MAKE-UP (I.E. SPEECH, IMPACT ON OTHERS, GENERAL PRESENTATION AND APPEARANCE** | Neat and well-presented  Clarity of speech  A skilled communicator  Good health record  Punctual time keeper | Positive role model | Application  Interview  References |
| **ADDITIONAL REQUIREMENTS** | Ability to work core hours of the organisation  Flexibility for cover  Willing to play a part in the wider life of the LCDI community | Current and clean driving licence | Application  Interview  References |