

committed to helping everyone live their best life

Working for us is much more than just a job. You'll become one of our own, part of our inspiring Active Tameside family, bound together by a strong sense of belonging which only comes from like-minded people, passionate about helping people to live their best lives.

As an awarding winning and compassionate Charitable Trust we have your health, wellbeing and happiness at heart, offering excellent training, development and career progression, a host of benefits including a local government pension scheme and free Active Premier membership with access to all 7 of our facilities. Membership includes gym, classes, general swim, spa and exclusive Les Mills virtual classes on our app - all worth £34.99 per month.

So, what are you waiting for? Become part of something different and help us make a difference.

Exercise Referral Specialist

Salary:	£24,567.41 p.a
Location:	Various (Hyde, Copley, Medlock, Tameside Wellness Centre Oxford Park, Ken Ward, Community Setting throughout Tameside)
Working hours:	37 hours per week
Contract type:	Permanent
Closing date:	19 th August 2024
Interview date:	28 th August 2024
Job Reference:	AT933

For further information please contact Chelsea Mears-Graham on 07860 802974

how to apply

To apply for this position please fill out the form online or alternatively complete an application form and return it to HR@activetameside.com or Human Resources, Active Tameside, Active Ken Ward, Hattersley Road East, Hattersley, Hyde, SK14 3NL.

Application forms can be found on www.activetameside.com/job-vacancies or email HR@activetameside.com. For help or advice in completing the application form please contact Human Resources on 0161 366 4814.



here for Tameside, not for profit.

Active Tameside is a registered charity which means 100% of our profits go back into ensuring the best possible facilities and services for the Tameside community.

Find out more at activetameside.com/charity



activetameside.com

rota:

Monday – Friday 9.00 am – 5.00 pm subject to change as with operational needs of the business.

job description

The Exercise Referral Specialist will be responsible for working closely with patients referred with a range of health conditions, to improve their physical and mental health through accessing a specifically tailored appropriate physical activity programme and delivering a wide range of community activities and projects. In accordance with current NICE guidance the post holder will motivate and inspire individuals to achieve a long-lasting change.

role profile

Role Title:	Exercise Referral Specialist
Grade:	Grade E
Date:	February 2023
Responsible to:	Live Active Manager

Accountabilities:

All our roles play a key part in delivering our strategic themes to achieve our goals:

1. Contribute towards achieving a positive culture in delivering our dynamic and life enhancing strategy and outcomes. Build positive and effective relationships with customers, colleagues, partners and key stakeholders.
2. To devise and implement appropriate physical activity programmes in accordance with client's medical conditions and provide follow up advice based on sound medical and physiological principles.
3. Capture and evidence the impacts patients are experiencing through making lifestyle changes.
4. To work closely with Live Active Manager, Health professionals and Community Organisations to develop and sustain high levels of engagement into the Live Active service within buildings and community hubs.
5. Be a flexible and proactive team member who inspires improvements and developments in people, performance and processes. To inspire a "best in class" approach in representing our brand internally and externally.
6. Live and breathe the vision and values of Active Tameside in a customer focused way to drive us to be the best that we can be. To lead by example and to be an active role model in delivering our policies and procedures.
7. Hold a full driving licence and own Vehicle.

Requirements:

Our recruitment process will include you demonstrating these requirements from your application form, interview and/or assessment(s):

Knowledge

GP Exercise Referral Qualified

Qualified to a minimum of REPS Level 3

Excellent knowledge of long term health conditions and appropriate exercise prescription around them

Specialised exercise or health related qualifications

Knowledge of behaviour change and motivational interview techniques

Membership of CIMSPA or a related institute

Skills

Excellent communication skills and ability to form close partnerships with a range of referring health professionals and community organisations

Ability to produce safe and effective activity programmes to meet the diverse needs of each patient

Excellent IT Skills

Ability to retain high levels of referred patients onto the scheme and sustain participation over a 12 month period.

Must hold a full & clean driving licence and own vehicle

Experience

Experience working with participants within a gym/exercise environment

Excellent ability to motivate and support inactive populations to become more physically active

Experience of teaching and tailoring group fitness classes/ gym programs to clinical populations

Experience working with participants with challenging needs and health conditions

Previous experience and success when working with minority groups

Essential Criteria – in bold

Desirable Criteria – in italics

**our employee
lifecycle**



Hire me

Provide a job role that enables me to utilise my unique talents ensuring individuals are fit for purpose and success.

Develop me

I am supported by managers that will help me develop as an individual to be the best I can be.

Manage my performance

Provide an environment that promotes continuous learning and development. Managers and employees are clear on their mutual expectations and managers provide helpful and constructive feedback.

Engage and motivate me

I am able to participate in decisions that affect me and my team. And concerns I have are dealt with urgently with any issues dealt with sensitively and with emotional intelligence.

Thank me

My time and extra effort are recognised and appropriately rewarded. Leaders and managers show respect for my time.

Wish me farewell

My feedback is appreciated and may enable continued improvements in the workplace for others.