

## 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.**

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## Senior Exercise Referral Specialist

<b>Salary:</b>	£29,086.88 p.a pro-rata for part time
<b>Location:</b>	Various (Hyde, Copley, Medlock, Tameside Wellness Centre Oxford Park, Ken Ward, Community Setting throughout Tameside)
<b>Working hours:</b>	37 hours per week
<b>Contract type:</b>	Fixed Term – 12-month fixed term September 25 – August 26
<b>Closing date:</b>	15 <sup>th</sup> June 2025
<b>Interview date:</b>	26 <sup>th</sup> June 2025
<b>Job Reference:</b>	AT28

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](https://www.activetameside.com/charity)



[activetameside.com](https://www.activetameside.com)

## rota:

Monday – Friday 8.30am – 4.30pm subject to change as with operational needs of the business.

## job description

The Senior Exercise Referral Specialist will be responsible for working closely with patients referred with complex long term health conditions, to improve their physical and mental health through accessing a condition specific tailored physical activity programme. In accordance with current NICE guidance the post holder will motivate and inspire individuals to achieve a long-lasting change and adherence to exercise using motivational interviewing. Also, support the team to be motivated and lead by example with good practice.

**Please note the successful candidate must hold a Level 4 exercise referral Specialist qualification, a full & clean driving licence & own their own vehicle.**

## role profile

<b>Role Title:</b>	Senior Exercise Referral Specialist
<b>Grade:</b>	Grade F
<b>Date:</b>	May 2025
<b>Responsible to:</b>	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, Gp's and primary care colleagues to develop and sustain high levels of engagement within the Live Active service within buildings and communities.
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 license and own Vehicle.

## **Requirements:**

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

### **Knowledge**

#### **Qualified to a minimum of REPS level 4**

*A range of specialised exercise or health related qualifications(PSI,APPI,Cancer)*

*Educated to degree level or equivalent experience in exercise physiology/sports science or related discipline.*

#### **BACPR Qualification**

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

*Knowledge of behaviour change and motivational interview techniques*

### **Skills**

**Excellent communication skills and ability to form close partnerships with a range of referring health professionals including GP's.**

**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.**

**Ability to develop/deliver educational presentations on a range of complex and high-risk health conditions to both referred clients and healthcare professionals**

### **Experience**

**At least 3 years' experience working with participants within an exercise or health related field and achieving behaviour change through physical activity interventions**

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

**Significant experience of teaching and tailoring exercise prescription to a wide range of high risk clinical populations**

*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.