



JOB DESCRIPTION

POST: Feel Good Suffolk Advisor

DEPARTMENT: Communities Team

REPORTING TO: Corporate Manager - Communities

RESPONSIBLE FOR:

Providing holistic health and wellbeing support to clients accessing the Feel Good Suffolk service.

GRADE: 4 (£29,269 - £33,945)

BACKGROUND INFORMATION:

Feel Good Suffolk (FGS) supports people to make positive changes to their health and wellbeing including losing weight, giving up smoking, and becoming more active. It is designed to provide a choice of services close to people, at the right time to support steady and lasting improvements to people's health.

Delivered as a partnership between Public Health, local authorities, and partners across the health, leisure, and voluntary, community, faith, and social enterprise sectors, FGS provides local opportunities for people looking to improve their health, based around a core provision of Weight Management, Smoking Cessation, and Physical Activity services. Our holistic and person-centred approach will ensure all aspects of health relevant to the client are considered and supported.

JOB PURPOSE AND KEY RESPONSIBILITIES:

We are looking for a dynamic and motivational Feel Good Suffolk Advisor to provide holistic health and wellbeing support to clients accessing weight management, stop smoking or physical activity support. You will be required to triage and undertake a 'what matters to you' client-centred assessment, build individualised support packages, refer clients to appropriate services and support, and deliver 1 to 1 and group health-based interventions. You will support and empower the client to use their skills and networks to overcome barriers and make positive changes to improve their health and wellbeing.

This role will primarily be based in the community with some remote working and will involve travel across the district to provide face-to-face services as well as providing client support over the phone. A full drivers' license and access to a car is essential for this role.

A strong working knowledge of the area will be advantageous for this role. An extensive training package will be provided to the successful applicant(s) to develop your skills and ability as a Feel Good Suffolk Advisor.

Key responsibilities:

1. Provide triage and assessment of clients accessing the Feel Good Suffolk (FGS) service in your locality and deliver behaviour change interventions and techniques based around Smoking Cessation, Physical Activity and Weight Management as required.
2. Motivate and empower clients to make behaviour changes, conducting 'what matters to me' assessments to approach the client's health holistically, and supporting clients to identify modifiable factors which may be affecting or posing a risk to their health, creating a personal action plan to make changes which can improve their health.
3. Using Health Coaching techniques deliver face-to-face, digital, and over the phone 1:1 and group interventions. Developing and co-producing personalised action plans to provide personalised support to individuals, their families, and carers to take control of their wellbeing and improve their health outcomes.
4. Deliver group and 1:1 smoking cessation support to clients as required, including coordinating the use of Nicotine Replacement Therapy (NRT) where necessary and delivering sessions using a Cognitive Behavioural Therapy (CBT) approach.
5. Work closely and forge strong links with partners across the locality at place and neighbourhood level to refer and signpost the client to ensure suitable support is provided, including but not limited to local authorities, the integrated care board and primary/secondary care, leisure providers, and Voluntary, Community, Faith, and Social Enterprise organisations (VCFSE).
6. Complete 'touch point' assessments and evaluations of clients to monitor their progress, recording the data in a case management system and reporting on outcomes as required.
7. Contribute to the measurement of change and improvement in health behaviours using relevant outcome measures.
8. Equip people with the knowledge, skills and confidence to access information and support via a digital front door where they can find resources and information to self-manage their health behaviours.
9. Understand the wider determinants of health and barriers to healthy lifestyles and reduce health inequalities impacting on health behaviours.
10. Undertake training and development opportunities to ensure continual professional development and to boost the Feel Good Suffolk provision.

EQUALITY AND DIVERSITY	
<p>Considers and shows respect for the opinions, circumstances and feelings of colleagues and members of the public, no matter what their position, background, circumstances, status, appearance and whether they are one of the protected characteristics covered by the Equality Act 2010 (Age, Disability, Gender Reassignment, Marriage and Civil Partnership, Pregnancy and Maternity, Race, Religion or Belief, Sex or Sexual Orientation).</p>	<p>A/I</p>

Our Values
...we believe in

OUR CUSTOMERS **BEING AMBITIOUS** **TAKING OWNERSHIP** **BEING OPEN and HONEST** **OUR PEOPLE**

MINDFUL EMPLOYER

disability confident EMPLOYER

DYING TO WORK

We empower, value and develop our people to work together as one dynamic and efficient team.

We care about delivering high quality, customer-focused outcomes with our communities and partners.

We are open, transparent and truthful.

We take pride in our work and take responsibility for our actions.

We are ambitious, inspiring our communities, taking pride in our places and striving for excellence.