



**First Steps Enterprise Limited &
Liverpool Children & Young People's Services (Liverpool City Council)**

Healthy Weight Promotion Worker (2 positions)

Pay: £20,903 per annum full-time

Position 1: 35 hours per week (5 days)

Position 2: 21 hours per week (3 days)

Fixed term initially for 12 months

Summary of Post

This Healthy Weight Promotion Workers will work with Public Health and other health partners to deliver a Family Healthy Weight Programme across Liverpool Children's Centres with the aim of improving health and wellbeing outcomes and reducing inequalities for families identified as overweight/obese via the National Childhood Measurement Programme (NCMP)

Directly Responsible To:

- Healthy Weight Programme Project Lead
- (Employer – First Steps Enterprise Managing Director for contract issues)

Directly Responsible For:

- Development And Delivery of Healthy Weight Brief Intervention And Tier 2 Interventions

Duties and Responsibilities of the Position

- To work as part of the healthy Weight Management project team to develop and deliver a programme of healthy weight brief interventions and tier 2 interventions across Liverpool Children's Centres.
- To access specialist training to develop skills to support programme delivery.

- To enhance impact of these programmes amongst parents and children across the city through the use of good communication skills and psychologically informed techniques such as motivational interviewing.
- To take an holistic approach to whole families, ensuring that mental wellbeing and resilience outcomes are positively influenced through the programmes.
- To support families to access community activities (including those provided by children's centres and wider) to improve health and wellbeing.
- To record details of service delivery including all outputs and outcomes achieved using the tools and systems provided.
- To support children's centre workers in providing healthy weight support to help ensure the long term sustainability of the programme.
- To work directly with key partners in developing and delivering the programme including Alder Hey and the 0-19 services delivered by Merseycare.
- To liaise with all relevant services and build effective partnership working arrangements, including with voluntary sector organisations.
- To contribute to the delivery of the Liverpool Healthy Weight Strategy
- To reduce health inequalities by targeting and improving access to interventions for the most vulnerable/at risk groups.
- To attend all identified training required to support delivery of the programme
- To attend regular supervision meetings with the project lead to review performance against all outputs and outcomes.
- To promote the safe guarding of children in accordance with the council's framework for the care and protection of children.
- The post holder may also be required to carry out, as necessary, any other duty deemed to be commensurate with the grade and status of the post and the skills and experience of the post holder.

This post is a fixed term contract for a minimum of 12 months. It provides an ideal opportunity for experienced children's centre staff with a particular interest in health and wellbeing to increase their knowledge and skills around healthy weight and emotional wellbeing for children and their families. In depth training will be provided to facilitate the delivery of programmes and the required skills that could be usefully applied across a range of new and existing health and wellbeing programmes.

This Post Is Subject to Disclosure:

- Enhanced Disclosure & Barring Service (DBS)
- Two appropriate references
- UK right to work
- Other checks as appropriate

Person Specification

*Note: * denotes essential.*

Qualifications and Training

- NVQ level 3 or equivalent professional qualification in health, social care, childcare, or education. *
- Evidence of professional development on health-related issues. *

Experience

- Experience working in a community setting in health promotion or a public health role. *
- Experience working with vulnerable groups. *
- Experience working with children under five years and their families. *
- Experience working with BME population.
- Experience of interagency / partnership working. *
- Experience leading and facilitating groups.

Skills/Abilities

- Knowledge and understanding of current public health / health promotion priorities as they relate to children under 5 years and their parents*
- Understanding of the wider determinants of health and health inequalities
- Knowledge and understanding of Children's Centre services and their aims. *
- Knowledge of key national guidance, e.g. Early Years Foundation Stage (EYFS); Sure Start Children's Centre guidance on health services delivery; Child Health Promotion Programme, and its relevance to children and families. *
- Ability to demonstrate a working knowledge of early child development birth -5 years.
- Ability to work effectively as a team member and have a commitment to joint working practices.*
- Ability to engage and work with parents, including those from vulnerable families and parents who have found it difficult to access services. *
- Ability to liaise with a range of other professionals.*
- Ability to organise training activities.
- Good communication skills.*
- Ability to use basic word processing, spreadsheet software, internet and email.*
- An interest in developing and delivering healthy weight management services
- Willingness to expand their knowledge and skills in the area of healthy weight management including the use of motivational interviewing

Commitment

- An understanding of and a personal commitment to the Vision and Values of Liverpool City Council. *
- Willingness to undertake further professional development activities*

Other

- This post is subject to Enhanced Disclosure & Barring Service checks*
- A satisfactory sickness record over the previous two years (subject to the need to act with consistency and fairness and to pay particular attention to equality of opportunity issues such as sickness related to a disability and/or pregnancy) *
- Driving licence, use of own car insured for business purposes*

Other Information

- Wage – £20,903 per annum full-time (35 hours)
- Hours: Position 1 35 hours per week; Position 2: 21 hours per week
- Annual leave – full-time is 25 days plus Bank Holidays
- Location: various children's centre sites across Liverpool,
- This post is funded through the Public Health via Liverpool City Council
- The post is subject to all checks highlighted above
- The post is subject to a 12-week probationary period
- Application form here - <https://firststepsenterprise.co.uk/vacancies/>