

Role Specification – Wellbeing Advisor

Service Area	Specialist Services
Role Title	<ul style="list-style-type: none"> P/T Wellbeing Advisor
Role Family	<ul style="list-style-type: none"> Specialist Services - People Directorate
Location	<ul style="list-style-type: none"> Oxted/Agile across East Surrey
Reports to	<ul style="list-style-type: none"> Wellbeing Prescription Team Leader
Grade/Salary	<ul style="list-style-type: none"> TA2 (£15,383 - £17,689 p.a.)
Duration/Hours	<ul style="list-style-type: none"> Fixed Term Contract until 31 March 2021 22.2 hours per week

Main Purpose

- To support the delivery of the Wellbeing Prescription Service, one of the largest Social Prescribing services in the country.
- To support clients to make lifestyle changes to both improve and prevent ill-health, while utilising client led behaviour change techniques.
- To improve the wellbeing of residents by working in partnership with our key stakeholders, including the East Surrey CCG, GP Practices, Tandridge District Council, Reigate and Banstead Borough Council, Surrey County Council and both local and national organisations.

Key Responsibilities

- To work with clients 1-2-1 or in groups, either in their own home or within their local GP Surgery to signpost them to local services / organisations which the client themselves feel would be of benefit.
- Services may include, befriending, weight management, mental health support, smoking cessation, local social groups, leisure centres and volunteering.
- To work with clients, using behaviour change techniques such as motivational interviewing to support them to identify, set and meet achievable goals to improve their physical and emotional wellbeing.
- To work with partner organisations to support the development and delivery of an integrated care plan for the client so all their needs are met in a holistic way.
- To follow up with clients and update both their medical records and Wellbeing Prescription records and support them on an ongoing basis.
- To make and maintain contact with local health and wellbeing service providers and build a network and knowledge of referral routes to and from service providers.
- To ensure information about providers and voluntary groups is shared between the Wellbeing Prescription Team.

- To assist with the Wellbeing Prescription service marketing and promotional activities, including while attending meetings with health and social care professionals and at community settings such as community centres.
- There will be a requirement for occasional weekend work for which flexible working will be provided.
- To undertake regular training to extend and update own knowledge of health and wellbeing issues.

Supporting the Council's culture:

- Promote a culture that is supportive of the Council's purpose, aims and values, and to take all reasonable steps to maintain good employee relations.
- Promote equality of opportunity in all aspects of the role in line with corporate policies, training and procedures.
- Participate fully in promoting a safety culture to protect the safety and health of themselves, colleagues and other people affected by the Council's activities.
- Adhere to the Council's Attitudes and Approaches framework.

Person Specification

Qualifications / Education

Essential	Desirable
<ul style="list-style-type: none"> • Educated to A level or Equivalent 	<ul style="list-style-type: none"> • Health and wellbeing or motivational interviewing qualification

Experience

Essential	Desirable
<ul style="list-style-type: none"> • Working in a health and wellbeing or leisure and fitness or public or voluntary sector environment • Working in a customer-facing role • Delivering lifestyle change/brief interventions 	<ul style="list-style-type: none"> • Using motivational interviewing techniques • Working in a health trainer/advisor role • Working with vulnerable people • Working in partnership with community organisations • Promoting and/or marketing services to other organisations / the public

Key Skills and Knowledge

Essential

- Excellent people skills, interacting with all types of people and able to change communication style to fit the person
- Ability to work independently and as part of a team
- Comfortable working with people from public, private and voluntary organisations
- Good one-to-one interviewing skills
- Highly organised, managing time, resources and competing priorities in a structured and efficient way
- Highly motivated and willing to go out of your way to help clients
- Creative problem solver and willing to search for hard-to-find information
- Good IT and administrative skills
- Good understanding of health issues and the wider determinants of health and wellbeing
- Knowledge of brief interventions, behaviour change, motivational change
- Knowledge of social prescribing
- Understanding of health, wellbeing and community services
- Full driving licence and access to a car