

Specialist Mental Health - Health Trainer

Full Time Role (40 hours per week). Competitive Salary

This post will be based in the Peterborough & Huntingdon area. Occasional travel may be required within the Cambridgeshire area.

An exciting opportunity is available for an enthusiastic, dynamic and motivated Health Trainer with a special interest in Mental Health to support the integrated Lifestyle Service across Cambridgeshire and Peterborough. Health Trainers form an integral element of our whole systems approach to health improvement by providing support and practical information to individuals to assist them in making healthier lifestyle choices.

The key functions of the role are:

To work closely with the Primary Care Mental Health Services (PCMHS) in Cambridgeshire and Peterborough by providing individual personal support to people who have a serious mental illness (SMI), focusing on improving key lifestyle behaviours and signposting to other relevant services.

This post will:

- Improve the access of those with an SMI to lifestyle support and advice.
- Increase Health Trainer awareness and understanding of mental health; specifically SMI to enable them to identify mental health issues and advise appropriately.
- Increase capacity locally in terms of Mental Health First Aid delivery

The successful candidate will:

- Have a good knowledge and understanding of mental health issues, including SMI.
- Have experience and knowledge of benefits of a healthy lifestyle and managing key risk factors: healthy eating and increasing physical activity levels, smoking cessation and reducing alcohol consumption.
- Experienced in delivering / advising on community based healthy eating and physical activity opportunities.
- Experienced in empowering individuals and groups, to sustain behavioural change through an empathetic approach, utilising Behaviour Change/Motivational Interviewing techniques and SMART goal setting.
- Desirable: Recognised Health Trainer qualifications e.g., City & Guilds Level 3 *Certificate for Health Trainers*, or equivalent, or Royal Institute of Public Health Level 2 *Understanding Health Improvement* or equivalent.

Is this role for you?

Are you motivated, proactive, and passionate about supporting people live healthier lives? Would you like to work as part of a dynamic, fast-paced, knowledgeable team, working closely with community organisations? Are you enthusiastic and are you able to motivate others into changing their lives for the better? If so, we would like to have you on our team.

To apply: For more information and to download the job description please visit our website <http://www.everyonehealth.co.uk/about-us/employment-opportunities/> and email your CV and supporting statement to jobs@everyonehealth.co.uk, clairelayton@healthyyou.org.uk and lesleygodfrey@healthyyou.org.uk

Closing date: Friday 16th April

Please note: Interviews will be held remotely between the 26th-30th April 2021

We do reserve the right to close this advertisement early if we receive a high volume of suitable applications.

Everyone Health is an equal opportunities employer and an Investors in People organisation, who is committed to safeguarding and promoting the welfare of children, young people and adults. All applicants will be required to undertake checks and references prior to appointment.