



With effect from November 2015

### Job Description

Post Title:	Wellbeing Advisor
Salary / Grade:	H
Hours:	37 Hours per week
Location:	Various bases around the County
Reports to:	Wellbeing Co-ordinator
Service Area:	Public Health & First for Wellbeing

### Overall purpose of the job

This post holder delivers Health and Wellbeing interventions to actively support behaviour change in individuals and at a community level. The Wellbeing Advisor promotes local Wellbeing services and activities and signposts to other agencies where appropriate. In particular you will be working with employees of Northamptonshire County Council,

### Main accountabilities

Main accountabilities	
1.	To implement, and review as required, group Wellbeing plans undertaking a variety of case management responsibilities bridging individuals and groups to community based activities where appropriate.
2.	To offer guidance and support for those with complex health needs in their behaviour change including to prevent relapses, using a variety of approved methods.
3.	To contribute to the effective development and delivery of targeted services across the county through a partnership approach, working with individuals and groups such as primary care including Pharmacies, Public Health and other health promotion services.
4.	To maintain an efficient and accurate monitoring systems reporting qualitative and quantitative data at regular intervals including reviewing trends and support patterns in your locality as required by the Wellbeing Co-ordinator.
5.	To liaise closely with the full range of services within the local community including statutory and non-statutory services identifying opportunities and building links to increase capacity within your area.
6.	To participate where appropriate in planning and delivering training/presentations or community events to promote the service and associated health and wellbeing messages to the employees.
7.	

## Person Specification

### Qualifications, knowledge, skills and experience

Minimum level of qualifications required for this job

Qualifications Required	Subject	Essential/ Desirable
NVQ Level 4	Health promotion or related discipline	Essential
Degree or equivalent	Health promotion or related discipline	Desirable
Postgraduate qualification	Relevant discipline	Desirable

Minimum levels of knowledge, skills and experience required for this job

Identify	Describe	Essential/ Desirable
<b>Knowledge</b>		
Behavioural change	Significant understanding of behaviour change theory and its practical application	Essential
Lifestyle management	Specialist knowledge of lifestyle weight management theories. In depth knowledge of nutrition and benefits of physical activity.	Essential
Addiction	Demonstrable understanding of the physiological and psychological elements of alcohol and smoking addiction	Desirable
Public health prevention agenda	Some knowledge of public health priorities including demonstrable knowledge of these at a county and locality and of the strategies which impact on these outcomes.	Desirable
Local Services	An excellent understanding of statutory and non-statutory services.	Desirable
<b>Skills</b>		
Motivational interviewing	Understanding and/or experience of motivational interviewing techniques and evidence of the impact of personal practice on patient/ customer outcomes.	Essential
Relationship building	Significant skills in building relationships with the full range of customers from all groups within society.	Essential
Assessment and case management	Experience of assessment and case management including risk assessment, case note recording and managing a caseload in a timely	Essential

	manner with people with complex needs.	
Solution focused problem solving	Demonstrable skills in developing innovative and sustainable solutions to problems.	Essential
Listening skills	Exceptional active listening skills in order to empathise effectively with customers.	Essential
IT literacy	Good level of IT literacy to ensure accurate recording and monitoring of all performance information for self and team.	Essential
<b>Experience</b>		
Working with diverse range of clients with significant and complex needs	Significant experience of managing cases or similar where customers have a variety of health and wellbeing needs.	Essential
confidentiality and data protection	Experience of working with policy and procedures where customer personal details, information and safety is of a high priority.	Essential

#### Disclosure level

What disclosure level is required for this post?	None	Standard
	Enhanced ✓	Enhanced with barred list checks

#### Worktype

What work type does this role fit into?	Fixed	Flexible ✓	Field	Home
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