

## **MID ULSTER CLUSTER - HEALTH SUPPORT OFFICER**

As part of a joint working arrangement between Cookstown District Council, Dungannon & South Tyrone Borough Council and Magherafelt District Council, the Public Health Agency and the Northern and Southern Health and Social Care Trusts, a Joint Working Programme has been established to address Health Inequalities in the Mid Ulster Cluster area.

A pilot twelve month project has been jointly funded by the partners to pilot a programme which seeks to improve the mental health and wellbeing issues associated with unemployment. The engagement programme is designed to encourage individuals to increase their physical activity and improve nutrition / eating patterns, so as to improve their overall health and wellbeing.

The project is designed to target a minimum of 150 individuals within this target group over the lifetime of the project and seek to chart the practical interventions and measured improvements which can be achieved by using a range of innovative partnership-based programmes.

The Health Support Officers will be based in each of the Council areas. They will work closely with Sport / Leisure, Environmental Health and Community Services Departments internally and the wider community / public and local Health Champions externally, to deliver on these objectives.

The programme will be monitored by the Joint Working Steering Group and will be supported in day to day activities by local management and the Health Support Officer Implementation Group, in which all Partners engage.

## **COOKSTOWN DISTRICT COUNCIL**

<b>Post:</b>	<b>Health Support Officer – Part Time</b>
<b>Host Organisation:</b>	Cookstown District Council
<b>Location:</b>	The postholder will be required to work at one of the three Council locations within the Mid Ulster Cluster*. The office location will be treated as the normal place of work.  *Cookstown District Council, Dungannon & South Tyrone Borough Council and Magherafelt District Council.
<b>Salary scale:</b>	Scale 3 (Points 14– 17) £ 15,725 - £16,830 gross per annum (pro rata)
<b>Hours of work:</b>	18.5 per week. (The postholder will be required to work some evenings and weekends).
<b>Duration:</b>	12 months Fixed Term (may be extended dependent on funding)
<b>Reports to:</b>	Director of Environmental Health – Cookstown District Council

### **JOB PURPOSE**

The aim of the Health Support Project is to encourage and support the engagement of individuals and groups in taking steps towards maintaining and improving health and well-being. Health Support Officers help people make and sustain connections with services in the community that can help. They work in a way which supports individuals to change their health related behaviours and help the person to maintain positive changes in their lifestyle.

The Health Support Officers will initially offer a service targeting unemployed adults within the Council areas of Magherafelt, Cookstown and Dungannon. Other target groups may be added as the project progresses.

### **MAIN DUTIES AND RESPONSIBILITIES**

#### ***Establish relationships with local communities***

- (a) Engage with the local community using a community development approach.
- (b) Promote and highlight the role of the Health Support Project in the local community to ensure the effective delivery of the programme.
- (c) Work alongside local groups and organisations and Health Champions to identify individuals from the client group with health issues, who could benefit from these programmes.
- (d) Develop and maintain relationships with individuals from the client group who are experiencing significant inequalities in health.
- (e) Signpost individuals to other agencies for information, support and resources.

#### ***Provide individuals with the skills and motivation to change behaviour and improve their health and wellbeing***

- (a) Help individuals from the client group identify how their behaviour might affect their health and wellbeing and explore the health choices available to them.
- (b) Raise difficult issues in relation to health behaviours and consequences and motivate them to change their personal lifestyles.

- (c) Identify, assess and manage risks including those with the potential to impact on client's health and / or social care needs and take action commensurate with the type and significance of the risk(s) identified.
- (d) Assist each client to develop a personal health plan and help them develop and implement a programme to effect the necessary changes.
- (e) Support individuals in working towards the completion of their personal health plan – maintaining personal contact and matching support to individual needs.
- (f) Provide one to one and practical support with the client as may be required.
- (g) Support the client over the period of the project, monitoring and reviewing their achievements and progress and help them to review and revise their personal health plans as necessary.
- (h) Plan own time and activities around the needs of individuals in the community.
- (i) Respond effectively to all client referrals and develop new referral mechanisms in support of the programme.
- (j) Keep accurate records of all work undertaken as agreed.
- (k) Maintain a high level of confidentiality in all aspects of the work.
- (l) Develop and maintain good communication within your own team and with others as appropriate.
- (m) Collect data and information in a timely way, as required by line management.

### **GENERAL RESPONSIBILITIES**

Act in accordance with the Code of Conduct for Local Government employees.

Comply and actively promote the Council's policies and procedures as directed.

Comply with and actively promote the Council's policies and procedures on all aspects of Equal Opportunities.

Comply with and actively promote the Council's Health and Safety Policy and procedures.

Undertake the foregoing duties in such a way as to enhance and protect the reputation and public profile of the Council.

Any other duties as may be allocated from time to time in accordance with the general nature of the post.

### **PERSONAL SPECIFICATION**

#### **1.0 Qualifications & Experience**

##### **Essential Criteria:**

- (a) Have a minimum of five GCSE/'O' Levels (Grades A – C) or equivalent qualifications including English Language.
- (b) A minimum of one year's paid or voluntary experience of delivering or coaching a health improvement intervention to a targeted group, in a community / public sector setting.

- (c) Experience of working with groups and individuals in effecting behaviour change.
- (d) Must be proficient in a wide range of Microsoft computer applications, e.g. , E mail, Word Processing and Spreadsheets

**Desirable Criteria:**

- (a) Two years' experience delivering a Health Improvement Programme, tailored to individual needs, in a community or public sector setting.  
  
or
- (b) A third level qualification in a health-related discipline, e.g. Health Improvement / Community Development.

**2.0 Knowledge & Understanding**

- (a) The applicant must be able to demonstrate that they have a good understanding of the local community issues.

**3.0 Special Aptitudes**

- (a) Good organisational skills.
- (b) Good oral and written communication skills.
- (c) An interest in improving the health and wellbeing of the local community.

**4.0 Circumstances**

- (a) Ability to work unsociable hours including evenings and weekends.
- (b) Must have a valid Driving Licence and access to a motor vehicle.
- (c) This post could be offered as a secondment opportunity, subject to approval from applicants Head of Department.

