****

**Job Description - Building Bridges Training**

**Title:** Session Worker for Building Bridges Oldbury wellbeing and fitness Project

**Based at:** Various sport and leisure venues within Oldbury

Days and hours per week – 3 hours – this can be anytime of the week and a month

Start date – immediate to end of March 2017

Pay – £11 per hour

**Job purpose:**

You will plan and carry out weekly group sessions with people with a learning disability living within Oldbury to improve their fitness and healthy living. The sessions will be delivered in various locations to support people with a learning disability. There will be a focus on recruiting people who are not receiving support through learning disability services and who are not in employment.

The 12 month project aims to help people with a learning disability to reduce obesity, increase physical activity and improve diet through a short training course and regular support to access community fitness opportunities.

**Key responsibilities and accountabilities:**

1. Promote and encourage a healthy lifestyle to the participants, encouraging them to access appropriate fitness and health services.
2. Complete a simple healthy lifestyle self assessment sheet with individuals based on the learning outcomes of the course at the beginning and then at the end to record their progress.
3. Maintain accurate and up-to-date information on the individual’s records.
4. Support members on an individual basis to participate in or join other regular sport and fitness activities in the local area.
5. Encourage the group to be weighed weekly and record their weight.
6. Encourage and support those who want to lose weight through a good diet and exercise.
7. Maintain and develop existing and new members to the group through planned activities and sessions.
8. Run weekly sports group to introduce the group to a range of local sports and fitness opportunities.
9. Monitor and report on activities and provide regular information as required.
10. Deliver a healthy eating half day session.
11. End of project complete Personal Action Plan for the Future with individuals of the group.