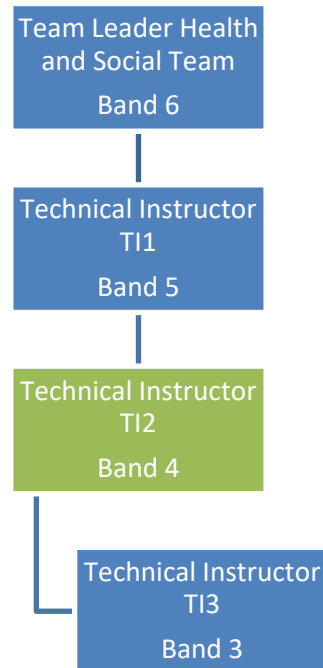


<b>AFC Reference:</b>	SSLD/0056
<b>Job Title:</b>	Health and Fitness Technical Instructor II
<b>Band:</b>	4
<b>Hours:</b>	37.5
<b>Division/Service:</b>	Secure and Specialist Learning Disability Division
<b>Accountable to:</b>	Rehabilitation Manager
<b>Responsible to:</b>	Team Leader

**Job Outcomes:**

**As a result of the post-holder being effective in their role, The Trust would expect to see the following outcomes for the Trust, service users and the wider community:**

1. Mersey Care NHS Foundation Trust as a leading provider of community services, mental health care, physical health, addiction services and learning disability care.
2. Service users receiving a high-quality service and one which is free from stigma, discrimination and harm.
3. Staff engaged with the delivery, innovation and continuous improvement of services to benefit service users.
4. Visible and responsive leadership, setting the standard for others and role-modelled throughout the division for all managers
5. The Trust values of Continuous Improvement, Accountability, Respectfulness, Enthusiasm and Support will be embedded across the division for all staff and evident to service users.

**Organisational Chart:****Job Purpose:**

The post holder will be responsible for the delivery of health and fitness activities for service users within the Secure and Specialist Learning Disability Division. Also to facilitate the delivery of therapeutic and rehabilitative activities to patients in accordance with their identified needs as specified in their Care Plan. This is a flexible role in order to adapt to the changing needs of patients within defined units and evolving proactive service.

## **Principle Responsibilities**

### **The post holder will:**

1. Support in the delivery and implementation of patient therapeutic/rehabilitative programmes in Health and Fitness in conjunction with other members of the team. This is a flexible role in order to adapt to the changing needs of patients within defined units and an evolving proactive service.
2. Have a lead facilitator role in the delivery of health, fitness, wellbeing and sporting activities-to a designated patient group.
3. Assist Technical Instructor I in the formulation of patient care programmes to meet the identified needs of patients
4. Assist Technical Instructor I in the assessment, planning, monitoring and implementation of patient centred therapy programme in line with service standards.
5. Undertake delegated tasks to contribute to the safe and smooth running of the service.
6. Provide regular oral and written reports/information pertaining to patients' development within the Rehabilitation Services to multidisciplinary Patient Care Teams with support from senior staff.
7. Ensure a safe and secure therapeutic environment through conformity with current Health & Safety legislation.
8. Maintain the health, safety and security of others and initiate, contribute and comply with risk assessment.
9. To regularly carry out recorded checks to include equipment and ensure the maintenance of a safe working environment and to report promptly any problems so as to ensure a prompt response.
10. Keep up to date with developments and changes in respect of Rehabilitation trends.
11. Participate in the Trust Appraisal process on an annual basis.
12. Participate in on-going mandatory training and to take opportunity to extend knowledge and skills to maintain and update knowledge and skills
13. Engage in regular supervision and reflective practice.
14. Provide clinical and operational supervision and support the PACE process for Band 3 Health and Fitness staff.

15. Maintain a high secure environment in line with High Security Directions

16. In the absence of the TI1 the post holder will deputise.

For Equipment, Tools and Materials: The post holder will be responsible for ensuring that tools, equipment and materials used are stored in accordance with current security standards, Health & Safety regulations, and that materials are economically utilised and are secure in their storage.

**Generic Responsibilities for all staff:**

All post holders will agree to:

Commit to the vision of supporting Mersey Care in becoming a leading organisation in the provision of mental health care, addiction services and learning disability care, and in doing so fully utilise their skills and experience to support the objectives of the Trust.

Role model the values of the Trust – Continuous Improvement, Accountability, Respectfulness and Enthusiasm – in all activities and interactions with employees, service users and other stakeholders

Challenge the stigma associated with mental health and learning difficulties.

Comply with the Duty of Candour, defined by Francis as: 'The volunteering of all relevant information to persons who have or may have been harmed by the provision of services, whether or not the information has been requested and whether or not a complaint or a report about that provision has been made.'

Work across professional and organisational boundaries to improve services for all.

Maintain their specific knowledge base and develop new skills.

Value the contribution of the patient / service user voice.

Operate within any organisational codes of practice or those from a relevant professional body.

Respect equality and diversity across all areas of working practice and communications with staff, service users and other stakeholders.

Take responsibility for the accurate and timely collection and recording of data in the form of documentation of clinical notes and ensuring all personally identifiable information is protected and used only for the purposes for which it was intended.

Comply with all health and safety legislation and local policies and procedures.

Adhere to all organisational policies.

Have knowledge and understanding of technology in the workplace which is sufficient to maintain their efficiency and also how technology can empower service users in a digital environment

Comply with the NHS Constitution in relation to the staff responsibilities that it sets out for NHS employees.

Attend a one day Just and Learning & Civility and Respect training work shop

Be an ambassador for Just & Learning and Civility & Respect following the training

Positively advocate the just and learning culture within your team

Be a confident supporter and implementer of the Trust CARES Values including Civility & Respect within your team.

Support their team/services to create a positive environment for Just and Learning Culture

Participate in Just and Learning Culture events.

Bring Just and Learning Culture updates/information to the attention of team members and other MCT colleagues they work with.

Support and encourage the sharing of concerns about the safety and quality of care with senior leaders with the aim of improving safety and quality.

Actively participate in creating an open culture within your team so that concerns and difficulties can be discussed safely and respectfully.

Speaking up in the event that they are exposed to incivility between colleagues in the workplace #iwillspeakup.

Listening and understanding others who have concerns and taking a collaborative approach to work towards a solution to improve civility and respect.

This job description is intended as an outline indicator of general areas of activity and will be reviewed in light of the changing needs of the Trust in consultation with the postholder.

## PERSON SPECIFICATION

	<b>Essential</b>	<b>Desirable</b>
<b>Qualifications</b>	Relevant Health and Fitness NVQ 3 or equivalent.	<ul style="list-style-type: none"> <li>• Higher level education qualifications</li> <li>• Teaching qualification i.e., PTLs</li> <li>• ILS Training or the willingness to achieve this.</li> <li>• Level 3 Adult and Child Safeguarding or a willingness to achieve this.</li> <li>• RLSS Qualification or a willingness to achieve this.</li> </ul>
<b>Knowledge and Experience</b>	<ul style="list-style-type: none"> <li>• Experience working with service users with a Mental Illness or Personality Disorder diagnosis.</li> <li>• Skills and interest in using a variety of activities and interventions relevant to the post including creative activities.</li> <li>• Excellent verbal and written communication skills.</li> <li>• High level of co-ordination and organisational skills</li> <li>• Basic risk assessment and risk management skills</li> <li>• Ability to work autonomously and collaboratively</li> <li>• Computer literacy</li> </ul>	<ul style="list-style-type: none"> <li>• Experience working within High Secure services.</li> <li>• Experience delivering Adult Education.</li> <li>• Experience of supervising staff members within a team.</li> </ul>
<b>Values</b>	<ul style="list-style-type: none"> <li>• Continuous Improvement</li> <li>• Accountability</li> <li>• Respectfulness</li> <li>• Enthusiasm</li> <li>• Support</li> <li>• High professional standards</li> <li>• Responsive to service users</li> <li>• Engaging leadership style</li> </ul>	

	<ul style="list-style-type: none"> <li>• Strong customer service belief</li> <li>• Transparency and honesty</li> <li>• Discreet</li> <li>• Change oriented</li> </ul>	
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Ability to plan and facilitate groups and activities with minimal supervision.</li> <li>• Good observation skills</li> <li>• Good organisation skills</li> <li>• Ability to exercise good personal time management</li> <li>• Ability to work as part of a team</li> <li>• Good communication skills, both written and verbal</li> <li>• Positive interpersonal skills</li> <li>• Ability to manage own workload and time.</li> </ul>	