



# PHYSICAL ACTIVITY CLINICAL CHAMPION

JOB DESCRIPTION AND PERSON SPECIFICATION





# Introduction

We tackle the things that prevent active lifestyles, so everyone can improve their health and happiness by moving more.

Physical activity transforms lives. We're looking for a passionate individual to help people reduce their risk of major illnesses and depression by moving more. With your help, we can create a happier, healthier and stronger future for local people.

We won't rest until everyone has the confidence, support and opportunity to be active on their own terms.

Around one in three men and half of women are not achieving recommended levels of activity for good health, with people with long term conditions twice as likely to be amongst the least active.

Research has revealed that one in four people would be more active if advised by a health professional. This makes health professionals, including GP's, nurses and social prescribers ideal advocates for physical activity. Yet three quarters feel they lack the knowledge, skills or confidence to speak about physical activity.

**We need your help to get healthcare professionals talking about the benefits of physical activity.**

**Curious** about what stops people from being active

**Open** to different ideas and perspectives

**Creative** in how we do things and who we work with

**Bold** in taking risks and speaking out about things that need to change.

# The Role



**This brand-new role will be responsible for building a network of professionals in community and patient facing roles, to improve their awareness of physical activity in the prevention and treatment of long-term conditions.**

You'll be working across Hampshire and the Isle of Wight to make sure the programme is tailored to our HCP's and resident's needs.

The role is jointly funded by Energise Me and Hampshire Public Health, and will be based with the NHS Hampshire and Isle of Wight.

**We know it works:** You won't be alone in your mission. You'll be joining a national movement of Physical Activity Clinical Champions (PACC).

They've trained over 40,000 HCPs across England so far with a proven increase in participant knowledge, confidence and frequency of patient physical activity conversations:

- 84% agreed the training was useful in their work
- 91% would recommend the training to their colleagues
- 40% of HCPs were having more conversations with their patients about physical activity post-training

This network of champions will provide national support and insight to help you deliver and ultimately improve patient outcomes.



# Candidate



We are looking for a confident communicator who can inspire people to take action.

You will be a healthcare professional, with a passion for improving patient outcomes.

You'll be organised, with excellent attention to detail.

You will know your way around the healthcare system in Hampshire and Isle of Wight.

You will have excellent people skills, be able to build networks and create engaging learning environments.

We will help our ideal candidate to learn and grow from day one with:

- Support from a national network of physical activity clinical champions.
- Full training on how to deliver the programme.
- Access to learning and support through both Energise Me and NHS Hampshire and Isle of Wight.
- Opportunity to help define and grow this brand new role



# Job Description

## Training and education delivery

- To deliver physical activity clinical champions educational training and resources for community and patient facing roles across Hampshire and the Isle of Wight.
- To work across the multi-disciplinary, multi-professional healthcare sector in Hampshire and the Isle of Wight to improve awareness of physical activity in the prevention and treatment of long-term conditions.
- Support and enhance a local community of practice with necessary small group forums to encourage the sharing of ideas, learning and knowledge using Moving Medicine online community of practice infrastructure.
- To encourage healthcare professionals within Hampshire and Isle of Wight to continue to develop their knowledge and skills and, where appropriate, encourage others to deliver education using PACC and other Moving Healthcare Professionals Programme (MHPP) resources.
- Link with training leads in NHS trusts to identify training opportunities with their respective health professional cohorts and deliver a standard training package (which you will be trained to deliver) to groups of NHS HCPs in hospitals and in the community / primary care setting.
- Provide clinical leadership to the expansion of the PACC programme within Hampshire and the Isle of Wight.
- Strengthen local capacity and leadership for physical activity by supporting the development of, and delivering, training and capacity building across the health system.

## Success Measures

- Number of clinicians trained.
- Collate Feedback routinely related to training content and delivery.
- Delivery of training to a variety of healthcare professionals across the health system.
- Engagement of clinicians for ongoing development/ support through the COP.

## Data and Evaluation

- Gather and use local, regional, and national insight to support the delivery of PACC within the health & social care sector aligned to the We Can Be Active strategic goals.
- Use local data and insight on physical activity and people with long-term health conditions to influence key local partners.
- Keeping abreast with regional and national insight and linking with national campaigns to use the information at the local level.
- To embed local insight including data within the delivery of PACC.
- Use data to advocate for physical activity and share it with clinicians across Hampshire and the IOW.
- Provide local evaluation reports.

- Support the evaluation of the programme and the evaluation design by collecting data and ensuring the timely completion of forms for each training session.
- Engage with PACC infrastructure (governance groups, stakeholder engagement, academic partnerships, networks, strategy, planning and guidance) and use this insight to enable clinicians and clinical networks to deliver coherent evidence-based information relating to physical activity to patients, and practical interventions in their everyday practice.
- Recognise the complexity of enabling people to get physically active; that wider determinants of health affect people differently; and that work of PACC's should contribute towards reducing health inequalities.

## Managing Relationships

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| <ul style="list-style-type: none"> <li>— To build relationships and engage with local networks, including healthcare and community providers, to explore opportunities for collaboration, promote the role of physical activity and promote training for relevant workforces.</li> <li>— Engage with and promote collaborative partnerships and projects designed to support implementation of evidence-based interventions to reduce inactivity and promote physical activity across the life course at health-enhancing levels at national, regional, and local levels.</li> <li>— Help to develop and support the national PACC programme advocating at local, and where applicable, national events as required and able.</li> <li>— To work closely with the Energise Me team to support and add value to local initiatives such as: Active Practices, Active Hospitals, Integrated Neighbourhood Teams.</li> </ul> | <ul style="list-style-type: none"> <li>— Positive impact on priority audience areas.</li> <li>— Linking with the rest of the Energise Me team, sharing sessions that are running across all sectors.</li> </ul> |
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## Policies, Procedures and General Requirements

- Act within Energise Me's stated values and comply with our policies and procedures.
- Ensure that Safeguarding and Health and Safety (including Risk Assessment) policies are adhered to, and concerns are raised in accordance with these policies.
- Maintain a confidential, sensitive and discreet approach to personal and organisational information, ensuring compliance with relevant data protection legislation.
- Contribute to a culture of equality and demonstrate a commitment to removing all forms of discrimination as a colleague and service provider.

- Complete Mandatory training.

## Other Requirements

- Be flexible in undertaking additional duties commensurate with the role as required.
- Travel as required to deliver the role as required.

# Person Specification

Desirable and essential skills and experience required for the role

<b>Experience</b>	<ul style="list-style-type: none"><li>– Experience of working in a range of acute clinical settings and demonstrates good clinical decision-making skills</li><li>– Experience of developing staff development and education programmes</li><li>– Experience of working with staff across a range of disciplines and levels</li><li>– Experience of health improvement programmes and their implementation</li><li>– Member of relevant professional body</li></ul>
<b>Knowledge</b>	<ul style="list-style-type: none"><li>– Degree educated or equivalent</li><li>– Understanding of health improvement programmes and their implementation</li><li>– Knowledge of the role of physical activity as a tool for primary and secondary prevention, and management of long-term conditions</li><li>– Excellent knowledge of the health and social care landscape</li><li>– Knowledge of what stops people being active</li><li>– Understanding of equality and diversity, and its practical application</li></ul>
<b>Skills</b>	<ul style="list-style-type: none"><li>– Strong organisational and time management skills</li><li>– Good IT skills with a sound working knowledge of MS Office</li><li>– Excellent interpersonal skills with confidence in presenting</li><li>– Must be an effective organiser, influencer and networker</li><li>– Must be willing to build relationships and engage with new stakeholders in order to actively promote and organise sessions when needed</li></ul>
<b>Values</b>	<p>Ability to demonstrate an understanding of and connection to our values:</p> <ul style="list-style-type: none"><li><b>Bold</b> in taking risks and speaking out about the things that need to change</li><li><b>Open</b> to different ideas and perspectives</li><li><b>Curious</b> about what stops people from being active</li><li><b>Creative</b> in how we do things and who we work with</li></ul>



## How to apply

To apply for this role, you will need to complete a short application via our online recruitment platform, Applied.

You will need to answer a small number of questions that relate to the job description and person specification. These are designed to test your ability to do the job rather than your experience.

Your answers will be anonymously reviewed by three people from.

Deadline for applications: **Monday 10th February 2025.**

Selection event will take place in Winchester: **Week Commencing 24th February 2025.** This will comprise of an interview and presentation.

For an informal chat about the role, please contact Emily Khural [emily.khural@energiseme.org](mailto:emily.khural@energiseme.org)

**If you require this job pack in an alternative format, please let us know.**

APPLY

## Terms and Conditions

<b>Responsible to:</b>	Energise Me Health Manager
<b>Location:</b>	NHS Hampshire and Isle of Wight. Omega House, Eastleigh
<b>Salary range:</b>	£46,148 per annum FTE (£22,992 pro rata). In line with NHS Band 7
<b>Contract:</b>	Permanent
<b>Hours of work:</b>	2 days per week (14hours), worked flexibly to fit in with the needs of the role
<b>Holiday:</b>	25 days paid holiday per year, pro rata
<b>Pension:</b>	Energise Me will pay 10% employer contribution
<b>Life Assurance:</b>	3 x Salary Life cover
<b>Eligibility:</b>	Applicants must have the right to work in the UK. Candidates must hold professional registration.
<b>Travel:</b>	The role will require travel across Hampshire and the Isle of Wight to deliver training (travel expenses compensated)

**The successful candidate must hold professional registration and continue to work in a clinical role alongside this post.**



# APPLY NOW

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