

Job Title: Adult Physical Activity and Wellbeing Officer

The Role

You will be delivering our mission to give everyone with spina bifida and hydrocephalus the chance to feel unstoppable.

As Physical Activity and Wellbeing Officer you will be providing vital support to improve the physical health and wellbeing of adults with spina bifida and hydrocephalus.

You will be delivering regular group activities aimed at promoting physical activity and wellbeing. You will also have a key role in promoting well-being through providing social groups, one-to-one support, and advocacy.

You will be responsible for empowering adults with spina bifida and hydrocephalus to reach their potential, coordinating physical health and wellbeing opportunities, promoting engagement and participation, building partnerships in local communities and building support networks.

You will also be the person that raises awareness of spina bifida and hydrocephalus within the community and with service providers to ensure that no one affected by our conditions feels alone.

What Spina Bifida Hydrocephalus Scotland can offer you

Flexibility – We offer flexible working, including the opportunity to work from home or around caring responsibilities.

Supportive colleagues enabling you to express yourself – Our team values teamwork, learning and continuous improvement. SBH Scotland staff gave a median score of 8 out of 10 for feeling supported to take risks with new ideas.

We also offer: Workplace pension scheme; death in service benefit; paid Carers Leave; 30 days annual leave entitlement and 4 days Public Holidays; an additional day off for your birthday and wellbeing days.

We strongly encourage applications from disabled people and those with lived experience of disability or caring responsibilities. SBH Scotland is a Disability Confident employer.

Reporting to: Senior Support Lead (Adult and Clinical Services)

Place of Work: Hybrid – Home / Dan Young Building, Dullatur.

Working Hours: 28 hours per week. The role will necessitate working some hours outside normal office hours, including evenings and weekends, to deliver group sessions.

Salary: £20,782 (£25,977 full-time equivalent salary).

Closing date: Monday 14th September

Proposed interview date: Tuesday 22nd September

Key responsibilities

To be as unstoppable as the people we support.

- To coordinate the delivery of a programme of regular activities designed to improve physical activity, wellbeing and confidence in self-management.
- To provide one to one support to people with spina bifida and hydrocephalus and their families – offering specialist information and advice.
- To work with adults with spina bifida and hydrocephalus to help them advocate for services and support with the aim of improving overall health and wellbeing.

To be a team player who unifies people around our cause.

- To liaise and work in partnership with other statutory and voluntary organisations to respond to and develop resources to meet the needs of service users.
- Contribute to developing a comprehensive database of Physical Activity and Wellbeing resources for adult service users.
- To support and motivate a small team of sessional workers and volunteers.
- To work with fundraising and communications colleagues in identifying stories that can promote the work of the charity and motivate our service users, supporters and staff.

A commitment to continuous learning and improvement.

- To provide regular analysis of the service's impact.
- To ensure that reporting and recording of all service user intervention is accurate, up to date and secure.
- To gather data and feedback to learn from failures and apply learning to improve processes and service delivery.

- To ensure all Safeguarding disclosures and regular updates are notified and recorded as per current SBH Scotland guidelines.

Person Specification – Adult Physical Activity and Wellbeing Officer

	Essential	Desirable
Qualifications/ Education	• Educated to degree level or equivalent level of relevant knowledge/experience. • Experience of working with adults with additional support needs. • Experience delivering physical health and wellbeing groups or activities to adults. • A current full driving license and use of own car for business use is required.	• A health or social care qualification or experience of working in a health or social care setting.
Knowledge	• Understanding of additional support needs. • Understanding of barriers and challenges to accessing physical activity and wellbeing services for people with additional support needs. • Computer literate and able to use databases,	• Knowledge and understanding of Spina Bifida and/or Hydrocephalus. • Knowledge of understanding of broader health issues, including arthritis, diabetes, and chronic pain.



	social media & mobile technologies. • Knowledge and understanding of Adult Protection and Protection of Vulnerable Groups. • Experience of working with adults in a variety of settings.	• Knowledge and understanding of partner agencies and support networks.
Abilities and Skills	• Excellent interpersonal skills and ability to develop constructive working relationships with adults, families and partner agencies. • Proactive, resourceful and willing to contribute to the team in the interests of overall service aims. • Able to make safe judgements in accordance with the organisation's policies on lone working. • Ability to make decisions regarding the reporting of safeguarding issues and to ensure that such decisions are made within the context of the organisation's policies. • Facilitation skills including experience in	• Creative skills

	coordinating and delivering group work. • Ability to effectively supervise and support sessional workers and volunteers.	
Personal Qualities	• Great communicator with adults and carers. • Ability to work independently and use initiative. • Resourceful and empathetic, with a commitment to a person- centered approach. • Enthusiastic and willing to learn with a “can do” approach.	