

# Job Description

## Active Futures Community Lead

<b>Reporting to:</b>	Director of Operations
<b>Location:</b>	The Rainbow Centre in Penley and / or Piercy Hall in Marchwiell with travel across Wrexham, Flintshire and Denbighshire.
<b>Salary:</b>	<b>£26,250 per annum (pro rata)</b>
<b>Hours:</b>	30 hours per week
<b>Annual Leave:</b>	33 days a year incl. bank holidays.
<b>Employee benefits:</b>	Paid travel between sites Holiday pay and pension scheme. Full training and support given. Supportive team environment where you can make a real difference and support community.
<b>Contract:</b>	Funded until June 2028 with potential to extend
<b>Closing date:</b>	<b>[TBC]</b>
<b>To apply:</b>	apply online or via application form submitted to <a href="mailto:careers@rainbowfndn.org.uk">careers@rainbowfndn.org.uk</a>
<b>Submit to:</b>	<a href="mailto:careers@rainbowfndn.org.uk">careers@rainbowfndn.org.uk</a>

If you would like to discuss the role in more detail, please contact Ian Pope at the Rainbow Foundation on 01948 830730.

### About the Rainbow Foundation

The Rainbow Foundation is an active ageing charity which has successfully worked to improve the health and wellbeing of our communities since 1994. In 2023 we were announced the overall winners of the GSK IMPACT Awards in partnership with the King's Fund, which nationally recognises our outstanding work in health and social care.

All our services put the needs of our clients and staff at the forefront of what we do. As a charity we are driven by excellence over profits.

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## Rainbow's Strategy and Vision

**Vision:** Of an age friendly community in which people lead healthy fulfilling lives as engaged citizens, with right of access to quality services both in their locality and according to their needs.

**Mission:** To empower people of all ages to retain as much independence as possible with an emphasis on rights, value and contribution,

and to support people to regain their sense of worth and discover their full potential, by supporting them in making changes to bring this potential into the world and ensuring their voice is heard.

**Our Purpose:** We are doers. We are a community. We change lives.

**Our Values:** Passion **A**mbition **R**espect **D**ignity **O**ppportunity **E**mpowerment

**Passion** – for our cause and the challenge that lies ahead

**Ambition** – to go the extra mile and drive the change that must happen

**Respect** – for ourselves, each other, our volunteers, our partners and our beneficiaries

**Dignity** – for our beneficiaries, listening and valuing their judgments and concerns to ensure they have better control over their lives; ensuring decisions are made with their input about their health or their own individual needs that is critical to a sense of dignity and self-esteem.

**Opportunity** – for our staff to create impact, and for beneficiaries to thrive by embracing the 5 ways to wellbeing; connect with others, be physically active, learn new skills, give, and pay attention to the moment.

**Empowerment** - empowering our clients to live their best life, and empowering our staff to deliver the best service possible so we deliver and achieve the most for our clients

*If you are aligned to our mission and values now is an exciting time to join team Rainbow, in a role that will be both personally rewarding and make a real difference to the lives of those we support.*

*# inclusive culture   # belong   # create real impact   # grow*

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**About Active Futures** - Active Futures is a programme of free physiotherapist led exercise classes targeting over 50's who are at risk of falls, which is delivered via the Rainbow Foundation. The classes are designed to help improve the strength and balance of attendees and reduce the risk of falls and build confidence in participants so that they can effectively manage and improve their health and wellbeing, whilst reducing frailty and the risk of hospital admission.

**About Fit Futures** - Fit Futures is a community-based exercise programme for adults aged 50 and over who want to improve their strength, balance, and overall wellbeing. Designed to help reduce the risk of falls, boost independence, and support healthy ageing, Fit Futures offers fun, peer-supported classes that focus on physical, psychological, and social health.

## Your Role: Job Summary

The Active Futures Community Lead will be responsible for facilitating and jointly delivering the Active Futures and Fit Futures classes to members of the community. This will include assessing new participants to the programme, supporting the physiotherapist and / or leading community sessions, supporting the clients to attend the peer support element of the session, where you will support clients as they build confidence in a group environment. You will also deliver educational sessions to participants through structured conversations or through facilitation of training on falls prevention for example.

Outside of the sessions, you will take on appropriate case work as required to identify 'what matters' to your clients while also addressing any frailty needs within the community. You will also offer a limited amount of support with transport needs for clients who join the classes in conjunction with our community transport service.

## Role Responsibilities:

- Effectively promote the Active Futures and Fit Futures services and engage older people in the most appropriate way, linking into other services provided by The Rainbow Foundation as appropriate.
- Promote the Active Futures and Fit Futures programmes
- Access suitable community-based venues and work in collaboration with community partners to deliver the programme more widely across Wrexham, Flintshire and Denbighshire.
- Screen new clients to access suitability to either the Active Futures or Fit Futures programmes.
- Assess attendees' mental health and wellbeing and overall physical health and frailty through a range of tools both before and after the programme.
- Work with the physiotherapist to assess the suitability of new clients
- To facilitate and deliver Active Futures classes alongside the physiotherapist
- To facilitate and deliver Fit Futures classes within the community
- Motivate attendees to engage in the classes

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- Prepare monthly progress reports on the Active Futures and Fit Futures attendance
- To monitor and report on the outcomes of the programmes through case studies of client journeys, observations and case work evidence.
- Take on case work and engage face to face with clients to identify 'what matters' to them and work to facilitate appropriate interventions.
- Help people help themselves, or one another, through initiatives that facilitate community capacity, social inclusion, strengthened community networks and sustainable caring roles.
- Help people maintain or regain independence through advice and signposting.
- Engage with clients in a friendly, courteous, prompt, and appropriate manner, using excellent communication skills and always ensuring the delivery of high-quality customer service at all times.
- To be aware of the particular needs of the client group including those unable to access services directly and to refer these clients onto other services effectively.
- Access and accurately maintain electronic/hard copy client records, calls and referrals ensuring compliance with the General Data Protection Regulations.
- Use IT equipment appropriately and effectively.
- Maintain a database of clients to assist with the monitoring of outcomes of the service.
- Adhere to all health and safety requirements both in the home and in the communities taking reasonable care not to do anything that may endanger yourself or others.
- Develop effective working relationships with all partners, stakeholders, and local organisations.

### Other duties:

- Support with transport to enable clients to access our services where required.
- Carry out additional tasks that may be required from time to time to achieve agreed service outcomes.
- Undertake continuous professional development and training, constructively participating in meetings, supervision and other events designed to improve communication and assist with personal skills development within the role.
- Maintain confidentiality of all information and records relating to the work of The Rainbow Foundation and work undertaken for monitoring and evaluation purposes.

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## PERSON SPECIFICATION

### Active Futures Community Lead

SKILLS ATTRIBUTES KNOWLEDGE AND EXPERIENCE	
<b>Essential</b>	<p>Hold a level 3 or 4 Personal Trainer qualification or similar (e.g. physiotherapist)</p> <p>Experience of working with older people and knowledge of the physiology of this client group, e.g. specialism is sarcopenia, arthritis, MSK, pain management etc.</p> <p>A good standard of education, educated to GCSE or equivalent by experience.</p> <p>Highly organised, self-motivated, and able to manage own workload.</p> <p>Non-judgemental, positive in outlook, pragmatic and a good problem solver.</p> <p>Experience in providing information to members of the public.</p> <p>Excellent communication and interpersonal skills and the ability to interact with self-assurance with a wide range of people.</p> <p>Ability to maintain confidentiality.</p> <p>Ability to present clear and concise information in different formats.</p> <p>Effective record keeping.</p> <p>Broad and confident skills in ICT.</p> <p>Flexible and responsive in your approach to work.</p> <p>A caring individual who supports the ethos of the charity.</p> <p>Ability to use own initiative yet to work well as part of a team.</p> <p>Good time management</p>
<b>Desirable</b>	<p>A background in the health sector and/or behaviour change support.</p> <p>Previous experience in dealing with service partners.</p> <p>Able to manage allocated resources.</p>

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Others	<p>Must have a car and driving licence.</p> <p>This post is subject to an enhanced DBS check.</p>
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The Rainbow Foundation is an accredited Real Living Wage employer, we have an Employment Assistance Programme in place to support our staff's wellbeing and are an Equal Opportunity employer.

