

Welcome from the Functional Fitness MOT Project Co-ordinator

June 2025

Dear Applicant,

Thank you for your interest in the role of **Functional Fitness MOT Assessor (Bank Staff)**

This is a fantastic opportunity for the right candidate to join Age UK Bexley and make a real difference to the organisation and to our clients.

We are looking for a committed and enthusiastic person to join our team of Assessors supporting our Functional Fitness MOT project to assess older people's fitness and motivate individuals to take up more weekly exercise. You will be flexible, have excellent interpersonal skills and have an interest in preventing falls and social isolation for older people.

The job description and person specification for the role is attached.

To apply, please send your CV with an additional supporting statement on no more than 2 sides of A4, explaining how you meet the person specification, to me at: geraldine.russell@ageukbexley.org.uk.

We look forward to hearing from you.

Yours faithfully,

Geraldine Russell

Geraldine Russell
Project Coordinator (Functional Fitness MOT project)

ABOUT THE FUNCTIONAL FITNESS MOT PROJECT

Age UK Bexley has been asked by the Frognal Local Care Network to deliver Functional Fitness MOT assessments to people who are experiencing some mild impairment of muscle strength and not exercising regularly (2-5 on the Rockwood Scale). The aim of the project is to increase awareness about how to prevent falls and to encourage individuals to increase their weekly physical activity.

The project has been commissioned for two years as a pilot, starting from August 2024. As we are entering the second year of the project, we are looking to recruit and train more Functional Fitness MOT Assessors to assist with the running of our outreach events and to assess and re-assess those referred to the project.

The Functional Fitness MOT assessment has been designed to assess an individual's strength, balance and flexibility which includes seven specific tests such as chair stands and one leg balance. The outcome of the assessment will be to discuss with the individual how they can improve their fitness scores with a view to preventing frailty and falls in the future. The client will leave their first assessment with a bespoke plan and information about what physical activity they can uptake. The individual concerned will then be reassessed in 4-6 months' time in order to track changes and improvements.

Assessments will take place at larger outreach events which will include wider borough health information and taster sessions. Or assessments will be delivered in targeted sessions within community groups, sheltered accommodation or Functional Fitness MOT Hubs.

JOB DESCRIPTION

Job Title:	Functional Fitness MOT Assessor (Bank Staff)
Responsible to:	Functional Fitness MOT Project Coordinator
Hours:	By arrangement-weekday, weekends and evenings (flexible/casual role)
Location:	Outreach events throughout the London Borough of Bexley. Most events will take place in Sidcup, Bexley and Blackfen.
Salary:	£15.00 per hour plus mileage allowance of 45p per mile for journeys in between same day events or transporting equipment, plus holiday pay

Job Purpose

To carry out Functional Fitness MOT (FFMOT) assessments at outreach events to assess an individual's strength, balance and flexibility. Based off the assessment scores to conduct a motivational conversation with the client to encourage an uptake in physical activity and to signpost them to local fitness activities.

Undertake training in order to understand the theory behind the Functional Fitness MOT assessment and how physical activity can prevent falls and frailty.

Main duties and responsibilities

1) Delivery of FFMOT Assessments

- a) Carry out first FFMOT assessments to assess a client's strength, balance and flexibility
- b) Explain to the client what their test scores mean and provide information about how they may improve them
- c) Having a motivational discussion with the client about what they like doing and what sort of activities appeal to them; developing an action plan with them to help them become more active and improve their functional fitness.
- d) Carry out FFMOT reassessments 4-6 months after a client's first assessment
- e) Report client feedback to the FFMOT Project Coordinator which will help to inform improvements to health and wellbeing in the local area and input into the development of additional health and wellbeing support
- f) Ensure FFMOT equipment is being safely used and secured away at the end of the event

2) Recording Data

- a) Ensure assessment scores and signposting are accurately recorded

- b) Follow the FFMOT assessment script and paperwork to ensure all assessment and impact data is gathered from the client during their first and second assessment
- c) Ensure personal and confidential data is handled securely
- d) Recording identified gaps in local provision so that new services can be commissioned.

3) Training

- a) 1 day in person training to understand the FFMOT theory, the assessment and motivational communication skills.
- b) Online training modules- Safeguarding and Data Protection

4) Event Team Working

- a) Where required, provide assessment and event support or cover for the FFMOT Project Coordinator during an outreach event.
- b) Assist with the set up and clear up of FFMOT assessment equipment and where required provide support running the outreach event.
- c) Assist with transporting equipment to/from events
- d) Work with other FFMOT Assessors to ensure the running of the assessments and appointment schedule goes smoothly.
- e) Where required to attend FFMOT Assessor team meetings

Age UK Bexley**Person Specification****Post: Functional Fitness MOT Assessor (Bank Staff)**

	Essential	Desirable
Be reliable, trustworthy and conscientious	Y	
Friendly, empathetic, patient and understanding	Y	
Good time management skills	Y	
Confident communicator with the ability to respond calmly to people in difficult situations	Y	
Inter-personal skills and the ability to develop a rapport with people with a view to motivating them to make changes in their lifestyle	Y	
The ability to be creative and “think outside the box”, to identify activities that would appeal to individual clients	Y	
A flexible approach to work	Y	
Fluent in English	Y	
IT literate and able to learn how to use new systems	Y	
Basic numerical skills	Y	
Ability to accurately record assessment data	Y	
An interest in improving the lives of older people and fall prevention	Y	
Proven work or volunteer experience in a health or fitness environment		Y
Knowledge about voluntary and statutory support and services available in the Frognal area.		Y
An understanding of the support needs of older people	Y	
The ability to acquire an understanding of and a willingness to work within Age UK Bexley Policies and Procedures	Y	