



Thank you for showing interest in working for Age UK Bromley & Greenwich. We are an independent local charity and have been working in the community to help older people for over 50 years.

With nearly 80 staff and over 250 volunteers we provide support to clients across both Boroughs.

We work in partnership with BTSE helping to deliver the Bromley Well project as well as BLG Mind working on Dementia Services and Oxleas providing Care Navigation.

Vision:

To make Bromley and Greenwich places where all can enjoy later life.

Mission:

Age UK Bromley & Greenwich will be the voice of older people in both boroughs. We will work with older people to enable, support and connect. We will promote independence and well-being.

Values:

Equality – We value diversity and strive to give equality of opportunity. We believe that the organisation and society is enriched by its diversity.

Respect – We respect the life histories of our staff, volunteers and clients. We believe in their potential and we will help to realise their ambitions.

Creativity – We encourage innovation in the solutions we adopt.

If you stand for our vision, mission and values and match the criteria in the below job specification we would love to hear from you.

A handwritten signature in black ink, appearing to read "M. Ellison".

Mark Ellison
Chief Executive

Job Title: Health & Wellbeing Facilitator

Hours: 37.5 per week

Salary: £28,200

Location: Bromley

Reporting To: Health & wellbeing Coordinator

Job Purpose: To support the residents of Bromley living with long-term health conditions through self-management workshops and groups.

Key Responsibilities:

- Collaborate closely with the Lifestyle Coordinator, other Health & Wellbeing facilitators and Community Engagement Worker to organise and deliver health and wellbeing workshops.
- Manage the day-to-day operations of the Long Term Health Conditions Programme, supporting Bromley residents with ongoing health challenges.
- Recruit and train volunteer peer health mentors for condition-specific support groups.
- Work hand-in-hand with colleagues to ensure seamless referrals to services such as Befriending, Adult Carers and Handyperson support
- Empower individuals with long-term health conditions to improve their well-being and achieve better outcomes through increased awareness of their health conditions.
- Provide support using a variety of platforms, including telephone, text, online, and face-to-face communication, aiming to help individuals make positive changes.

- Assist clients in learning about healthy eating, physical activity, medication adherence, communication with healthcare professionals, stress management, and other skills to manage their health proactively.
- Maintain accurate client records, monitor data, and produce reports as required.

What Our workshops and support groups cover:

- Healthy eating and responsible drinking
- Staying active and preventing falls
- Receiving appropriate medical care and sticking to prescribed medication
- Communicating effectively with healthcare professionals
- Accessing additional services
- Managing stress and anxiety
- Improving sleep quality and practising mindfulness
- Acquiring skills to take charge of health care decisions
- Building peer support network

We empower clients to manage their medications, gain new skills, make behavioural changes, and become experts in their health conditions. Additionally, we participate in borough-wide events to raise awareness among professionals. Creativity is encouraged to design new self-management approaches, and we actively seek client feedback to shape future services.

This job description is intended as a summary of the main elements of the job described. They may be varied from time to time in consultation with the job holder without changing the general character of the duties or the level of responsibility entailed.

Person Specification:

Essential

- Experience in communicating with clients facing sensory or communication challenges.
- A basic understanding of various long-term health conditions and their impact on physical, emotional, and socio-economic well-being.
- Awareness of safeguarding procedures, health & safety, and equality and diversity standards.
- Strong interpersonal and communication skills, both written and spoken.
- Ability to work effectively both as part of a team and independently.
- A commitment to and belief in the benefits of self-management for individuals with long-term conditions.
- A flexible and adaptive approach to service needs and user requirements.

Desirable

- Experience in the voluntary, public, or private sector, particularly with people managing complex health conditions, disabilities, or age-related issues.
- Experience in organising health and wellbeing programmes and managing group sessions, including training and coaching.
- Understanding of resources available through the statutory and voluntary sectors to support vulnerable community members.
- Experience in engaging and motivating hard-to-reach groups, including BAME communities.
- Experience supervising and supporting less experienced team members.
- Ability to identify new opportunities for developing self-management programmes.
- A full UK driving licence.

Working at Age UK Bromley & Greenwich offers a host of benefits designed to support your professional growth, work-life balance, and personal well-being:

- **Holiday Entitlement:** 27 days of annual leave (pro rata), plus bank holidays, (two days allocated over the Christmas period)
- **Pension Scheme:** All eligible employees are automatically enrolled in our pension scheme through The Pensions Trust, offering a competitive match of 5% from employees and 3% from employers.
- **Hybrid Working Options:** We support flexible working arrangements where possible to help you balance your work with other commitments.
- **Employee Assistance Programme:** Access to LifeWorks, providing 24/7 support for mental, financial, physical, and emotional well-being.

If you're looking for a role where you can make a direct, positive impact on people's lives while working in a supportive and passionate team, this could be the perfect opportunity for you. Age UK Bromley & Greenwich is committed to being a leading advocate for older adults, ensuring they receive the support and respect they deserve.

If you have any questions please contact our HR department:
hr@ageukbandg.org.uk
020 8315 1862