

JOB DESCRIPTION

JOB TITLE:	Posture and Stability Instructor
HOURS:	Flexible
CONTRACT:	Paid hourly + Mileage
LOCATION: Northumberland	The Round House, Ashington and across

PURPOSE OF THE ROLE: We are seeing a qualified Posture and Stability Instructor who has experience in planning, managing and delivering Posture and Stability classes as well as working with older people.

THE MAIN DUTIES OF THE ROLE:

We are looking for someone with a good knowledge of falls prevention and competent in delivering group exercise sessions in Care Homes across Northumberland.

You should be able to develop a class-based programme for those people who have become deconditioned over lockdown and are keen to rebuild their strength, balance and confidence.

Covid-19 has had significant impact on the older more vulnerable people. We are looking for someone who is passionate about providing a service which can directly impact older people.

The successful candidate will have excellent communication skills.

You will be expected to travel across Northumberland on a regular basis and therefore you must have a driving licence and access to a car.



VALUES:

Age UK Northumberland (AUKN) has devised a set of values which underpin the purpose, objectives and the day to day activities of those connected with the organisation. As such, employees and volunteers, including trustees, are expected to understand and 'live' the values of the organisation whilst undertaking their responsibilities and activities. Examples of 'values in action' can be found in application packs and in the performance management policy and documents.

The organisation's values are;

1. We are Respectful

We acknowledge and appreciate difference and do not judge where difference exists

2. We are Empowering

We support and enable people to take control of their lives and achieve their goals

3. We promote Equality and Inclusivity

We provide the opportunity of accessible services so as not to intentionally exclude anyone who needs our support

4. We have Integrity and are Trustworthy

We provide a reliable service and uphold our values at all times

5. We are Empathetic Finance

We provide the opportunity for people to be listened to and for their needs to be acknowledged and understood.

How to apply

Please send your CV and a covering letter to joinus@ageuknorthumberland.org.uk. If you have any questions, do give us a call on 01670 784 800.

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Making more of life in Northumberland.

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