

Senior Clinical Exercise Specialist: Heart and Lung Health

JOB DESCRIPTION

ROLE: Senior Clinical Exercise Specialist: Heart and Lung Health

RESPONSIBLE TO: Head of Physical Activity

LOCATION: St Charles Centre for Health and Wellbeing (W10 6DZ). Travel to other community venues and Open Age sites will also be required with occasional home working when the role permits.

HOURS: Full time (35 hours per week) until December 2026 with potential to extend subject to funding being available.

JOB PURPOSE: The job role is divided into three components:

- 1) To coordinate a community-based heart and lung health programme engaging Black Caribbean and African older adults in Kensington and Chelsea.
- 2) To work in partnership with three local organisations who work with global majority groups.
- 3) Delivery of heart and lung health classes, as well as wider health provision including, however is not limited to, healthy eating, healthy cooking and blood pressure checks.

MAIN RESPONSIBILITIES:

- To develop and be responsible for the smooth running of a community-based heart and lung health programme working closely in partnership with our three project partners (WAND UK, 50+ Eritrean and Pepper Pot).
- To work as an autonomous practitioner in the delivery of approximately six weekly, safe and effective exercise classes across our heart and lung health exercise programmes. Specifically delivering:
 - Heart health classes which aim to reduce the risk of heart and circulatory conditions.
 - Lung health classes which aim to reduce the risk of, or manage the effects of, breathing conditions such as COPD and asthma.
- To assess the exercise capacity of those participating in group exercise and adapt and progress as appropriate in a culturally sensitive manner.
- To co-ordinate and recruit appropriate contractors for the delivery of the healthy cooking programme.
- To be competent in the completion of outcome measures.
- To collate data with reports from partner organisations to assess the effectiveness of the heart and lung health programme.
- To support in managing project budgets, ensuring that activities run according to planned budget.
- To attend multi-agency meetings to ensure a coordinated and integrated programme.
- To promote and market the service to increase reach within our targeted communities.

- To conduct essential administrative tasks involved with the coordination of the programme such as report writing, managing referrals and bookings, keeping accurate registers, and ensuring appropriate forms and documentation are completed.
- To promote the general benefits of physical activity and healthy eating for older people across community organisations.
- To communicate effectively with participants to promote long-term adherence and progression of exercise and healthy eating.
- To provide health promotion talks and taster classes to groups in the community and provide appropriate information to increase participation in physical activity.
- To maintain a high standard of clinical competence by personal study, attendance at appropriate training sessions/courses, reflective practice and constructive use of supervision.
- To maintain an up to date in depth knowledge in the field of evidence-based exercise interventions.
- To participate in audits and evaluation of best practice as required.
- To work flexibly within the job description and to carry out any other duties as required supporting the changing needs of the projects.

PERSONAL ATTRIBUTES AND EXPERIENCE:

- A recognised degree level qualification in a related field such as Sport/Exercise Science/Sports Therapy or equivalent experience
- BACPR/Exercise Referral/Exercise Training for Chronic Respiratory disease/Chronic Respiratory Disease/Nutritionist qualified or willingness to undertake
- Minimum of one year experience of working with older adults in a variety of community settings. Leading group exercise classes and 1:1 exercise sessions.
- Experience of prescribing exercise for people with a variety of medical conditions
- Experience of partnership working
- Reliable, flexible and the ability to manage time effectively whilst juggling multiple timetables and classes
- Ability to work on own initiative and as part of a multidisciplinary team
- Strong IT and report writing skills and the ability to interpret data
- Excellent attention to detail
- Excellent interpersonal skills and the ability to build great relationships with partners, members and work colleagues
- Excellent communication skills – verbal and written
- Well motivated and enthusiastic
- Ability to work with a wide range of people and professional groups
- Ability to cope with change
- Ability to travel throughout the area on a daily basis