

**Vision:**

To play our part in reducing inequalities that exist within society.

**Job Description**

**Job Title:** Find Your Active Navigator

**Location:** Chelmsford & Braintree District (Essex).

**Closing date:** 22<sup>nd</sup> May by 1700

**Responsible To:** Head of Coaching

**Accountable To:** Operations Director

This role is hosted by Sport for Confidence and supported by Active Essex.

<b>Contract</b>	1-Year Fixed Term
<b>Time</b>	22.5 hours per week, 7.5 hours per day (9-5). Monday, Thursday & Friday. Flexibility available.
<b>Salary Range</b>	£24,000 - £28,000 FTE depending on experience
<b>Location(s)</b>	Chelmsford City and Braintree District + Office Space in Chelmsford City Centre as a base.
<b>Annual Leave</b>	Pro rata 33 days annual leave (Full time equivalent including bank holidays)
<b>Employee Benefits and Wellbeing</b>	<ul style="list-style-type: none"> <li>○ An opportunity to make a real difference and impact to people’s lives locally in your community!             <ul style="list-style-type: none"> <li>○ Occupational sick pay</li> <li>○ Enhanced parental leave &amp; family friendly benefits</li> </ul> </li> <li>○ Excellent training opportunities including two specific dedicated weeks to CPD annually             <ul style="list-style-type: none"> <li>○ Flexible working</li> <li>○ Two volunteer days yearly</li> <li>○ Dog friendly office</li> <li>○ Eyecare scheme</li> <li>○ Free flu vaccination</li> </ul> </li> </ul>
<b>Closing date</b>	22 <sup>nd</sup> May at 1700

**Purpose:**

The Find Your Active (FYA) Navigator role will support for the Find Your Active campaign in communities across Chelmsford & Braintree and will be a part of a countywide network of Navigators. The aim will be to support the capacity and capability within the community to increase access to physical activity, especially for individuals who face barriers to being active.

Navigators will work with in partnership with local organisations and use a variety of communications channels to engage individuals in local opportunities. Working closely with Active Essex the role will share knowledge and help build an infrastructure of community support through Find Your Active delivery organisations and ambassadors.

The role will be hosted by Sport for Confidence, and as such, the role will work with both teams from Sport for Confidence and Active Essex, working collaboratively to support individuals to find their active.

**Sport for Confidence**

Sport for Confidence CIC is a pioneering and award-winning Social Enterprise which has the strategic aim of addressing inequalities in sport and physical activity participation. We want to tackle inequalities that marginalised groups encounter when seeking to be physically active, through creating inclusive community spaces and opportunities to be active, which promote empowerment, choice and independence.

Leisure Centres are community assets that should be accessible to everyone, as a focal point of community-based engagement. In its simplest form, the existing Sport for Confidence model is concerned with placing Occupational Therapists directly into leisure centre environments, with the overall aim of improving the experiences and opportunities for people facing barriers to participation in sport and physical activity. Making these reasonable adjustments helps to create inclusive sporting opportunities for people who face barriers to participation, including those with learning disabilities, mental health issues, people living with dementia, autism, physical impairment or disability, homelessness, and many other complex health needs.

Occupational Therapists at Sport for Confidence use physical activity and the wider leisure centre environment as a therapeutic tool to support individuals to work on identified performance skills. Interventions are varied and creative with a focus on occupational outcomes which are transferrable to the individual's daily routine and home life.

Coaches will improve a participant's experience of sport and physical activity by providing specialised support and guidance aligned to their individual needs. All of our coaches follow the professionals standards set out by [CIMSPA](#) and work in partnership with our Occupational Therapists.

## **Key Responsibilities:**

### **Identifying Needs and Opportunities**

Insight: We recognise that inactive individuals face barriers to physical activity due to a variety of factors, this could include geographical location and community resources. By identifying needs and opportunities within the specified area, we can tailor our support effectively.

The post-holder will use an Asset-Based Community Development Approach to help identify and understand the assets within specific neighbourhoods and identifying where additional support is required. This could involve relationship building, attending networks and event, and electronically mapping information gained.

### **Providing Support and Guidance:**

Insight: Inactive individuals often encounter challenges such as lack of motivation, confidence, or knowledge about available activities. We know that offering personal guidance and connecting them to local options will empower them to overcome these barriers.

The post-holder will need to offer support and guidance to individuals within the community who are not physically active. This could include connecting them into a local activity in their community and/or empowering individuals to access activity on their own terms by providing a variety of choices/opportunities.

### **Promotion and communication:**

Insight: We understand that individuals seeking to get active will need effective communication to understand what is available for them, as many will use various channels to seek those opportunities.

The post-holder will use a range of methods to communicate physical activity opportunities to individuals looking to get active via telephone, email, Facebook or face-to-face. Including, engaging with and promoting Find Your Active at one-off events.

### **Building Relationships and Awareness Raising:**

Insight: We know community organisations and services play a vital role in supporting physical activity as they will know their communities needs/wants.

The post-holder will need to ensure local services and community organisations are aware of the support you can offer to individuals and how they can be involved with 'Find Your Active' Campaign. May include attendance at one-off local events, encouraging organisations to sign up sessions to the Essex Activity Finder.

### **Evaluation and Feedback:**

Insight: We know that regular evaluation allows us to measure our impact and adapt our approach when necessary, in order to give the best possible support to those who need it.

The post-holder will need to gather case studies of individuals supported and report monthly on effort towards the above responsibilities. Including being part of a 'Community of Practice' where learnings are shared with others in 'FYA Place Navigator' Roles.

### Other responsibilities

- Promote service within the local area through networking.
- To attend relevant organisational meetings with Sport for Confidence staff.
- Take part in supervisions and mandatory & CPD training requirements
- Liaise and connect with the national Sport for Confidence team
- To contribute to service development through innovative ideas and creation of resources
- Advocate and influence the effects of sport and physical activity
- To complete participation numbers for statistical purposes through registers.
- To participate in audits, data collection, research and evidence-based practice.
- Be involved/supportive when presented opportunities through our specialist provision department.
- Keep outlook calendar up to date.
- Supervise students when appropriate
- To comply with policies and procedures regarding annual leave, sick day and time owing.

### Our Values



**Person Centred**



**Inclusive**



**Passionate**



**Innovative**



**Caring**

**Person Centred** – adopting a person centred approach with every participant we support to promote choice and independence and by involving the voices of the participants with service development ideas.

**Passionate** – we are passionate about people and passionate that sport and physical activity has the power to make a difference in people's lives.

**Innovative** – it's in our nature to think differently and use our collective intelligence to be innovative in our models of practice.

**Caring** – we commit to creating a culture of kindness, a caring and respectful environment for our participants, employees and providers.

**Inclusive** – we strive to design and embed an inclusive blueprint throughout the whole organization which creates opportunities for all individuals to participate in physical activity and accomplish personal goals.

## Who are we looking for?

*Someone brilliant, kind, and confident!*

### Ideal Criteria

- Understanding of local knowledge
- Experience working with physical activity, and understanding of its power to support overall health and well-being
- A great communicator and individual that matches our values.
- Passionate, enthusiastic and innovative!
- Dynamic and brave!
- Experience of connecting and collaborating with organisations
- Able to use initiative, good organisational skills and strength with autonomy

### Desirable

- Experience with working with disabled people and or those with long term health conditions
- Ability to travel across the identified areas
- Keen to develop and learn more about the power of physical activity as a promotion tool for good health and prevention tool for ill-health.
- Knowledge of proportionate universalism
- Thorough knowledge of the role the Active Partnership play – Active Essex

### Apply!

If you are interested in the role, please do get in touch through our [careers@sportforconfidence.com](mailto:careers@sportforconfidence.com) email account.

We would like to see a CV and cover letter, but also open to video entries and or other accessible means of declaring an interest!

If you would like to discuss the job over the telephone, please contact:

Jake Turner, Operations Director, 07566200070.

Hollie Wood, Relationship Manager, 07738885121.