



Senior Health Improvement Manager – Physical Activity

Job Description

Contract	Up to 37 hours per week Permanent subject to funding
Salary	Band D- £32,246.24 to £35,555.52 per annum
Reporting to:	Director of Health Improvement
Accountable to:	Healthworks CEO

JOB PURPOSE

To provide overall leadership for the service; building a strong and skilled team to provide a service dedicated to making a difference to enable all people to become more active more often and in doing so, improve their physical and mental health.

To work with partners to address health inequalities and their impact on the health of the people within our population, understanding the impact of the coronavirus pandemic, the social determinants of health and the impact these have on our most disadvantaged communities

To develop and deliver relevant social media and website content.

MAIN DUTIES AND RESPONSIBILITIES

*The following is typical of the level of duties which the job holder could be expected to perform. It is **not** exhaustive and other duties may be expected to be performed by the post holder from time to time, where deemed necessary.*

- Leads on a service delivering an excellent experience for people with long term health conditions or who are new to physical activity, with the aim of

improving their: confidence, health literacy, management of their condition and quality of life.

- Maintain current service level agreements and shape new commissions and business opportunities.
- Initiates new projects, in partnership with the HWN senior management team, following appropriate project management methodology and ensuring strategic alignment with other HWN teams.
- Determines with others, overall staffing requirements, aligned to service programme design, ensuring that the right people are in the right place, at the right time, with the right skills and competencies.
- Identifies variance in service delivery data, sharing information with the Director of Health Improvement via monthly reports.
- Develops, discusses and implements any change seen as imperative to enable the service to achieve quality objectives whilst remaining within scope and budget.
- Provide excellent management support to Health Improvement in all aspects of physical activity.
- Engage and communicate with our service users and partners through social media and online channels
- Communicates the service vision to the team clearly so that expectations are fully shared and understood
- Ensures that a robust system of staff supervisions and annual appraisal supports a culture of continual improvement across the team.
- Reviews standard operating procedures relevant to the team regularly to ensure that they are fit for purpose and well understood.
- Develops and maintains a productive working relationship with relevant commissioners, grant funders and project sponsors
- Ensures that all team members have the tools and training required to perform effectively and provides the team with constructive feedback on performance.
- Responsibility of the maintenance of our two gyms in partnership with the Buildings Manager.
- Delivery of physical activity classes and one to one support to clients.
- Assist accurate levels of monitoring and data collection and provide information as required, to maintain performance monitoring standards.
- To promote and implement Healthworks policies in all aspects of service delivery, with especial reference to equal opportunities
- Responsible for ensuring that risk assessments are carried out at the Centre and related settings and that the requirements of all Health and Safety policies and procedures are met.

October 2026

Person Specification

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Specification	Essential	Desirable
Qualifications	• Exercise Referral Instructor (REPs Level 3 minimum) • Willingness to work to achieve: ○ Level 4 Falls Management Exercise (Postural Stability Instructor) ○ Level 4 Cancer Rehabilitation	• A degree in a relevant subject • Level 4 Falls Management Exercise (Postural Stability Instructor) • Level 4 Cancer Rehabilitation (awarding bodies must be REPs recognised)
Experience and knowledge	• A minimum of 2 years of experience of working with people with long term conditions (post Exercise Referral qualification) • Experience of working with de-conditioned clients • Line management or leadership experience • Experience of medium and long term service development planning • Experience of financial planning and working within a set budget • Good working knowledge of Microsoft Office packages	Have experience of • Working for a charity • Working in areas of deprivation • Working with volunteers
Skills and abilities	• Ability to work within the professional role boundaries that apply to this post (i.e. it is not a clinical role)	• Has a full driving licence and own car.

	• A good basic understanding of the following conditions and how to programme physical activity according to individual need: ○ respiratory conditions ○ musculoskeletal conditions ○ cardiovascular conditions ○ low level psychological/mental health issues ○ metabolic conditions • Has a thorough knowledge and understanding of: ○ the importance of positive health behaviours ○ the theories of behaviour change ○ how to work within professional boundaries ○ risk assessment and risk management ○ safeguarding of clients, staff and the general public ○ data protection legislation and general client confidentiality • Ability to engage service users and other agencies through social media and other online channels or a willingness to learn and develop these skills.	
Personal attributes	• Passionate about supporting people to be able to take more control of their health • Non-judgemental • Possess strong interpersonal skills (especially active listening) • A good problem solver and positive thinker	

	• Aware of the importance of keeping up to date with current research and practice in this field • Have a good level of personal physical fitness to meet the requirements of the role	
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