



scottish sports futures



LOTTERY FUNDED



**SCOTTISH SPORTS FUTURES**

**MYTIME ACTIVE**

**JOB DESCRIPTION**

**JOB TITLE:** MEND 7-13 Sessional Theory Leader

**REPORTS TO:** Local Project Coordinator

**LOCATION:** East Glasgow

**SALARY:** £12 p/h

**MAIN PURPOSE**

Scottish Sports Futures, through Mytime Active has recently been awarded funding from the Big Lottery Fund as part of the ‘Healthy Powerful Communities’ project to support a range of services aiming to halt the rising levels of obesity and increase participation in physical activity. The services will be available to children, young people and their families locally across 3 key regions in Scotland. These will contribute significantly to achieving the ‘Supporting Great Ideas’ objective ‘people and communities are healthier’.

The MEND (Mind, Exercise, Nutrition...Do it!) Programme was developed at Great Ormond Street Hospital for Children and the University College London Institute of Child Health and is one of the UK's most innovative and effective obesity prevention and treatment programmes for 7 to 13 year old children (and their parents). The MEND Programme is a 10-week multi-component healthy lifestyle programme encompassing education on healthy eating, fun games to stimulate an active interest in physical activity and behaviour modification techniques to boost self-confidence.

The MEND programme will work in partnership with the Active East programme which aims to create a legacy from the 2014 Commonwealth Games for young people in the East of Glasgow by increasing levels of physical activity and building skills through volunteering.

**SUMMARY OF RESPONSIBILITIES AND DUTIES**

In this post you will be responsible for a wide range of duties including, but not limited to the following:

The MEND Mind and Nutrition Leader’s primary responsibility is to successfully deliver 10 week programmes (2 sessions per week).

In this post you will be responsible for a wide range of duties including, but not limited to the following:

- MEND Mind and Nutrition Leaders are responsible for leading the 2x measurement sessions and 18 x 1 hour Mind (behaviour change) and/or Nutrition sessions.
- Where two Leaders are working together they will each lead one session per week. Ideally, one person will run all Nutrition sessions, while the other leads all Mind sessions. In this scenario, each will run 10 x 1 hour MEND sessions.
- Additionally there are Recommended Parents’ Discussion sessions (10 x 30 minute structured sessions).
- MEND Leaders are responsible for accurate collection and recording of children’s data at the Meet the Leaders and Pre-programme measurements as well as the Post-programme measurement session (each of these is a 2 hour session).
- Leaders are required to allow **approximately 42 hours** to deliver the Programme over 10 weeks,



broken down as follows:

- 27 core hours that include delivery of MEND Mind and Nutrition sessions, measurement sessions and Recommended Discussion groups

**(\*Additional preparation time for your sessions prior to delivery may be required. The amount of time needed will vary depending on background, experience and skills)**

- 10 hours set up, tidy up and additional conversations/questions
- 5 hours for the Group Reward (held after the end of the Programme)

#### **EXPERIENCE/ SKILLS**

- It is essential that MEND Mind and Nutrition Leaders have experience of managing/facilitating large groups and that they feel confident in doing so. Ideally this experience should include working with children and families
  - MEND Mind Leaders will ideally have a background or training in behaviour change.
  - In addition to the ability to work with, and manage, large groups, the Mind and Nutrition Leader(s) must also be able to motivate and inspire the group
  - Mind and Nutrition Leaders **must** possess Enhanced PVG clearance (preferred candidates will be supported to obtain this).
  - Mind and Nutrition Leaders **must** have successfully completed MEND Programme Theory training and deemed suitable before they deliver a MEND Programme (all Leaders will receive a certificate as evidence of completing the training).
  - Mind and Nutrition Leaders may need to hold a current First Aid certificate (at least one member of the Delivery Team must be First Aid qualified)
  - Mind and Nutrition Leaders should familiarise themselves with the location and availability of the First Aid kit and the presence of a First Aid officer on site
  - Have completed Child Protection Training
- Most sessions will be in the evenings and weekends

#### **KNOWLEDGE**

- Awareness of local obesity levels and health priorities
- Basic understanding of nutrition in relation to health improvement and benefits of specifics relating to healthy lifestyles and weight management.
- Knowledge and understanding of the Patient Confidentiality Act and the Data Protection Act.
- Knowledge and understanding of the local community.
- Knowledge of local services and how to help others to use them.



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- Ability to use generic software packages e.g. Microsoft Word, Excel, PowerPoint.

**QUALIFICATIONS:**

**Desirable:** Nutrition / dietetic related qualification

**CONDITIONS OF EMPLOYMENT:**

- Conditional upon enhanced PVG employment/education references, and is exempt from the Rehabilitation of Offenders Act.

**For additional information, please contact Kirsty Partridge – email: [kirsty@ssf.org.uk](mailto:kirsty@ssf.org.uk) 0141 5881567**

<b>DATE OF LAST REVIEW: December 2014</b>	<b>PREPARED BY: Kate Underwood</b>
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