



## Job Description

- Job Title:** Healthy Families Practitioner –  
Best Start service, City of London and Hackney
- Base:** Children's Centres in City of London and Hackney
- Reports to:** Service Manager, Best Start service in City of London and Hackney
- Salary:** £23,391 - £26,342 pro rata dependent on hours
- Band:** C
- Working hours:** One full-time or two part-time posts available (three year contract)
- Job purpose:** To provide healthy lifestyle support to parents and children under 5 years as part of the new HENRY Best Start service working across the London Borough of Hackney and the City of London. The service will provide universal and targeted support to reduce levels of obesity amongst 0-5 year olds for young children and reduce health and social inequalities.

### Key Responsibilities:

- 1 Work as part of the Best Start Team to deliver HENRY *Healthy Families* programmes and workshops to families of children under 5.
  - 2 Promote healthy lifestyle messages and services, increase take-up of Healthy Start vitamins and vouchers and support the development of materials and resources.
  - 3 Support practitioners working in children's centres.
  - 4 Monitor and track outcomes to measure impact.
- 1 Work as part of the Best Start team to deliver HENRY *Healthy Families* programmes and workshops to families of children under 5**
- Using a partnership and strengths-based approach, deliver and support healthy eating workshops and sessions to equip parents with the knowledge, skills and confidence to enable their children to maintain a healthy weight and develop healthy lifestyle habits.
  - Deliver 8 week HENRY *Healthy Families* programmes to families of young children who are overweight or obese or at risk of overweight and obesity.
  - Support Best Start volunteer mentors delivering the 1-to-1 *Healthy Families* programme to parents.
  - Signpost parents to other sources of support available in children's centres and help them access relevant information, including online.
  - Discuss families with specialist or complex health needs to the Senior Practitioner and/or the Service Manager to identify appropriate pathways for onward referral.
  - Ensure any safeguarding concerns are brought to the attention of the local HENRY designated safeguarding lead (Service Manager) and/or discussed with HENRY's safeguarding lead (Head of Service Delivery).

## **2 Promote healthy lifestyle messages and services, increase take-up of Healthy Start vitamins and vouchers and support the development of materials and resources**

- Work with the Senior Practitioner to identify resource needs and develop promotional materials.
- Creatively promote Healthy Start vitamins and vouchers to eligible families and children to increase take-up.
- Undertake outreach, attend events and develop ways of engaging families who find services hard to reach, involving volunteer mentors as appropriate.
- Recruit families to workshops and *Healthy Families* programmes
- Support the development of culturally appropriate and parent-friendly resources for use in early years settings, children's centres and community groups.

## **3 Support practitioners working in children's centres**

- Encourage and support partners and children's centre practitioners in engaging families in workshops and recruiting to *Healthy Families* group and 1-to-1 programmes.
- Co-deliver HENRY *Healthy Families* programmes with team members and/or HENRY-trained children's centre staff.
- Engage children's centre practitioners in running follow-up sessions or focus groups.
- Provide regular knowledge updates and support the embedding of healthy eating and physical activity in children's centre sessions for families.

## **4 Monitor and track outcomes to measure impact and drive improvement**

- Ensure feedback and monitoring information is gathered and recorded for all services and accurately collect relevant data.
- Share agreed data with children's centres for recording on Estart.
- Use qualitative and quantitative data analysis to inform practice, respond to individual needs and drive service improvement.
- Work with the team leader to conduct, and participate in, annual focus groups with parents and families to determine the effectiveness of support provided and identify areas for improvement.

## **5 General duties for all staff**

- Build respectful relationships, understanding the impact of your behaviour on others and being willing to adapt it when necessary.
- Work effectively as a member of the team by consulting and sharing information with colleagues, managing your time to meet deadlines and preparing for meetings.
- Maintain clear and accurate records.
- Communicate effectively with partners.
- Comply with all organisational policies and procedures.
- Support own development through on-going reading, research and supervision.
- Other duties and responsibilities as negotiated with the post holder.

## Person specification

	<b>Essential</b>	<b>Desirable</b>
<b>Qualifications</b>	Degree level or equivalent in a relevant field e.g. social care, health, nutrition, early years	Qualified nutritionist Postgraduate qualification in a relevant field
<b>Experience</b>	Working in a community setting with groups and individuals Working with children and parents Delivering support within a person-centred and partnership approach Working with disadvantaged groups and families from a wide range of ethnic and cultural backgrounds	Delivering interactive training to practitioners and/or parents Working with children and families with special needs and disabilities Measuring outcomes and impact Working with and supporting volunteers Outreach activity
<b>Knowledge</b>	Evidence-based and reflective practice in relation to healthy eating and activity for the under 5s and their families Behaviour change and motivational strategies Understanding of children's centre aims and activities Understanding of local health needs Safeguarding policies and procedures Effective promotion and outreach	Public health and early years policy Fluent in one or more community language(s)
<b>Skills and attitudes</b>	High motivation to contribute to HENRY's work Commitment to excellence in service design and delivery Working effectively as part of a team Empathic and non-judgemental, skilled at providing information and support using a partnership approach Excellent interpersonal skills – able to build respectful and sensitive relationships with families and multi-agency partners Committed to upholding diversity and equality of opportunity principles Willingness to work flexibly, including evenings and weekends as required, to reach families	
<b>Ability</b>	Able to travel and work across Hackney and the City of London	

It is the responsibility of individuals registered with a professional body to:

- act within the professional body's Code of Practice
- maintain their work profile and ensure revalidation standards are met
- assist junior registered staff in achieving revalidation
- contribute to and participate in the development of staff and practice through leading projects and supporting training
- ensure optimum use of working time

**Note:** This post requires a satisfactory DBS check