



## Role Description

<b>Job Title:</b>	'Cooking for a Better Start' Facilitator
<b>Base:</b>	Venues within Better Start Bradford area
<b>Reports to:</b>	Cooking for a Better Start Coordinator
<b>Salary:</b>	£450 per 6-week programme
<b>Working Hours:</b>	A total of 5 working days (based on 7.5 hour days) for each programme (including preparation, delivery and review).

'Cooking for a Better Start' is a six-week programme delivered by HENRY. The Better Start Bradford programme is supported by the Big Lottery Fund, using National Lottery funding, to help children in Bowling and Barkerend, Bradford Moor and Little Horton get the best start in life.

### Role Purpose

To deliver Better Start Bradford's six-week 'Cooking for a Better Start' cooking programme to groups of parents whose children are under four years of age and who live in the Better Start Bradford area. To engage parents and support them in making healthy lifestyle choices through the development of new skills in planning for, preparing and cooking healthy, nutritious family foods.

### Key Responsibilities

- 1. Deliver programmes to groups of families ensuring all quality assurance processes are met**
  - Plan, prepare and deliver the group programme to parents in accordance with the facilitator handbook and session guides, modelling the HENRY approach and skills and shaping sessions in line with feedback
  - Build and maintain supportive and collaborative relationships with local parents participating in programmes, including keeping in touch between sessions and texting session reminders and links to useful media sites/information
  - Complete facilitator review forms at the end of each session reflecting on your practice and sharing feedback with your line manager.
  - Seek support from HENRY as required to address issues that arise during delivery
  - Attend regular group supervision provided by HENRY
  - Systematically complete programme paperwork in a timely and organised manner and submit within one week of delivering the programme.



## **2. General responsibilities for all members of the HENRY team**

- HENRY is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment and to be responsible for reporting any safeguarding concerns
- 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.
- 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

	Essential	Desirable
<b>Qualifications</b>	<p>Good GCSEs (grades A-C) including English and Maths or equivalent e.g. NVQ Level 2 / CACHE / BTec etc.</p> <p>Successful completion of the following trainings:</p> <ul style="list-style-type: none"> <li>• HENRY Core Training</li> <li>• HENRY Group Facilitation Training OR Health Improvement Training</li> <li>• Food Hygiene training</li> </ul>	<p>Qualified Nutritionist or nutrition related knowledge and experience</p>
<b>Experience</b>	<p>Direct work with parents or families</p> <p>Delivering experiential and interactive training and/or group work including HENRY programmes</p> <p>Experience of preparing and cooking nutritious family meals</p> <p>Community engagement work with parents and / or families</p>	
<b>Knowledge</b>	<p>Values and principles of working in partnership</p> <p>Working knowledge of health and early years services in Bradford area</p> <p>Healthy lifestyle and obesity prevention Effective approaches to supporting behaviour change</p> <p>Knowledge and awareness of safeguarding</p>	<p>Working knowledge and understanding of one or more community languages</p>
<b>Skills and attitudes</b>	<p>Excellent facilitation and interpersonal skills</p> <p>Proficient cooking skills including in planning, preparing and cooking healthy, balanced meals</p> <p>Ability to motivate others, share feedback and inspire excellence</p> <p>Willingness and ability to take the initiative not only in identifying problems but also in suggesting and implementing solutions</p> <p>Commitment to reflective practice and ongoing learning and development</p> <p>Excellent communication skills (verbal, written and IT)</p> <p>Able to travel across the Better Start Bradford area</p>	

