



Lorn & Oban Healthy Options Ltd.
Physical Activity, Health & Wellbeing Practitioner

- Location:** Oban Based
- Hours:** Depending on qualifications/experience of person recruited:
- **Level 3 practitioner at 30hrs per week**
- OR**
- **Level 4 practitioner at 25hrs per week**
- Duration:** 2-year fixed contract
- Salary:** £25,468 – £30,019 depending on experience

Closing date 12th July 2024
Interviews scheduled for 23rd July 2024

We are an innovative, dynamic community health social enterprise committed to supporting people in North Argyll to improve their health and wellbeing. Since its inception in 2011, Healthy Options has used evidence and experience to define its model, becoming an exemplar in delivering exercise rehabilitation, supported self-management and community health & wellbeing improvement programmes.

This exciting post is in partnership with Argyll & Bute HSCP's 'Living Well Programme'; an Argyll and Bute wide service development aimed at taking rehabilitation services out of hospital or clinical settings and into the community, supporting more people to improve their health and wellbeing by utilizing community assets in a proactive and holistic approach.

The post holder will:

- Hold a CIMSPA recognised exercise professional qualification (minimum L3).
- Have sound knowledge of rehabilitation and be competent to design and deliver personalised activity programmes with clients on a co-production basis.
- Be competent to work in a time efficient and effective manner without direct supervision.
- Meet governance and accountability requirements in relation to caseload management and workload capacity.
- Be a proactive member of the community multi-disciplinary team, networking and communicating with colleagues in health and wellbeing services (statutory and third sector).
- Demonstrate due diligence contributing to and completing monitoring and evaluation systems.
- Be committed to undertaking training and continuous professional development as necessary and relevant to the post.

We are looking for a professional, dedicated, empathetic, enthusiastic individual who is a team player with a passion for community led health.

Please email: info@lornhealthyoptions.co.uk for a full job description and application form.

Registered Charity: SCO41998

Company Registration: SC383167