



Healthier Me Coach

Sutton, Kingston Upon Thames and Merton.

Please note: The working days for this role are Tuesday, Wednesday and Thursday.

About the Team and the Role

Are you ready to make a difference with people with a learning disability?

The **Healthier Me Coach** is key to the delivery of our exciting new programme at Mencap – Healthier Me.

Healthier Me aims to **improve health outcomes for people with a learning disability.**

Some key responsibilities of the Healthier Me Coach include:

- **Supporting** people with a learning disability to improve their understanding of - and access to - health and wellbeing.
- **Empowering** personal support teams and partner organisations with better tools to support health and wellbeing.
- **Working with** the community to make health and wellbeing offers more accessible for people with a learning disability.
- **Coaching** people with a learning disability to set and achieve personal health goals (training provided).
- **Delivering** Healthier Me workshops to a range of audiences (training provided).
- **Completing** reporting required for internal and external monitoring, accurately and on time.

- **Managing** a colleague with a learning disability, the **Healthier Me Champion**.
- **Engaging** and building relationships with a range of stakeholders including people with a learning disability, Mencap service teams, Mencap Network Partners, community organisations, health professionals, families and carers.

In this role you will be working within a team of Healthier Me Coaches across England, Wales and Northern Ireland. You will work both independently and collaboratively. You will report to the Healthier Me Programme Manager.

The Healthier Me Coach will use a community-led approach - giving people we support and the wider community opportunities to contribute and be part of local solutions. The coach will establish strong working relationships that enable Mencap to secure positive outcomes for people with a learning disability.

What you will bring to the role (Essentials)

- Passionate about making health and wellbeing accessible.
- Excellent communication and relationship building skills.
- Judgement/troubleshooting skills.
- Demonstrable experience of working to targets, effective record keeping and reporting.
- Excellent team working skills and ability to work independently.
- Good ICT skills.
- Driving licence and access to vehicle. Willingness to travel within area of operation.
- Experience of supporting people or community-based projects.
- A proactive, motivated and positive approach to the work.
- Willingness to work occasional evenings and weekends.

Please note: This job description is not intended to be exhaustive. Duties and responsibilities may evolve over time to reflect the needs of the organisation and the role.



We are **passionate**
about making the
world a better place



We are **positive**
in our work and
with each other



We are **brave**
we challenge and
try new things



We are **kind**
to everyone



We are **inclusive**
of everyone



“This isn’t just a job - it’s a chance to help change the lives of people with a learning disability and their families. If you’re passionate about making a difference, join Mencap in building a more inclusive future.”

Mencap and our Commitment to Safeguarding

Mencap is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults, and expects all staff and volunteers to share this commitment.

Successful applicants will be subject to appropriate pre-employment checks, including references and, where applicable, an enhanced Disclosure and Barring Service (DBS) check.



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