

EXCTING NEW WORK OPPORTUNITY:

iCan Wellbeing Group CIO are currently looking for an enthusiastic and reliable new team member to join our innovative and expanding organisation in the Mid Copeland area of West Cumbria. Funding has been secured for until October 2025 to work with the community of Mid Copeland helping to improve their health, wellbeing and neighbourliness.

We are looking for a person dedicated to improving the lives, health, and happiness of their community through health and wellbeing activities. This is a physical role, teaching exercise, (full training provided), alongside promoting community engagement and neighbourliness.

This is a flexible role, working 12-16 hpw with the potential of undertaking additional delivery in West Cumbria. Working days may include some weekends/bank holidays depending on project delivery. Wage is £15 per hour gross.

Suitable candidates may be employed or self employed under contract depending on need.

**Job Title:** Exercise & Community Engagement Co-ordinator

**Working Hours:** Flexible to cover the requirements of the project with a minimum of 12 hours per week with the potential of undertaking other projects in West Cumbria.  Some weekends and bank holidays may be required.

**Wage:** £15ph gross

**Contract:** Funding secured until October 2025.

**Start date:** September 2024 ( training provided)

**Responsibilities:**

* Networking and liaising with communities in Mid-Copeland include Thornhill, Gosforth, Seascale, Drigg, Nethertown, to arrange and deliver a 6-week programmes which improves participants health, social isolation and allows for neighbourliness groups to form.
* The post holder requires good organisational skills in order to deliver the project plan.  This will include:
* Planning and preparation of sessions e.g. booking venues and scheduling dates.
* Manage and monitor the project budget, reporting when requested to a member of the senior team.
* Marketing the project to local stakeholders and the public through a range of media and communication avenues.
* Collating outcome data for the project on a weekly basis including case studies, registers and feedback reports.
* Lead and deliver exercise classes as required either chair-based exercise or bellicon (trampoline) rehabilitation workouts (full training provided).
* Manage Activity Coach to support project delivery as required.
* Manage and ensure the WOW facility is maintained to a high standard at all times.

Working alongside existing team members to aid training and facilitation until start October 2024.

**Personal Circumstances:**

* Due to the funding requirements, it is essential that the post holder lives either in or near the Mid-Copeland area.
* You must have a passion for the area/ good local connections.
* You must be self-motivated with the ability to motivate and lead others.
* Confident and engaging to be able to host a room full of people and lead sessions remaining professional at all times.
* Able to exercise and teach others exercise activities in a safe and secure manner without aid.
* Hold a qualification in exercise provision or be willing to undertake qualifications if required.
* Be an energetic, relatable person who is attentive to the needs of others.

**Essential Requirements:**

* Full UK clean driving licence.
* Ability and confidence to drive a medium wheel base van (provided).
* Good written and verbal communication skills.
* English and Maths to GSCE grade C/4 minimum.
* DBS checked or willing to take DBS check.

**Desirable Requirements:**

* Worked in the third sector or charity sector for at least 2 years.
* Exercise trained to L2 or exercise to music qualification.
* Experience of project management.
* Experience of leading a team and motivating others.

For more information about the role or to apply please contact Lisa Bridgewater on lisa@icanwellbeing.co.uk or call 01228 819101