

JOB DESCRIPTION

JOB TITLE:	Move 2 Independence Activator
SALARY:	Grade 18.4 (£25,081 / £13.00 hourly) and 18.6 (£26,008 / £13.48 hourly) depending on qualifications
TERM:	Fixed term until December 2027 then subject to funding
LOCATION:	West Somerset and Sedgemoor
HOURS OF WORK:	7 hours per week
RESPONSIBLE TO:	Senior Move 2 Independence Activator

Main Purpose of the Job

We are seeking an Activator to support our hospital discharge service, Move 2 Independence (M2I). Activators deliver one to one to exercise sessions and advice to individuals who have recently been discharged from hospital, and whom require support to help them get moving again to remain independent and prevent a re-admission. Activators receive a case load of referrals recently discharged and work within a geographical area of the county, in peoples' homes and local communities to provide person centred movement opportunities that build functional fitness for resilience both now and into the future.

Summary of Responsibilities and Key Duties of the Job

- Work with the Health Development team within SASP to deliver Move 2 Independence to residents in the community. A programme to support individuals with rebuilding their activity levels after a stay in hospital and raising awareness of how to reduce falls risk in the home.
- To provide tailored movement opportunities to participants often living with multiple health conditions, low mood and limited mobility, supporting them through a series of functional exercises to promote strength, balance, and improved function for daily living tasks, connecting back with the community where able.
- Work closely with the Administrator who receives referrals into M2I from the acute and community hospitals and assigning the case load for onward co-ordination.
- Make initial contact with referrals to introduce M2I and its benefits, using personalised conversation skills to motivate and triage to the most appropriate activation route for individual needs. This may include a telephone or home assessment or resources for independent activation.
- Complete health screening and wellbeing assessments with participants before and after the activation period to monitor the impact of the service. This will include paper and electronic records, telephone and in-person contact.

- To undertake training and development activities relevant to the post, including a level 3 Exercise on Referral course if not already qualified.
- To ensure activities take place in a safe way, following risk assessments and reporting any changes needed.
- To use and monitor use of data enabled tablets or mobile phone to identify appropriate movement opportunities and community activities for onward signposting.
- To create records of contact through various formats and uploading this onto the M2I portal.
- Operate in a safe and person-centred approach recognising and responding to any safety concerns in a timely and proportionate manner, escalating through the emergency contact or passing to the office and relevant authority or service as required.
- Recognise and acknowledge common barriers to movement for people living with health conditions and finding ways to overcome these, utilising principles of motivational interviewing to understand, listen and guide individuals towards healthier opportunities.
- Adhere to SASP policies including confidentiality and safeguarding. Reporting all risks in a timely manner and ensuring the Health Development Manager is kept updated, providing regular updates and feedback on caseloads and activities. Attending regular supervision meetings according to the role.
- To build and maintain a working knowledge of our own and other organisation's services in order to provide the best service and next steps for individuals, as well as knowing how and where to refer back or forward into health and community services, for more in-depth information, advice and extra support.
- Liaise with the Administrator to source and monitor SASP resources.
- Perform any other duties as reasonably required.

General Information

All work performed/duties undertaken must be carried out in accordance with relevant SASP policies and procedures, within legislation, and with regard to the needs of our customers and the diverse community we serve.

Date: March 2026

PERSON SPECIFICATION - Move 2 Independence Activator	
Job Requirements	Essential/ Desirable
Knowledge and experience	
An understanding and appreciation of the motivations and barriers to physical activity for those with long term health conditions	Essential
Able to build positive relationships whilst maintaining disciplined and structured boundaries	Essential
Able to work in a non-judgemental, person-centred way with the use of motivational skills to encourage behaviour change and better outcomes	Essential
Flexible, positive approach. Proficient at managing time and able to recognise where impact is greatest for an individual	Essential
Experience of working with older adults who find it more difficult to be physically active	Essential
Knowledge and experience of IT programmes and confident use of Microsoft Office, Teams and with speaking over the telephone	Desirable
Skills and Abilities	
Excellent written and oral communication and interpersonal skills to develop and manage relationships across the service and adjusting, where appropriate, to meet individual needs.	Essential
Organised and efficient with excellent time management skills. Able to plan, prioritise and manage different demands for effective service, optimising appointment bookings and attendances.	Essential
Be able to engage with people and demonstrate empathy and understanding	Essential
Understand the importance of physical movement to maintain mobility and independence	Essential
Able to assess and create a safe environment to successfully deliver movement and activity	Essential
Maintain accurate up to date records	Essential
Able to plan and deliver exercise programmes to suit individual needs	Essential
Access to personal transport and able to travel to multiple locations	Essential
Educational/Other	
GCSEs in English and Maths	Essential
Level 2 Fitness qualification (and willingness to work towards Level 3 Exercise on Referral if not already qualified)	Essential
Valid Driving Licence and access to vehicle	Essential
Work-related Personal Qualities	
Self-motivated – able to work alone with minimum supervision	Essential
Excellent organisational skills	Essential
Able to inspire confidence in others	Essential
Shows courtesy and respect	Essential