



FIRST CONTACT CLINICAL
ENABLING HEALTHY BEHAVIOUR CHANGE

First Contact Clinical is a social enterprise established in South Shields in 2008. We strive to make a difference to the health and wellbeing of disadvantaged people and communities by motivating healthy behaviour change. We specialise in delivering person focussed, outcomes driven Behaviour Change services and skills training to people and professionals living and working in the North East. Our front-line work in health and social care means that what we do is shaped using real world experiences and makes a difference where it is needed most.

Self-Care Coach

Full-time - 37.5 hours/week

Salary £20,542.80 per annum

A rare opportunity has arisen for someone to join an innovative service within health and social care in South Tyneside. First Contact Clinical is excited to be recruiting a Self-Care Coach to join an evolving team within our Person-Centred, Community based Behaviour Change Service. The service brings together good quality clinical care, effective psycho-social interventions and peer support to help those living with a Long-Term Condition to self-care more successfully and improve their health and wellbeing.

Do you have experience of coaching, have active listening skills, a high level of resilience and a passion to enabling people to make positive change?

We asked the people who have experienced our service what matters to them in a practitioner. They said someone who is knowledgeable, can talk well, has a fun side, isn't timid, empathetic, not dominating and firm but fair. If you fit their description then we, and them, would love to hear from you!

You will be expected to work within clinical and community settings. You will provide psycho-social interventions to a caseload of people, using techniques such as goal setting, signposting and motivational interviewing. You will be expected to deliver these interventions and build a therapeutic relationship to support and motivate people through behaviour change. This role will involve working across several teams, so good organisation and the ability to prioritise is essential. You will have excellent interpersonal skills, are proactive and sound administrative skills.

You will be an enthusiastic worker, with excellent communication skills and a proven track record of high quality independent and team work. Full training will be provided and you will receive ongoing supervision to ensure continuous personal development and support you to reflect on your practice. This is a fantastic opportunity to learn and grow in a service, which is developing at a fast-pace and transforming Long-Term Condition management.

Come and be a key player in an innovative and evolving service in South Tyneside.

The Application Form and Job Description including Person Specification are available to download from www.firstcontactclinical.co.uk.

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An enhanced Disclosure & Barring Service (DBS) police record check in relation to vulnerable adults (previously known as CRB check) is required for this role. A driving licence and use of own vehicle is required for this role.

To apply please complete the employment application form and return it to jobs@firstcontactclinical.co.uk by noon on Monday 1st April 2019.

Telephone interviews will be held on the 2nd April 2019. An assessment day will be held on 5th April 2019 at Centre for Change, Stanhope Parade, South Shields, NE33 4BA. We reserve the right to bring forward the closing date.

If you wish to discuss this position further please contact Zoe Grant, Senior Psychosocial Practitioner on 0191 4329838.

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