

Momenta Newcastle

Position: Health & Wellbeing Coach (virtual and / or in-person)

Region:

- **Virtual delivery:** Any UK location
- **In-person delivery:** Barking and Dagenham, Bexley, Birmingham and Solihull, Newcastle, North Cumbria, North East of England, Somerset

Type: Part-time – sessional. £35-40 per session depending on programme, including prep, admin and travel where required. Additional amounts for training, team meetings and QA.

Application deadline: As stated on website (CV and Application form).

About us

Discover Momenta, set up in 2013, is a leading developer of evidence-based, outcome driven, healthy lifestyle solutions. These condition-specific services help people negotiate the many day to day challenges they face in living healthier lives, with a focus on weight management. Our senior team have worked together for almost 20 years and our passion is to support and empower as many people as possible with our cutting-edge programmes – safely and affordably. Our world-class behavioural interventions are delivered UK-wide in the heart of local communities. Our programmes' excellent health outcomes were recognised by being highly commended at the Diabetes Quality in Care Awards 2020.

Momenta Newcastle is a new subsidiary of Discover Momenta. Initially set up to support people with Type 2 diabetes to lose weight and, where possible, achieve remission, we were commissioned by NHS England as one of only two organisations to deliver their Low Calorie Diet national pilot in a group format. We launched this service in September 2020 in Birmingham and Solihull and are very pleased with progress so far. We have also been commissioned to deliver other Momenta programmes, including Weight Management and Cardiovascular disease (CVD) Prevention and are excited to expand our team of Coaches to deliver both virtual and in-person programmes.

About the opportunity

We are now recruiting enthusiastic and suitably qualified Health and Wellbeing Coaches to deliver our Diabetes Remission, CVD Prevention and Weight Management programmes to groups of participants and individuals, often referred to us by GP practices. Delivery will be virtual (using Zoom) to start with, followed by in-person groups in health and community settings when appropriate in the context of COVID-related and other guidelines.

- Coaches to deliver virtual programmes: You can be based anywhere in the UK
- Coaches to deliver in-person: Currently only in Birmingham, Solihull, Bexley and Barking and Dagenham (*Note: Not all programmes are delivered in all areas*).

Successful candidates will receive our highly-regarded comprehensive training, covering the underpinning theory and skills and techniques required to deliver one or more of the programmes. You will also be given detailed training in all relevant operational and

organisational policies, processes and systems. We will pay you an attractive sessional rate to cover preparation, delivery, admin and other work associated with our group programme.

Your key responsibilities

- Deliver our group-based Diabetes Remission and/or CVD Prevention and/or Weight Management programme(s) virtually and in-person in a professional, engaging and motivational way, in keeping with our training, programme, resources, quality standards and ethos
- Adapt your delivery to best support the engagement and outcomes of all participants across your different groups - from their first to last sessions – giving them the best chance of succeeding in their weight loss and remission journeys over the long term
- Record all relevant clinical, process and other monitoring information accurately and in a timely manner on our system and follow up appropriately internally and externally if data is missing or thresholds are breached
- Assist your Manager and Adviser colleagues to plan your programme delivery
- Actively promote the programme within the community, in line with guidance
- Liaise with others as appropriate, including your colleagues (e.g. Medical Director, Manager, Advisers and other Coaches) and attend virtual monthly team meetings
- Benefit from our quality assurance processes and access to our team of specialists
- Proactively contribute ideas to improve the programme and service.

We are looking for people who meet the following essential criteria:

- Passionate about helping participants improve their health and wellbeing
- Experience of delivering group-based programmes
- Combine a confident, engaging and empathetic communication style with excellent facilitation and coaching skills, with experience working with people from a wide range of backgrounds
- Well organised and strong team player, self-motivated and punctual
- Willing and able to deliver virtual programmes from home and, where appropriate, travel to community delivery venues
- Flexible with respect to working hours (must be able to deliver evening/weekend groups)
- Willing and able to undertake initial training and ongoing CPD, reflecting on own delivery
- Proficient in Microsoft Office applications and comfortable being trained to use new systems
- Willing and able to deliver a structured, evidence-based programme as designed, setting personal beliefs aside if necessary
- Excited about the prospect of supporting people with Type 2 diabetes and/or Cardiovascular disease or who are above a healthy weight improve their health and, where relevant, ideally put their diabetes into remission

The following criteria are also desirable:

- Registered nutritionist or dietitian ('Essential' for Diabetes Remission delivery, 'Desirable' for all other programmes).
- Specialism in weight management, Type 2 diabetes or cardiovascular disease
- Proficiency in additional spoken languages, especially Urdu, Punjabi, Bengali, Polish

- Experience of virtual delivery to groups
- Experience of working with GP practices and / or dietetics
- Interest in taking on additional work as we grow the organisation.

To apply

Please email your CV and completed application form to people@momentanewcastle.com
You can find the application form [here](#).

Notes: Successful candidates will be required to complete an enhanced Disclosure & Barring Service check and show appropriate proof of Covid vaccination.

You can find out more about us [here](#), and our parent company Discover Momenta [here](#).