

Momenta Newcastle

Position: Health & Wellbeing Coach (in-person group delivery – also virtual in Newcastle)

Region: Newcastle, North East & North Cumbria

Type / fee: Part-time – sessional programme delivery. Estimated £1,200 per programme plus additional mileage and payment for training, team meetings, quality assurance

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

About us

Momenta Newcastle is the delivery arm 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 (LCD) national pilot in a group format. We launched this service in September 2020 in Birmingham and Solihull (virtually due to Covid) and are very pleased with progress so far. We are delighted to have been selected to deliver the Low Calorie Diet service in-person across the North East & North Cumbria as well as in-person and virtually in Newcastle and are excited to expand our team of Coaches. Momenta Newcastle has also been commissioned to deliver LCD in Somerset – as well as other Momenta programmes, including Weight Management and Cardiovascular disease (CVD) Prevention, across other parts of the country.

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 by many different partners, as well as Momenta Newcastle. Our programmes' excellent health outcomes were recognised by being highly commended at the Diabetes Quality in Care Awards 2020.

About the opportunity

We are now recruiting enthusiastic and suitably qualified Health and Wellbeing Coaches to deliver our Low Calorie Diet or Diabetes Remission programme to in-person groups of participants referred to us by their GP practices. Most delivery will be in appropriate health and community settings, subject to Covid-related guidelines, although some will be virtual. You must be based in or able to travel to Newcastle and the North East & North Cumbria.

Successful candidates will receive our highly-regarded comprehensive training, covering the underpinning theory as well as the skills and techniques required to deliver the programme. You will also receive 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. You can also discuss delivering this or other Momenta programmes virtually if you wish (different rates apply).

Your key responsibilities

- Deliver our group-based LCD / Diabetes Remission programme in-person in a professional, engaging, timely and motivational way, in keeping with our training, programme, resources, quality standards and ethos.
- Coaches are expected to deliver all of a group's sessions over the 12-month programme, unless they are ill or on holiday, providing continuity for participants and Coach alike.

- 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
- 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 (as distinct from instructing), 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 travel to community delivery venues (mileage paid for >15 mile round trip) and, where appropriate, deliver virtually from home
- 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 improve their health and, where relevant, ideally put their diabetes into remission
- Nutrition and / or dietetics qualification.

The following criteria are also desirable:

- Specialism in weight management or Type 2 diabetes
- Experience of working with GP practices and / or dietetics
- Experience of virtual delivery to groups
- Interest in taking on additional work as we grow the organisation
- Proficiency in additional spoken languages, especially Urdu, Punjabi, Bengali, Polish.

Pay

Estimated £1,200 per programme based on £50 per session (£70 for longer first session) and £10 per participant phone call for one session – including prep and admin. Additional remuneration includes: Mileage (for >15 miles per day)* and payments for training, team meetings and quality assurance. Core sessions are 60 mins, plus 15 mins for participant measurements. Set-up / take-down time varies per venue, averaging 10 mins before and after. Coaches are typically self-employed. **Mileage at 35p/mile, 15 mile threshold waived during high fuel prices.*

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](#).