



# OPERATIONAL LEAD & PERSONAL TRAINER FOR THE CHAMPIONS FOR CHANGE PROJECT



- Salary: £25,000-£30,000 per annum
- Working hours: Full time 37.5 hours per week
- Location: YMCA Manchester, Liverpool Road, Manchester
- Holiday: 28 days including bank holidays
- Delivery times: Will be driven by service need

## JOB DESCRIPTION AND PERSON SPECIFICATION



### ABOUT THE ORGANISATION

*"Through development of mind, body and spirit, we aim to provide a sense of belonging where people of all ages are inspired to achieve their full potential".*

Manchester YMCA has been supporting young people since its establishment in 1846. This support is provided by a Youth and Community Department which in recent years has focused increasingly on young people's education and mental health. We have over 18 years' experience of working with mainstream schools and colleges, providing additional support to those with particularly acute and complex challenges.

We deliver across three areas: Alternative education provision, Mental Health work and, more recently, Champions for Change (C4C), a social prescribing project. Established in 2021, the C4C project offers a bespoke programme of physical activity and nutritional support for individuals who have weight issues (typically with a BMI 30-40, occasionally over 40), and/or experiencing poor mental health and well-being. Our work is person-centred, trauma informed and ability appropriate. The programme takes place in the Y Club, Manchester YMCA's own leisure centre.

The project consists of two phases: Phase 1 is a one to one 10-week programme delivered by a qualified Personal Trainer (PT). The programme offers guidance on nutrition and lifestyle coaching alongside PT sessions. Phase 2 features 3 months access to the Y Club with ad hoc support from the PT.

To date the project has been delivered by a number of different staff and personal trainers. We are now looking to consolidate the delivery to ensure consistency in the standards of support we provide and how we co-operate with referral bodies and other partners. The project will focus on young people aged 16-25 years old; for this outreach to potential referrers (statutory and non-statutory) will be required to set up new referral pathways and attract referrals, as well as the delivery and evaluation of PT sessions.



## MAIN SCOPE OF THE ROLE

As the Operational Lead and Personal Trainer for the project, you will be expected to:

- Carry out outreach to referral organisations, within all sectors.
- Develop and maintain relationships with partner organisations and funders.
- Coordinate the referral process.
- Agree a schedule to deliver support to participants on the programme.
- Set up referral pathways.
- Triage the referrals, including liaison with referrers.
- Complete initial assessments.
- Deliver both phases 1 and 2 of the programme.
- Conduct end of programme and follow up evaluations.
- Prepare reports as required.



## PERSON SPECIFICATION

### Education and Training

#### Essential

- Technical competence (solid experience & evidence of CPD)
- REPS L3 / BSc in a related subject
- Personal Training & Group Training Experience
- Level 3 Fitness Instructor
- Level 4 GP referral Qualification

#### Desirable

- Level 3 Nutrition/ Weight management qualification
- Level 4 Cardiac rehabilitation qualification
- Mental Health First Aid in the workplace



## **Delivery competency**

### **Essential**

- Understanding of risk management and safeguarding
- Enhanced DBS
- Full understanding of safeguarding regulations
- Able to assess risk and ensure a safe and appropriate environment
- Experience in co-ordinating a project or service
- Experience of supporting vulnerable clients with complex issues
- Experience of work with young people
- Experience of work with partner organisations within the statutory and non-statutory sectors
- Experience in monitoring progress and evaluating services
- Experience of managing workload
- Life coaching skills
- Ability to network and develop relationships with external organisations (statutory and non-statutory), and work in partnership to set up referral pathways
- Excellent and proven ability to self-start and work with minimum supervision
- Ability to gain results working as part of a multi-disciplinary team and on own initiative
- Excellent written and verbal communication skills, with the ability to communicate effectively with a wide range of people at all levels

## **Personal Qualities**

### **Essential**

- Well organised and reliable with excellent time management skills
- A strong empathy with the work and aims of YMCA and the ability to work within its values
- Positive attitude with a proactive and flexible approach to your work
- A strong commitment to diversity and equal opportunities for young people
- Motivation to work with vulnerable young people
- A desire and passion to work with and improve the lives of our young people with physical and/or mental health issues in a non-clinical setting

**Closing date for applications: 31<sup>st</sup> August 2025**