

Vision:

To play our part in reducing inequalities that exist within society.

Job Title: Occupational Therapy Assistant

Location: Clacton, Colchester, Ipswich and Stowmarket.

Responsible To: Senior Occupational Therapist

Accountable To: Clinical Lead, Occupational Therapist

Closing date: 19th January 2024

Contract	1-year fixed term contract
Time	Part time and or full time – the role is 37.5 hours per week – split positions would be considered. Working days 9 till 5, 8 till 4 optional.
Salary Range	£20,500 - £25,000 FTE depending on experience
Location(s)	Monday – Ipswich, Gainsborough Leisure Centre Tuesday – Chelmsford HQ Office and or WfH. Wednesday – Colchester Leisure World Thursday – Clacton Leisure Centre Friday – Stowmarket Leisure Centre
Annual Leave	Pro rata 33 days annual leave (Full time equivalent including bank holidays)
Company Package	Laptop, phone, clothing and office space

Sport for Confidence CIC is a pioneering and award-winning Social Enterprise which has the strategic aim of addressing inequalities in sport and physical activity participation. We have been playing our part in reducing inequalities that exist within society, so that everyone can enjoy community spaces which promote movement, activity, well-being, empowerment, choice and relationships. We are concerned with the impact of inactivity in people lives and the health inequalities that exist as a result. A lack of meaningful inclusive opportunities excludes people with learning disabilities and/or autism from the mental and physical health benefits of physical activity and we seek to address this through the collective expertise of our occupational therapists and sports coaches.

Leisure Centres are community assets that should be accessible to everyone, as a focal point of community-based engagement. In its simplest form, the existing Sport for Confidence model is concerned with placing Occupational Therapists directly into leisure centre environments, with the overall aim of improving the experiences and opportunities for people facing barriers to participating in sport and physical activity. Making these reasonable adjustments helps to create inclusive sporting opportunities to people who face barriers to participation, including those with learning disabilities,

mental health issues, people living with dementia, autism, physical impairment or disability, homelessness, and many other complex health needs.

Occupational Therapists and assistants at Sport for Confidence use physical activity and the wider leisure centre environment as a therapeutic tool to support individuals to work on identified performance skills. Interventions are varied and creative with a focus on occupational outcomes which are transferrable to the individual's daily routine and home life.

Sport for Confidence has grown from 1 individual using physical activity as part of Occupational Therapy assessment to become a model which supports over 3500 attendances per month, over 800 unique participants per month, spans across 8 local authorities in Greater Essex and 2 London boroughs. Each centre has their own Occupational Therapist and coach in place working together to deliver the strategic outcomes and offer a programme of opportunities for absolutely anyone who may be facing barriers to accessing sport and physical activity opportunities.

Long Covid Service Provision

The Long Covid Service provision was created by Sport for Confidence Occupational Therapists in October 2022 to provide Occupational Therapy interventions to individuals living with Long Covid. The service is delivered by an Occupational Therapist and Sports Coach and is designed to be a continuation of the SNELCAS (Suffolk and North Essex Long Covid Assessment Service) pathway, where participants learn several management strategies to help reduce the impact of Long Covid symptoms and facilitate recovery. Due to their symptoms, many individuals living with Long Covid experience a significant reduction in the ability to take part in important activities such as work, social interactions, and physical activity, resulting in a reduction in health and wellbeing. The Sport for Confidence provision looks to further develop the skills and knowledge learned by participants with SNELCAS, gradually increasing engagement in meaningful activities using appropriate levels of physical activity, symptoms management strategies and coping mechanisms. The sessions are delivered in a group format or 1:1 where appropriate, to enhance social engagement, physical ability, and psychological health. Staff within the service work closely with participants through the entire Occupational Therapy process including assessment of needs and bespoke interventions. Staff work collaboratively with each participant, considering their individual needs to facilitate recovery and enhance engagement in meaningful activities of daily life as best as possible to improve overall health and wellbeing.

Key Responsibilities:

Clinical Duties

- To assist the Occupational Therapist with the creation and delivery of interventions designed to support individuals living with Long Covid.
- To liaise with Sport for Confidence staff in MDT meetings as required.
- To attend meetings with professionals from other organisations collaborating with the Long Covid service.
- To assist the Occupational Therapist with contacting referrals and arranging assessments.
- Provide outreach sessions and presentations to local organisations to promote the service.
- To keep up to date clinical records in line with professional RCOT and HCPC standards and policies.
- Manage a complex caseload in partnership with an OT.
- To complete assessments, interventions and reviews under the guidance and supervision of an Occupational Therapist.
- Support with collection of baseline data using outcome measures.

- Building therapeutic and meaningful relationships with participants.
- Support participants to transition from Sport for Confidence delivery to other leisure centre activities and external communities within the local area.

Professional Duties

- To attend professional meetings as required.
- To attend appropriate training events as required.
- To maintain a continuing professional development portfolio.
- To engage in regular supervision.
- To comply with policies and procedures regarding annual leave, sick day and time owing.
- To support with upskilling coaches to understand the therapeutic value of physical activity.

Additional Responsibilities

- Complete all mandatory training.
- To keep updated on all matters relating to company policies and guidelines.
- Keep outlook calendar up to date.
- To participate in staff appraisal process.
- Attend peer supervision and CPD opportunities.
- To provide cover for Sport for Confidence delivery models as and when required

Non-Clinical Duties

- Promote service within the local area through networking.
- To attend weekly MDT meeting with Sport for Confidence staff.
- To complete participation numbers for statistical purposes.
- To participate in audits, data collection, research and evidence-based practice.
- To promote the occupational therapy role to external agencies.
- To contribute to service development through innovative ideas and creation of resources.
- To initiate and lead projects to meet identified service needs.
- To seek out funding opportunities and complete funding applications where appropriate.
- Be involved/supportive when presented opportunities through our specialist provision

Sport for Confidence Values

Each member of staff is responsible for adhering to the five Sport for Confidence values in daily practice whilst communicating and engaging with clients and carers.

Person Centred – adopting a person centred approach with every participant we support to promote choice and independence and by involving the voices of the participants with service development ideas.

Passionate – we are passionate about people and passionate that sport and physical activity has the power to make a difference in people's lives.

Innovative – it’s in our nature to think differently and use our collective intelligence to be innovative in our models of practice.

Caring – we commit to creating a culture of kindness, a caring and respectful environment for our participants, employees and providers.

Inclusive – we strive to design and embed an inclusive blueprint throughout the whole organization which creates opportunities for all individuals to participate in physical activity and accomplish personal goals.

Person Specification

Selection Criteria	Essential	Desirable	Measurement Curriculum Vitae - CV Interview - IN Assessment - AS
Education / Qualifications	Knowledge of Occupational Therapy role within setting	Degree in relevant subject	CV
	GSCE’s or Equivalent	A Levels and or Health and Social Care NVQ’s (Level 3 or equivalent)	CV/IN CV/IN
Knowledge	Knowledge of Safeguarding issues and requirements/legislation and how these apply to the role	Knowledge of Long Covid and the impact it can have on an individual	CV/IN
	Knowledge of working with people with varying conditions such as physical disabilities, mental health conditions, learning disabilities, autism and dementia.		CV/IN

	<p>An awareness of how physical activity can impact a client holistically</p> <p>Experience of working with disabled people</p>		<p>CV/IN</p> <p>IN</p>
Skills/ Experience	<p>Ability to assess clinical situations effectively and use own initiative.</p> <p>Experience of developing and working closely with internal and external agencies.</p> <p>Able to adapt communication skills according to the audience.</p> <p>Ability to supervise coaches and volunteers with day-to-day activities.</p> <p>Able to work collaboratively with staff and patients to deliver effective and valuable services.</p>	<p>Experience in working with patients and staff to develop and improve services.</p>	<p>IN</p> <p>IN/AS</p> <p>IN</p> <p>IN/AS</p> <p>IN/AS</p>
Personal Qualities	<p>Ability to work autonomously within the leisure centre environment.</p> <p>Ability to demonstrate compassion and understanding of the difficulties of patients, families, carers, and staff.</p> <p>Ability to demonstrate and uphold effective communication with staff and patients.</p> <p>Negotiation skills with external staff for reasonable adjustments for access to the leisure centre. Also required in the management of conflict, including the resolution of complaints which may involve diffusion of aggression.</p> <p>Ability to prioritise workload.</p>	<p>Able to bring novel and creative approaches to address challenging situations and needs of patients.</p>	<p>IN/AS</p> <p>IN/AS</p> <p>IN/AS</p> <p>IN/AS</p> <p>IN</p>

	<p>Ability to deal with exposure to emergency and highly distressing situations.</p> <p>Ability to deal with stressful situations.</p> <p>Takes responsibility for own developmental needs.</p> <p>Able to take initiative and work pro-actively face to face or virtually.</p> <p>Ability to follow instructions and work in partnership with Occupational Therapists</p>		<p>IN/AS</p> <p>IN/AS</p> <p>IN</p> <p>IN/AS</p> <p>IN/AS</p>
Additional Requirements	<p>Keyboard and computer literacy skills – including Zoom/Teams, Outlook, Word, Excel, PowerPoint.</p> <p>Uphold Sport for Confidence’s 5 key values.</p> <p>Driving license and have access to a car.</p>		<p>CV/IN</p> <p>IN/AS</p> <p>CV</p>

If you interested in the role, please submit a CV and cover letter to info@sportforconfidence.com

If you would like to discuss the role further, please contact any of the following:

Jamie Squires, Occupational Therapist - 07513725634

Robert Walker, Clinical Lead – 07593555708