

# MOVE MORE EAST LoTHIAN

## CANCER REHABILITATION L4

### QUALIFIED INSTRUCTOR

### ROLE DESCRIPTION

#### Programme overview

A cancer diagnosis and treatment can make people feel isolated and alone, with little energy and feeling low. The advice used to be that rest was best, however research shows that moving more can actually help with recovery and makes you feel better. For people affected by cancer, benefits of participation in physical activity include decreased fatigue, increased physical functioning and improved wellbeing. Regular physical activity may even reduce the chances of some cancers coming back.

Macmillan Cancer support are working with **enjoyleisure** and East Lothian Council to deliver the Move More East Lothian programme. From walking groups, gardening to small group circuits and gentle movement classes, there is something for everyone.

We want to make sure that everyone affected by cancer has access to appropriate physical activity opportunities and we need your help to achieve this.

#### Why we need you?

We are looking for instructors with Cancer Rehabilitation level 4 and GP Exercise Referral level 3 to facilitate a programme of circuits-based classes for people affected by cancer.

Instructors deliver sessions which are set at the participants' level to enable them to move more. The aim is to encourage participants to gradually become more active and gain confidence in a relaxed, friendly group atmosphere with specialist support.

#### Cancer Rehabilitation 4 Instructor's main activities and tasks

- Provide a warm welcome and experience for participants
- To lead circuits-based class(es) in East Lothian and support people affected by cancer and their family/carers
- Set up, pack up and tidy before and after session
- Provide 1:1 consultation and support for participants
- Instructors will be required to deliver sessions alone
- Taking a register of those attending the class & returning this to Move More staff
- Encouraging, supporting and motivating participants
- To attend Macmillan training and support sessions, as required
- Participate in the evaluation of the Move More East Lothian circuits groups

## Benefits to you

- You will be a valued member and vital part of the Macmillan Move More programme team
- You will be making a difference to the lives of people affected by cancer in your local community
- Develop further knowledge and experience of the benefits of exercise for people affected by cancer
- Social activities with other staff and volunteers on the Move More Programme
- Training and experience to enhance your CV
- Be part of an innovative and impactful initiative

## Location and time commitment

Circuits classes will run at various venues and times across East Lothian. You will be matched to a venue and time that suits you.

We ask that instructors make a regular commitment; this will help provide service users with a consistently great experience of the Move More East Lothian programme.

## Qualifications, Skills and qualities we are looking for

- Level 4 Qualification in Cancer and Exercise Rehabilitation and GP Exercise Referral Level 3
- An interest in working with people living with and beyond cancer
- Willingness to undertake training required
- Open, warm and friendly manner
- Good communication and listening skills
- Non-judgemental and empathetic
- Awareness of own limitations and boundaries
- Excellent time-keeping skills and reliability

## Training provided

Each instructor will be required to undertake Macmillan 'Core and More' training. Core Training lasts one day and includes 'Cancer Awareness', 'Boundaries and Confidentiality', 'Listening and Communication Skills' and 'Dealing with Difficult Situations'. You will also have access to Macmillan's learning programme to support you in your role and develop your skills. Regular ongoing opportunities and support is also available from the Move More Coordinator.

## Disclosure checks

Instructors will be required to undertake a Protecting Vulnerable Groups (PVG) check. The purpose of this is to safeguard staff and service users from harm. The check involves completing a short form. If you have any questions or concerns about this, please contact the Macmillan Move More Coordinator.

## Who to contact?

If you are interested in the role, or would like a bit more information please contact the Move More Coordinator on 0131 653 5264 or email [movemore@enjoyleisure.com](mailto:movemore@enjoyleisure.com)