Job Description

Active Futures Practitioner

Reporting to: Active Futures Community Lead

Location: The Rainbow Centre in Penley and / or Piercy Hall in Marchwiel with travel across Wrexham, Flintshire and Denbighshire.

Salary: **£13.45 per hour**
(full time equivalent = £28,022 per annum)

Hours: 16 hours per week

Annual Leave: 33 days a year incl. bank holidays.

Employee benefits: Paid travel between sites
Holiday pay and pension scheme.
Full training and support given.
Supportive team environment where you can make a real difference and support community.

Contract: Funded until June 2028 with potential to extend

Closing date: **Monday 7th December 2026**

Interview date: **TBC**

To apply: apply online or via application form submitted to careers@rainbowfndn.org.uk

Submit to: careers@rainbowfndn.org.uk

If you would like to discuss the role in more detail, please contact Ian Pope at the Rainbow Foundation on 01948 830730.

About the Rainbow Foundation

The Rainbow Foundation is an active ageing charity which has successfully worked to improve the health and wellbeing of our communities since 1994. In 2023 we were announced the overall winners of the GSK IMPACT Awards in partnership with the King's Fund, which nationally recognises our outstanding work in health and social care.

All our services put the needs of our clients and staff at the forefront of what we do. As a charity we are driven by excellence over profits.

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Rainbow's Strategy and Vision

Vision: Of an age friendly community in which people lead healthy fulfilling lives as engaged citizens, with right of access to quality services both in their locality and according to their needs.

Mission: To empower people of all ages to retain as much independence as possible with an emphasis on rights, value and contribution,

and to support people to regain their sense of worth and discover their full potential, by supporting them in making changes to bring this potential into the world and ensuring their voice is heard.

Our Purpose: We are doers. We are a community. We change lives.

Our Values: **P**assion **A**mbition **R**espect **D**ignity **O**pportunity **E**mpowerment

Passion – for our cause and the challenge that lies ahead

Ambition – to go the extra mile and drive the change that must happen

Respect – for ourselves, each other, our volunteers, our partners and our beneficiaries

Dignity – for our beneficiaries, listening and valuing their judgments and concerns to ensure they have better control over their lives; ensuring decisions are made with their input about their health or their own individual needs that is critical to a sense of dignity and self-esteem.

Opportunity – for our staff to create impact, and for beneficiaries to thrive by embracing the 5 ways to wellbeing; connect with others, be physically active, learn new skills, give, and pay attention to the moment.

Empowerment - empowering our clients to live their best life, and empowering our staff to deliver the best service possible so we deliver and achieve the most for our clients

If you are aligned to our mission and values now is an exciting time to join team Rainbow, in a role that will be both personally rewarding and make a real difference to the lives of those we support.

 # inclusive culture # belong # create real impact # grow

About Active Futures - Active Futures is a physiotherapist-led, evidence-based strength, balance and functional rehabilitation programme designed to improve the health and wellbeing of older people across rural communities in North-East Wales. The programme supports people living with frailty, musculoskeletal conditions and those recovering from falls or hospital discharge

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Your Role: Job Summary

This role offers an exciting opportunity to make a real difference to older people across North-East Wales by supporting them to become more active, improve their wellbeing and remain independent within their communities.

The Active Futures Assistant will support the Active Futures Community Lead in delivering high-quality exercise, rehabilitation and wellbeing activities across Wrexham, Flintshire and Denbighshire. The postholder will play a key role in supporting participants throughout their Active Futures Foundation and / or Advanced journey, leading Advanced sessions, encouraging engagement, and promoting the programme through community outreach and partnership working.

The successful candidate will be a qualified Fitness Instructor with experience delivering safe and inclusive exercise sessions for adults and older people. They will be passionate about helping individuals improve their health, wellbeing, confidence and independence through physical activity and community support.

Role Responsibilities:

Programme Delivery

- Support the Active Futures Community Lead with the delivery of Active Futures Foundation and Advance sessions.
- Lead Active Futures Advanced exercise sessions across a variety of community venues.
- Work with the physiotherapist to assess the suitability of new clients
- Assess attendees' mental health and wellbeing and overall physical health and frailty through a range of tools both before and after the programme.
- Adapt exercises to meet the varying abilities and needs of participants.
- Encourage attendance, participation and ongoing engagement in programme activities.
- Assist with session preparation, set up, registration and equipment management.
- Support the safe delivery of strength, balance, mobility and functional fitness activities.
- Support participants to transition into longer-term community-based exercise opportunities.

Participant Support

- Build positive relationships with programme participants and provide encouragement throughout their journey.
- Support individuals to identify personal goals and improve confidence in physical activity.

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- Assist with the collection of wellbeing and outcome measures before and after participation.
- Identify any concerns regarding participant wellbeing and escalate appropriately to the Active Futures Community Lead.
- Take on case work and engage face to face with clients to identify 'what matters' to them and work to facilitate appropriate interventions, referring to our Social Prescribing service where appropriate.
- Support participants to access wider Rainbow Foundation services where appropriate.

Community Engagement and Promotion

- Represent the Active Futures programme at community meetings, networking events and health promotion activities.
- Build positive relationships with local organisations, community groups and referral partners.
- Promote the benefits of Active Futures programmes to potential participants and stakeholders.
- Attend community events, exhibitions and information sessions across Wrexham, Flintshire and Denbighshire.
- Assist with participant recruitment and referral pathways.

Administration and Monitoring

- Maintain accurate participant records and attendance information.
- Assist with monitoring programme outcomes and gathering case studies.
- Support the preparation of reports and monitoring information for funders and stakeholders.
- Ensure all records are maintained in accordance with GDPR requirements.
- Use IT systems effectively for data entry, communication and reporting.

Health, Safety and Safeguarding

- Ensure all sessions are delivered safely and in accordance with health and safety procedures.
- Adhere to safeguarding policies and procedures at all times.
- Report accidents, incidents and concerns in line with organisational policies.
- Assist with venue risk assessments and equipment safety checks.
- Promote safe exercise practice and participant wellbeing at all times.

General Responsibilities

- Work within the values, policies and procedures of the Rainbow Foundation.
- Participate in team meetings, supervision, training and continuing professional development.
- Support transport arrangements for participants where required.

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- Undertake other duties appropriate to the post as reasonably requested.
- Maintain confidentially of all information and records relating to the work of The Rainbow Foundation and work undertaken for monitoring and evaluation purposes.

PERSON SPECIFICATION

Active Futures Practitioner

SKILLS ATTRIBUTES KNOWLEDGE AND EXPERIENCE	
Essential	**Qualifications** • Level 2 Gym Instructor Qualification (minimum). • Level 3 Exercise Referral, Personal Training, Older Adults Exercise, or equivalent fitness qualification. • Current First Aid qualification (or willingness to undertake training). **Skills, Knowledge and Experience** • Experience delivering group exercise or fitness sessions. • Understanding of the health and wellbeing needs of older adults. • Ability to motivate and support people to engage in physical activity. • Excellent communication and interpersonal skills. • Ability to work independently and as part of a team. • Good organisational and administrative skills. • Competent IT skills, including Microsoft Office and data recording systems. • Positive, approachable and professional manner. • Ability to maintain confidentiality. • Commitment to equality, inclusion and person-centred support. **Personal Attributes** • Passionate about improving community health and wellbeing. • Reliable, flexible and self-motivated. • Friendly and confident when engaging with members of the public. • Able to build positive working relationships with participants and partners. • Strong commitment to the values and mission of the Rainbow Foundation.

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Desirable	• Experience delivering exercise sessions for older adults. • Experience of falls prevention, strength and balance programmes, or rehabilitation-based exercise. • Knowledge of frailty, ageing well and community health initiatives. • Experience working within community, health or voluntary sector settings. • Experience promoting services through community engagement activities. • Understanding of behaviour change approaches. **Other Requirements** • Full UK driving licence and access to a vehicle. • Willingness to travel regularly across Wrexham, Flintshire and Denbighshire. • Enhanced DBS check required.
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The Rainbow Foundation is an accredited Real Living Wage employer, we have an Employment Assistance Programme in place to support our staff's wellbeing and are an Equal Opportunity employer.