



AGEING
WELL

JOB DESCRIPTION

TITLE OF JOB: Ageing Well Eating Well Support Worker

SERVICE/PROJECT: Ageing Well

REFERENCE NO: EWSW/Aug22

CLOSING DATE FOR APPLICATIONS: 18th August 2022

INTERVIEW DATE: To be confirmed

HOURS PER WEEK: 37 hours

TEMPORARY/PERMANENT: Maternity Cover until 31st July 2023

BAND 3, NJC POINT 13 SALARY £23,023 per annum paid monthly by Automated Credit Transfer on 25th of each month

HOLIDAY ENTITLEMENT: 27 days per annum, plus 3 extra days at Christmas and the usual statutory holidays

Impact Initiatives offer a supportive and inclusive environment, with a stakeholder pension scheme, a competitive salary, and opportunities for career development. All employees have access to an employee assistance programme, which includes a personal health and wellbeing app, advice and guidance, and counselling if ever required.

ACCOUNTABLE TO: Older Peoples Services Manager

LINE MANAGED BY: Ageing Well Coordinator

RESPONSIBLE FOR:

Leading on a range of initiatives to promote and support good nutrition and hydration for people aged 65+ including one-to-one support; organising undernutrition and dehydration awareness events e.g., as part of the Brighton and Hove Ageing Well Festival and a calendar of health campaigns; and making links with community groups and centres for older people. This role is funded by Brighton & Hove City Council, working alongside Brighton & Hove Food Partnership who deliver malnutrition and dehydration awareness training to front-line staff. You will also be working closely

with the Ageing Well Information and Support Co-ordinator who takes undernutrition and dehydration referrals for the service.

- To identify and deliver one-to-one and group support to Older People at risk of malnutrition and dehydration from the target groups for the Ageing Well service. e.g., BAME, LGBTQ, over 85, living alone, living in areas of high deprivation.
- To deliver one-to-one and group support to people over 65 at risk of malnutrition and dehydration.
- To give talks and distribute materials to promote key nutrition and hydration messages to older people.
- To liaise regularly with Brighton & Hove Food Partnership ensuring the joint aims of the project are met.
- To provide support for the Ageing Well telephone enquiries service.
- To initiate the involvement of Older People in the development and ongoing work, playing a key role in linking with other agencies to ensure sharing of skills and information whilst ensuring the best use of resources.
- To research and keep updated a bank of resources including shopping services, meal delivery services, foodbanks, lunch clubs and digital support.

For an informal chat about the job, please ring Nicola Marshall 01273 322947

BACKGROUND AND AIMS OF PROJECT

Impact Initiatives provide services across Sussex, which support health and wellbeing. We help people in Sussex to lead healthy and fulfilling lives. We strive to make tomorrow a better day.

The Ageing Well Service is commissioned by Brighton and Hove City Council and Brighton and Hove Clinical Commissioning Group. Impact Initiatives leads a partnership of ten local organisations. We offer a programme of services, activities and events across the city for anybody who is aged 50+. Our Single Point of Contact service makes sure services and activities are easy to access, with our friendly advisors providing information about what is available and connecting people to relevant activities.

Ageing Well aims to reduce loneliness and social isolation and provide opportunities for older people in Brighton and Hove to maintain and improve their health and wellbeing. We want Brighton and Hove to be the go-to-place for excellence in preventative services for older people.

MAIN TASKS

- To identify individuals and groups of Older People at risk of malnutrition, dehydration and food poverty from the target groups for the Ageing Well service.
- To provide one-to-one support and group support for people aged 65+ at risk of malnutrition, food poverty and dehydration using a holistic approach.
- To liaise with Brighton & Hove Food Partnership ensuring the joint aims of the project are met. For example, collaborating with Brighton & Hove Food Partnership to provide training to local community organisations and services working with older people to raise awareness of undernutrition and what constitutes a healthy and balanced diet in later life, as well as the risks and impacts of dehydration and how to avoid them.
- Update and distribute the 'Eating Well to Stay Healthy as You Age' resource. This informative resource highlights the key issues and solutions of undernutrition and dehydration for older people, their families, friends and carers. Look to distribute to relevant professionals and community venues.
- To raise awareness of undernutrition and dehydration by giving talks and distributing key Public Health nutrition and hydration materials at places where Older People attend such as local sheltered accommodation.
- To research and keep an up to date bank of resources including shopping services, meal delivery services, food banks, lunch clubs and digital support.
- To work with the Ageing Well team to plan promotion and ensure effective publicity and awareness of the work.
- To collect monitoring and evaluation information for collating and delivering accurate statistics as required.
- To develop partnerships with statutory and community organisations to promote key nutrition and hydration messages to older people.
- To provide support for the Ageing Well telephone enquiries service.

GENERAL

- To work according to the Ageing Well organisational policies and procedures.
- To attend regular supervision sessions and meetings as required by the Service Manager; to attend regular team and partnership meetings and

monthly 'all partners' meetings; to attend Impact conferences as required; to attend training events which are relevant to your service area.

- To be aware of the needs of other workers (both employees and volunteers) and to contribute positively to a supportive working environment.
- To comply with and implement Impact Initiatives Equalities and Diversity policy and any specific policies and procedures designed to promote and monitor equalities.
- To comply with and implement Impact Initiatives Health and Safety policy and procedure relevant to the specific duties undertaken, and to generally take reasonable care for health and safety of all those affected by this work.
- To attend training events relevant to your service area; to attend training courses and events in consultation with the Service Manager.
- To undertake any other duties appropriate for the nature of this work in addition to completion of tasks as requested by the Service Manager, as reasonably required.

PERSON SPECIFICATION

Job Title: Ageing Well Undernutrition Support Worker

Skills and Abilities	Essential	Desirable
Ability to communicate clearly in a professional and friendly manner.	✓	
A high level of enthusiasm, vision and commitment to support older people with their nutrition and hydration needs using a holistic approach.	✓	
Ability to manage your own workload and priorities, and to be a strong team member	✓	
Skills to bring a problem-solving approach and be innovative in finding solutions.	✓	
Motivational interviewing skills and experience.	✓	
Ability to co-ordinate a multifaceted role, prioritising meeting the needs of the service, and to ensure contractual requirements are met	✓	
Ability to maintain administrative, monitoring and evaluation systems.	✓	
Experience of initiating active conversations and interaction with individuals and groups	✓	
Knowledge/Experience		
An understanding of ageing and the issues it can raise.	✓	
An understanding of nutrition, hydration and food poverty issues for older people.	✓	
An understanding of social isolation.	✓	
An understanding of how organisations work with clients, service users and patients e.g., GPs, Social prescribers, community groups.	✓	
Experience of using Word, Excel, Outlook and PowerPoint.	✓	
Experience giving talks in community settings	✓	
An understanding and knowledge of services and activities for Older People in Brighton and Hove.		✓