

Job title	Physical Activity Link Worker	Department	Wellbeing and Health
Position reports	Manager (Hubs & Physical Activity)	Position is responsible for	Not Applicable
Location: Offices in Patchway and Kingswood with some home working. Travel across South Gloucestershire is required.			
Main purpose of job: To support people to become more physically active using a person-centred, judgement-free approach, build confidence and emotional resilience, and connect them to their community.			
Position in Organisational Structure <pre> graph TD A[Head of Wellbeing and Health] --> B[Manager (Hubs & Physical Activity)] B --> C[Physical Activity Link Worker] </pre>			
Length of contract: Fixed Term (12 months but possibility of extension)		Salary: £27,401 (full time 37 hours per week) Pro rata for 18.5 hours per week £14.20 per hour	

Main duties	
<ul style="list-style-type: none"> • Provide one-to-one and small group support to people, based on what is important to them, to improve their levels of ‘activation’ including addressing the wider determinants of health (debt, poor housing, un/under-employment) • Empower people to manage their own health and improve their health outcomes. • Undertake assessment and action planning with people using a “What Matters to Me” approach. • Manage and prioritise a caseload in accordance with people’s needs and priorities. • Maintain accurate and up to date records for individuals you work with in line with the organisation’s data protection policies and procedures. • Work closely with your team to capture and record data correctly and in a timely manner to meet funder requirements. • Produce case studies to evidence the impact of the service. • Liaise with local organisations including VCSE and community groups to understand population need in South Gloucestershire. 	

- Promote and raise awareness of the Physical Activity Link Worker service and how to refer, both internally with Southern Brooks colleagues and externally to wider stakeholders.
- Work in partnership with other teams in Southern Brooks, including Health & Happiness Hubs, Social Prescribing and hospital discharge colleagues.
- Establish effective working relationships with a range of agencies to facilitate a joined up approach to people's action plans.
- Work flexibly, adapting to the needs of the service and client group while maintaining the integrity of the role.
- Participate in regular supervision and continual learning.
- Undertake any other duties appropriate to the grade of the post as required.
- Adhere to data protection legislation and data sharing agreements, maintaining confidentiality.
- Adhere to relevant legislation, good practice and policies and procedures, including Child Protection, Safeguarding Adults, Health and Safety, Confidentiality and Equality and Diversity.

Last updated: May 2025

Date of next review: March 2026