

Job Description and Person Specification

Ready Steady Go! Nutrition Education Leader

A Lambeth to be proud of



Job Title:	Ready Steady Go! Nutrition Education Leader
Department:	Parks and Open Spaces
Division:	Resident & Enabling Services
Grade:	SO1
Reports to:	Sports Development Officer
Responsible for:	Delivery of nutrition education for Ready Steady Go! programme

Context

An exciting opportunity has arisen within the Sports and Health Development team for a part-time Nutrition Education Leader to support the delivery of the Ready Steady Go (RSG) children's weight management programme in Lambeth.

Childhood obesity rates in Lambeth are among the highest in London, and many families face barriers to accessing healthy lifestyle support. The RSG programme offers free, evidence-based sessions combining physical activity, nutrition, and behaviour change, designed with input from families and communities to ensure it is accessible and relevant.

The Nutrition Education Leader will play a vital role in planning and leading nutrition sessions, engaging families, and supporting children and their parent carers to adopt healthier eating habits.

Join our team and help children and families in Lambeth build healthier, more active lives.

Job Purpose

To provide effective and evidence based nutrition advice, underpinned by a sound knowledge of theoretical principles of behaviour change to parent/carer and children. To provide inspiring, interactive and engaging sessions. To support individuals to set realistic and SMART goals in terms of changing behaviour and achieving positive healthy outcomes.

Responsibilities

1. Ensure the effective planning, preparation, and delivery of Nutrition sessions, held once per week for children aged 4–12 and their parent/carers
2. To be responsible for leading the sessions, including taking registers, completing appropriate paperwork, reporting any issues and communication with the Ready Steady Go! project staff
3. To lead in collecting and recording the children's data at the measurement sessions in order to feedback to senior management for service delivery
4. Ensure a variety of experiences for the attendee's, utilising a range of skills, activities, and approaches to the delivery of the sessions
5. Respond to individual needs and queries of participants, where appropriate.

6. Embrace and act on feedback from your colleagues and the RSG coordinator to ensure continual improvement in your role
7. Ensure Activity sessions are delivered to a high standard and that participants and staff conduct themselves appropriately in sessions
8. Take responsibility for equipment used; count stock in and out during every session, report damage/breakage/loss to the coordinator
9. Set up and check the safety of equipment
10. To be aware of and adhere to the child protection procedures
11. Record accidents and incidents following the appropriate process
12. Always act in the best interest of the children attending the programme and be sensitive to the issues faced by overweight and obese children and their carers.

PERSON SPECIFICATION

It is essential that in you can meet the following requirements for the role and be able to give evidence or examples of your proven experience in each of the short-listing criteria marked Application (A).			Shortlisting Criteria
You should expect that all areas listed below will be assessed as part of the interview and assessment process should you be shortlisted.			
If you are applying under the Disability Confident scheme, you will need to give evidence or examples of your proven experience in the areas marked with “Ticks” (✓) on the person specification when you complete the application form.			
For link/career graded post, please mark knowledge, experience, and behaviours clearly for each grade.			
Key Knowledge	K1	Knowledge of children’s dietetics, nutrition, health and/or behaviour change approaches.	✓A
	K2	Strong administrative and organisational skills, including the ability to manage competing priorities and deadlines.	A
	K3	Awareness of safeguarding principles and the ability to apply them in practice when working with children, young people, and families.	
	K4	(Desirable). Ability to speak Spanish (or another community language widely spoken in Lambeth).	
Relevant Experience	E1	Experience of managing or facilitating large groups, with confidence in engaging participants and maintaining a positive and inclusive environment	✓A
	E2	Experience of working with children, families, or community groups, ideally in a health, education, or physical activity setting	✓A
	E3	Experience working in culturally diverse settings and adapting programmes to meet community needs.	A
	E4		
	E5		
Qualification		Ideally, hold a qualification in nutrition, dietetics, public health, or health promotion	✓A

CORE VALUES AND BEHAVIOURS

Equity behaviours



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- Listen to the views of others and ask for their opinions making sure that everyone in my team inputs into the things that matter.
- Ensure fairness and justice is at the heart of my decision making and support to my team and others.
- Take time to build trust, building the respect of our stakeholders and ensuring as a team we take accountability for doing what we agree to do.
- Develop others and ensure we work as one team for Lambeth, encouraging everyone to play their part.
- Take positive action to ensure everyone in my team has opportunities to learn and grow at work.
- Encourage everyone to be themselves at work and value who they are.
- I am inclusive and actively celebrate diversity, recognising everyone in my team as individuals.

- Treat each member of my team with respect and dignity just as I would want for myself.
- Encourage each member of my team to do their very best work and am available to them to provide support and guidance.
- Personalise my support to each team members and look out for them, lending a hand wherever I can
- Encourage everyone to try and learn from mistakes and use integrity to take action with my team to put things right together
- Work with empathy seeking to understand each and every member of team, their unique perspective and circumstances and ensure everyone is heard
- Take the time to communicate, being honest, open and genuine and taking the time to get to know team members as individuals.
- Show compassion and patience recognising that everyone in the team has unique experience and celebrating the great work they do for Lambeth.
- Look after the health and wellbeing of my team members and encourage open and regular discussions about the issues that impact on them, working together to find solutions.

Kindness behaviours



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- I encourage and support my team to do the right thing even when it's tough and we communicate our decisions in a timely way.
- I ensure my team and employees take individual and collective accountability for performance and delivery, making sure that they have clear plans and performance objectives.
- I ensure my team plan ahead, getting the basics right and take swift action when problems arise.
- I encourage my team to be risk aware and ensuring that our decisions and actions are informed and understood and communicated to others.
- I provide regular, timely and constructive feedback to my team members on their performance and behaviours and act quickly when performance is not on track.
- I share my learning, knowledge and skills with others through coaching and mentoring and encourage others to do the same.
- I ensure that my team and I put residents, communities, customers and their needs at the centre of everything we do.
- I encourage my team to learn and grow and ask questions to find the information they need to do their jobs.

Accountability behaviours



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Ambition behaviours



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- Am proud of our borough and my team and encourage everyone in the team to aim for the highest possible standards of excellence in everything we do.
- Encourage my team to be flexible and try new things when it's appropriate to do so and tell me what could be improved.
- Promote a one team for Lambeth approach reaching out to our stakeholders to face our challenges together.
- Encourage and support my team to be courageous for our residents and communities and stop at nothing to ensure they have the best possible outcomes.
- I make time for the team to Innovate and look for creative ways to do things better, being curious about possibilities.
- Positively challenge and encourage the team to collaborate and look for solutions together across service and team boundaries.
- Make time for my team to grow and develop taking advantage of opportunities to learn from each other and others. We plan our learning and career growth.