

Middleton Hall have a fantastic opportunity for a **Health & Wellbeing Advisor** to join us.

We're a friendly community set within 45 acres of stunning grounds and we welcome applications from those who share our values and wish to be part of something special - helping our residents live their lives to the full.

**The Opportunity:**

- Permanent contract
- 30 hours per week across 5 x days per week
- Flexibility to work across a 7-day rota
- £13.54 per hour
- Working as part of the wider Health and Wellbeing Team

**The Role:**

- Having a level 3 personal training qualification is essential.
- Additional fitness related qualifications are desirable, e.g. GP Referral, Specialised Rehabilitation, Pilates, Yoga, Exercise to Music
- Carry out gait smart analysis
- Ensure the safe and effective daily management of our Health & Wellbeing Centre – promoting all facilities and services.
- Provide excellent customer service – building rapport with residents, spa members and fellow Co-owners.
- Work independently and within the wider Health & Wellbeing team – delivering a varied and stimulating programme of social activities and exercise classes.
- Liaise with Care Managers to appropriately assess resident needs.
- Promote the Health & Wellbeing service, therapies, and treatments.
- Record and maintain systems and databases.
- Use and operate specific gym and pool equipment
- Daily tasks associated with housekeeping, safety checks and pool tests
- Input data onto Care & Clinical, our care management system

View the full Job Description [here](#)

**About our Health & Wellbeing service:**

Integral to Middleton Hall, our teams work to support resident and Co-owner welfare through offering and encouraging participation in an array of activities.

Just some of the facilities and options available include:

- Swimming pool, gym & fitness studio
- Hairdressing, Beauty Therapy, Physiotherapy and Chiropody
- Sporting activities – Golf, Bowling Green, Woodland Walks
- Organised trips for shopping or leisurely days out
- Community links – enjoying and supporting local events



**To apply please send us your CV (and covering letter)**

**or download and complete our [application form](#)**

returning either to [recruitment@mhrv.co.uk](mailto:recruitment@mhrv.co.uk)

We are committed to safeguarding and promoting the welfare of our residents. We expect all co-owners and volunteers to share this commitment and an enhanced disclosure & barring service check (DBS) will be sought.