

An exciting opportunity has arisen for a **Fitness Instructor** to join the therapies team at **Cygnnet Hospital Harrow**.

This post is for **37.5 hours a week** at **Cygnnet Hospital Harrow**, our Acute Inpatient Mental Health and Autism service.

Cygnnet have been providing a national network of specialist mental health services for more than 30 years.

With us, you'll have the chance to progress your career as part of a dynamic, supportive team.

Maximising positive outcomes & recovery for our service users – it's a challenging, satisfying vocation.

So if you care about making a difference – every day – we want to hear from you.

Cygnnet Hospital Harrow:

Cygnnet Hospital Harrow provides a recovery focused service treating a wide range of mental health problems. We also offer specialist diagnostic, assessment and inpatient services for individuals with mental health needs and who also have a dual diagnosis of autism spectrum disorder.

The post holder will:

- Be experienced or newly qualified trainer with a REPs Level 3 qualification or CIMSPA Practitioner, or above to be considered.
- Have experience in working with people who have mental health problems be skilled at motivating people with compassion to engage in exercise in order to support their physical and mental health.
- Design and deliver an inclusive and responsive exercise service that has the flexibility to meet the needs and capitalise on the strengths of the people in the hospital.
- Work alongside the OT and therapies team.
- Empower your clients to reach their health & fitness goals and maintain a healthy lifestyle.
- Attend supervision and training as required by your line manager, both to support and educate you on your career development.

In return we will offer you:

- Supervision & peer support
- Opportunities for learning & development
- Employee referral scheme
- "Cycle to Work" scheme & employee discount savings
- Free lunch while on duty
- Free parking
- Plus many more

You are...

- Highly organised, with a positive attitude
- Proactive ability to problem solve
- A confident facilitator of activities in this field
- Knowledgeable of suitable activities & pastimes to support mental health service users both Adults and Young People
- Positive in your approach to working with challenging behaviours
- Experienced in planning, resourcing & carrying out events & activities

Successful candidates will be required to undergo an enhanced DBS check.

Ready to make a positive change?

Please click on the 'apply now' link below.

Join us!

In this role you'll have the chance to make a real impact on patients, service users & their families.