

**Where  
Everyone  
Sticks  
Together**

**PERSONAL  
TRAINER**





# **WEST YOUTH ZONE**

**4 EDCITY CONCOURSE, EDCITY, LONDON, W12 7TF**

**REGISTERED CHARITY NUMBER: 1125893**

Hammersmith & Fulham is a neighbourhood of wide disparities, with an acute need for youth services. The north of the borough comprises many neighbourhoods in the 20% most deprived neighbourhoods in the UK, whereas in the south, many are in the least deprived. This vast difference between those living in different parts of our borough is hugely unfair and can lead to radically different life outcomes. WEST Youth Zone is a vital provision that will make a huge difference to the lives of young people, and to the whole borough, levelling the playing field for our young people.

Construction of Hammersmith & Fulham's Youth Zone, named "WEST" by local young people, is due to be completed at the end of 2023 and open in spring 2024 as the fourth OnSide Youth Zone in London. At WEST, we believe all young people in Hammersmith & Fulham should have the opportunity to discover their passion and their purpose. To find out what they've got and where it could take them. Our Youth Zone will be a purpose-built space fizzing with energy and crammed with incredible facilities. It will be staffed by skilled and dedicated youth workers who truly believe in young people in the city – helping them see what they could achieve, and giving them the skills, confidence and ambition to go for it.

Once open, we will deliver life-changing support to help thousands of young people from a diverse range of backgrounds to thrive.

Open 37 hours a week, 7 days a week, while schools are closed - that's evenings and weekends, plus all through the school holidays. We will offer a safe and active space for young people to flourish in their leisure time, where their interests can be nurtured, and they can grow as Individuals. Averaging 1,000 visits per week this is a charity that the whole community can be proud of, and you can be part of that journey.

Entry will be just 50p each visit and annual membership £5 which will give a young person access to over 20 activities per night. In addition to our open-access provision we will run targeted projects that bring specific outcomes to some of those most in need of additional support and interventions.

WEST Youth Zone will operate a proven OnSide model of youth service provision that is aligned to community needs and supported by cross-sector funding.

We give 8 –19 year-olds, (and up to 25 for young people with additional needs) affordable access to a broad range of sport, arts and employability services, designed to empower them to lead healthier, positive and more active lives – raising their aspirations for themselves and their community.

The facilities will be second to none, delivering sporting, artistic, cultural and general recreational activities each session. The outstanding quality of the facilities is a concrete demonstration of the belief that the young people of our community deserve the best.

# PERSONAL TRAINER/YOUTH WORKER PART TIME

## THE ROLE

We are looking for Female Personal Trainer /Youth Workers. . To join in our Just for Girls programe which will engage young people aged 8 – 18 years (up to 25 for those with additional needs). The sports offer at WEST Youth Zone is wide ranging and as a member of the Sports Team, you will be key in ensuring young people have access to an exciting and engaging gym program that will be challenging, stimulating, fun, engaging and developmental. You will be involved in teaching the fundamentals of the sport to young people, as well as facilitating taster sessions, competitions and challenges which build young people's engagement, skills, and fitness levels. You will coach and develop teams and support volunteers within the Sports Team. Ideally, you will have experience of coaching young people, and a relevant qualification in PT (Level 2).

Open 7 days a week including school holidays, WEST Youth Zone's purpose is to help young people grow to be happy, healthy and successful adults. Our state-of-the-art building provides young people with a range of activities, giving young people the opportunity to try new things, meet new friends and gain support from friendly, warm and positive staff and volunteers. Facilities include a kick pitch, climbing wall, gym, sports hall and recreation area, and dance, arts, music and media suites. Youth workers play a critical role in WEST's mission to provide young people with affordable access to fun and inspiring opportunities, all designed to help them lead active, positive lives and raise aspirations.

**HOURS:** Minimum of 3.5 hours on Sunday afternoons. More hours can be discussed during interview process

**BENEFITS:** 33 days holiday inclusive of bank holidays (pro-rata for part time staff); workplace pension; free gym access (once WEST has opened); access to OnSide's Talent Academy; bespoke training and mentoring.



# PERSONAL TRAINER /YOUTH WORKER – KEY RESPONSIBILITIES

## Reporting to Session Club Manager and Sports Coordinator

- To plan, coordinate and implement a comprehensive program, incorporating the Try, Train, Team programme, for young people aged 8 to 18 years (24 years with disabilities) which will enable them to build their confidence, social skills and overall wellbeing and contribute to the atmosphere of the zone
- To ensure that sessions is aspirational, youth-led, high quality and meets the needs of the young people, including young people with additional needs and disabilities and young people who typically don't engage in sports activities
- Work with the wider team to motivate, encourage and support young people to participate fully in sessions
- To identify during sessions any relevant issues or areas of development for young people and ensure that these are targeted in the programme delivery
- To organise special events, challenges, and projects on a regular basis, including residential trips in line with current legislation and good practice
- To support WEST Youth Zone's promotional plan and work in the community to attract young people
- To monitor, record and evaluate the programme, providing reports and information as required to ensure a consistently high-quality youth work provision and demonstrate the impact of the Youth Zone
- To be alert to issues of safeguarding and child protection, ensuring the welfare and safety of Youth Zone members is promoted and safeguarded, and to report any child protection concerns to the designated Child Protection Officers using the safeguarding policies, procedures and practice (training to be provided);
- To actively promote the Youth Zone and positively contribute towards increasing Youth Zone membership
- Work together with the staff team, embracing the values of WEST Youth Zone, to create a welcoming environment that is always youth-led.
- To adhere to WEST Youth Zone Youth's mission and deliver high quality youth work that supports young people in their personal, social and educational development.
- Comply with all policies, procedures, and codes of conduct, with particular reference to Safeguarding, Health & Safety, and Equality and Diversity.
- Any other duties that may be required

# PERSONAL TRAINER - CRITERIA

## ESSENTIAL:

A relevant qualification in Personal Training (Level 2)

Extensive experience of delivering activities to young people in line with relevant guidance and good practice

Proven experience of working with young people aged 8 to 19 (25 with disabilities) in a range of settings

Experience of Safeguarding Children policies and procedures

Excellent communication skills to deliver activity programmes to a wide range of young people

Strong commitment to young people and ability to engage and build positive relationships with disengaged young people

Ability to plan and deliver activities, projects, and events

Knowledge of the issues affecting young people and an ability to work with challenging behaviour and complex needs

Ability to coach and develop groups of young people

Our main hours of service delivery are between 16:00 - 22:00pm 7 days a week. A willingness to work unsocial hours during evenings and weekends is required.

The ability and willingness to travel to meetings and events both in the city and beyond

Flexible and a willingness to cover events, holidays and staff absence

Satisfactory DBS clearance and committed to safeguarding children

Activity or sports leadership/coaching qualifications

## DESIREABLE:

GCSE or equivalent literacy and numeracy

Experience of youth work

Experience of monitoring and evaluation processes

Experience working in partnership with external agencies





WE REVIEW APPLICATIONS ON A ROLLING BASIS AND RESERVE THE RIGHT TO CLOSE THIS ROLE EARLY.

West Youth Zone are committed to safeguarding and promoting the welfare of children, young people, and vulnerable groups. This post is subject to an enhanced DBS check.

The strength of the OnSide Network of Youth Zone is the diversity of its people, we place huge value on different people doing things in different ways and we welcome applications from what might be considered non-traditional backgrounds. The one thing we all have in common is our desire to raise the aspirations of young people across the country. We are an equal opportunity employer

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