



## JOB SPEC

### Coach4Independence-Supported & Independent Living

Location	:	Penrith, Cumbria
Hours	:	1300hrs per annum (annualised contract)
Contract type	:	Part time / Permanent
Responsible to:		Head of Services & Registered Manager
Rate	:	£13.45ph

---

#### About the Role

Are you passionate about making a real difference in people's lives? We are looking for a dedicated Coach to join the supported & independent living team to enable individuals to live their best lives – independently, confidently and with dignity.

In this rewarding role, you'll provide person-led coaching in health, wellbeing, daily living, and community engagement. You'll empower people to develop their strengths, maintain independence, and feel valued in their homes and communities.

#### What you'll do

- Provide coaching with everyday living, living an 'ordinary life, by empowering lives and building independence; completing domestic duties, maintain safe healthy homes, enjoy recreational and community activities, build friendships, and explore new opportunities.
- Promote positive risk-taking and complete risk assessments and incident documentation to implement prevention and solutions in everyday support routines.
- Maintain clear and accurate records and communicate effectively with the team.
- Work collaboratively with colleagues and professionals to ensure high-quality service.
- Uphold professional boundaries and contribute to a respectful, supportive work environment.

#### What we're looking for

- A compassionate, proactive and respectful approach
- Understanding of how diverse needs impact daily living and the ability to respond sensitively and appropriately
- Demonstrable experience of nutrition, health and wellbeing, personal care and medication administration
- Strong communication and record keeping skills
- Positive and calm attitude, especially in emotionally challenging situations
- Flexibility to work varied shifts on a rota basis, as this is a 24/7 service
- Commitment to health and safety, professional standards, and continuous learning
- Ability to prioritise work and manage a diverse workload
- Transferrable skills
- Current full UK driving licence and use of a vehicle, due to travel between sites and services

## Why join us

- ❖ Be part of a supportive and values-driven team
- ❖ Make a meaningful impact in your local community
- ❖ Enjoy flexible working patterns and a positive work-life balance
- ❖ Enrolment into our workplace pension scheme into which 4EDEN contributes 3% of your salary if you meet the qualifying criteria
- ❖ Enrolment into an employer paid healthcare scheme, which covers costs towards dental, optical and other medical expenses, along with additional wellbeing benefits. You may choose to enrol and self-fund during your probationary period. Upon successful completion of probation, the scheme will be fully funded by the employer. The plan also includes the option to add family members, with free cover for up to four children under the age of 18
- ❖ Your Birthday off every year - paid
- ❖ Ongoing training, continuing professional development (CPD) and career progression opportunities, including employer-funded qualifications such as the Care Certificate under the Qualifications and Credit Framework (QCF)
- ❖ As a valued member of our team, you'll be eligible for the Blue Light Card, giving you access to a wide range of discounts across retail, travel, leisure and more (subscription reimbursement)
- ❖ Guaranteed monthly salary BACS into your bank account 3 working days before the end of every month
- ❖ Introduce a friend scheme – £100 for you & £100 for your friend (subject to successful completion of probation)
- ❖ Branded workwear

We're actively hiring so, if you'd like to make a real difference, share some fabulous experiences and know that every day you can make someone's life better, we would love to hear from you!

Submit your application today or contact us directly to learn more!

Email : [office@4eden.co.uk](mailto:office@4eden.co.uk)  
Telephone : 01768 892014  
Website : [www.4eden.co.uk](http://www.4eden.co.uk)