**Guidance on applying for the Freelance Trainer – Strength & Balance**

We are looking for experienced freelance trainers to support this growing area of our work. The role will involve delivering training sessions to Health Walk Leaders, (many of whom are volunteers) and staff supporting adults in health and social care settings to enable them to promote walking with strength and balance. In some instances, we also deliver train-the-trainer courses to upskill staff to deliver Strength and Balance training in their own locality.

In the first year, we anticipate the requirement for delivery of 4 to 6 training sessions of 3.5 hours each. The payment for this will be £300 per session.

Additional development work, such as supporting the design of new course content and materials will be paid at £200 per half day and £350 per full day.

Expenses for travel are also offered for courses delivered in-person. Payment will be made to:

* Public Transport actual cost.
* Private Car mileage £0.45 per mile
* When travelling to deliver a course, the trainer is expected to use the most efficient form of transport, representing the best value for money. Public transport should be used where reasonable to do so.

**Essential requirements**:

* Qualification and experience in delivering Strength and Balance exercise in community and/or health settings with adults and older adults. This could include:
  + Physiotherapist with experience working with older adults.
  + Postural Stability Instructor qualification
  + A fitness instructor delivering strength & balance activity with adults.
  + Experience with engaging training delivery both online and face-to-face.
  + Delivery of FAME, OTAGO or Chair based Exercise programmes in health or community settings.
* Experience of delivering training as described above.
* Based in Scotland with ability to travel across Scotland
* Self-employed and responsible for payment of their own tax and PAYE
* Ability to provide own public liability insurance
* Ability to provide own IT to deliver training sessions online using MS Teams or Zoom

**How to register your interest**

Please submit an expression of interest, detailing how you feel you can deliver the training. This should include:

* A demonstration of your understanding of the brief
* Details of your experience and skills
* Details of how you meet the other essential requirements listed above
* At least two examples of previous work that you feel displays the skills you would bring. These examples should not include examples of work previously done for Paths for All.

If you would like to discuss this opportunity further, please email [shwn@pathsforall.org.uk](mailto:shwn@pathsforall.org.uk) in the first instance.

Please submit your Expression of Interest to [shwn@pathsforall.org.uk](mailto:shwn@pathsforall.org.uk) no later than **noon on Monday 19th August 2024.**

Paths for All Partnership

July 2024