

## Job Description

**Job Title:** Physical Activity Lead

**Date prepared:** May 2026

**Location:** Penny Brohn UK National Centre in Pill with hybrid working available

**Main purpose of job:** As part of a multi-disciplinary expert team, to provide strategic and operational leadership of the charity's physical activity services for people with cancer across the UK, ensuring they are safe, effective and accessible to a diverse range of people across the cancer pathway.

To act as the charity expert on physical activity in cancer care, liaising with external bodies and healthcare professionals where appropriate, to promote the role of physical activity in helping people live well with and beyond cancer.

**Reporting to:** Director of Services and Impact

**Responsible for:** Physical activity associates and volunteers

### Main duties: To

1. Lead the development, delivery and review of physical activity (PA) plans and services, ensuring they meet client needs, are safe, accessible and make efficient use of limited resources.
2. Design and deliver online and in-person group sessions. Deliver client 1:1s to help tailor advice to client's specific circumstances for those in the preparing for treatment programme.
3. Provide specialist clinical expertise and delivery for the PA components of the Preparing for Treatment, Treatment Support and Rehabilitation/recovery pathway programmes.
4. Oversee the contracting, work and quality assurance of PA associates and volunteers.
5. Lead on the development and approval of clinical guidelines, safety protocols and risk assessments for PA services.
6. Ensure that clinical records, documentation and data relating to 1:1 consultations meet professional standards.
7. Work with the Evaluation and Impact team to maintain alignment with best practice and develop and monitor meaningful evaluation and impact measures.
8. Ensure PA resources and web content are regularly reviewed and updated in line with evidence, experience, and different client needs.

9. Act as Penny Brohn UK's expert on PA matters internally and externally, working proactively and collaboratively with to maximise awareness, promotion, and funding of services.
1. Carry out administration and management duties in line with the post and undertake other such duties as may become appropriate from time to time to achieve the charity's objectives.

### **PERSON SPECIFICATION:**

(E = Essential for role, D = Desirable)

This post will suit a qualified, experienced, and dynamic Physiotherapist or physical activity therapist or with experience of supporting and inspiring people affected by cancer to engage in safe physical activity before, during and after treatment.

#### Skills and Experience

- Recent experience in delivering cancer-related physical activity support (E).
- High level of verbal, written and interpersonal communication skills (E).
- Experience of delivering physical activity services via online platforms including Zoom (E).
- An understanding of cancer pathology and common medical treatments and the implications for physical activity interventions (E).
- Experience of developing written, digital, and social media resources (D).
- Experience of supervising or managing people including volunteers (D).

#### Personal Attributes and Competencies (all E)

- Passionate about the role of physical activity as part of an integrative approach to cancer care.
- Committed to providing support that is equitable and accessible and relevant to all, regardless of background, circumstances and experience.
- Positive, flexible, proactive approach to work.
- Self-motivated and able to work independently with minimal supervision.
- Effective team player, able to work collaboratively and constructively within/across teams.
- Strong organisational, administrative and IT skills including use of Microsoft Office packages.
- Ability to manage a varied workload with multiple concurrent tasks and projects.

#### Professional Requirements (copies of each will be required for HR purposes) (all E)

- Recognised physical therapy training qualification (minimum diploma/level 4).
- Recognised qualification/training for delivering exercise support for people with cancer.
- Member of a professional body e.g. The Chartered Society of Physiotherapists or The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).
- Current DBS (Disclosure and Barring Service) certificate.

This job description is not exhaustive and will be reviewed, in consultation with the postholder, from time to time and amended in the light of the changing needs of the charity.