

The Gellideg Foundation Group Wellbeing Co-ordinator Recruitment Pack

About Us

The GFG is a community organisation in Merthyr Tydfil, based on an estate ranked amongst the lowest 10% in Wales. The GFG was founded in 1998 when mothers came together to improve the lives of the young people on the estate. We are now an established charity, providing support to the most vulnerable across the borough. However, we remain deeply rooted in the community and are responsive to local need. Our community development is grounded in lived experience, and we have strong ties to the most disenfranchised in the community. We have 10 staff, 20 plus volunteers, and work in partnership with agencies across all sectors.

Priorities

All our activities work together holistically to:

- Enable early years development and bolster family support
- Provide assistance during the cost-of-living crisis
- Deliver wellbeing activities that promote physical and mental health
- Be a hub for community activity
- Inspire and champion young people

There is a wealth of information on our bilingual website – www.gellideg.net and our FaceBook page; The Gellideg Foundation Group.

To support these priorities we are delivering a new project; Living Well, Living Longer, funded by the National Lottery Community Fund.

Purpose of Wellbeing Co-ordinator

This is a new role that has been developed following extensive consultation.

There are three elements to the Living Well, Living Longer, Wellbeing in Merthyr Tydfil. Combined, these elements have the potential to change health outcomes in the borough. The Wellbeing Coordinator will be involved in delivering two of the elements of the programme, namely,

- 1) Weekly action workshops** based around Dr Michael Mosley's "Just One Thing" – creating new volunteer led spin off groups within GFG, sign posting community members into other groups across Merthyr Tydfil, and motivating participation in cooking workshops at the Wellbeing Centre and into physical activity groups in the Centre and across the borough.
- 2) Weekly cooking workshops at the Wellbeing Centre that demonstrate how to cook low cost, nutritious meals, from scratch.**

Weekly Action Workshops

The Wellbeing Coordinator, will introduce community members to simple lifestyle changes that have transformative effects on health.

The Coordinator will hold weekly action workshops following the learning from Dr Michael Mosley's "Just One Thing". These health boosting interventions can raise mood, reduce inflammation, lower blood pressure, boost the immune system and help with weight loss among other positive effects.

The action workshops will be fun, exploratory, dynamic and hands on. Participants are encouraged to practice the interventions and share results. The Wellbeing Coordinator will run the action workshops and be assisted by the Engagement officer and Volunteer Officer who will engage community member and recruit and support volunteers.

Weekly Cooking Workshops

The Wellbeing Coordinator will use every opportunity to introduce community members to small changes to diet and nutrition, to help everyone achieve improved wellbeing.

The Coordinator will hold weekly participatory cooking workshops to upskill community members in cooking skills and nutritional awareness. Workshops will focus on cooking from scratch, creating healthy meals and snacks from the Community Pantry products, creating nutritious meals on a budget, developing key cooking skills.

Currently the only provider for cooking classes in Merthyr Tydfil is Pipyn who run classes for families with children aged 3 – 7 years. We will focus on adults without children in this age range and young people aged 11 upwards.

Example Year 1 Weekly cooking classes:

Tuesdays 9.30-11.30am, Pantry cooking, 2-4.30pm Adult Cooking Group

Wednesdays 2-4pm Young carers and estranged young people cooking group

Wednesdays 5.30 – 7pm Youth cooking aged 11 plus

The Wellbeing Coordinator will run the cooking workshops with assistance from the Engagement officer and Volunteer Officer who will engage community member and recruit and support volunteers.

Wellbeing Coordinator Main Duties and Responsibilities

- 1) Integrate healthier food options into the existing activities in the GFG weekly timetable
- 2) Deliver new cooking classes across the week to all ages 11 plus
- 3) Assist with the healthy food element of the summer play schemes
- 4) Deliver action workshops based on Just One Thing and support the development of new longer-term groups coming out of these workshops
- 5) Assist with base line health assessments and tracking progress
- 6) Manage the catering facilities in the Wellbeing Centre according to Safer Food Better Business legal requirements.

Wellbeing Coordinator Organisational Duties

To share the charity's values and have them at the forefront of the delivery of your work and your relationships with colleagues internally and externally.

To carry out all duties in line with all Gellideg Foundation Group's policy and procedures and relevant legal and regulatory requirements.

Personal Specification / Qualifications

Skills and Experience

E = Essential D = Desirable

- Passion for supporting children and families (E)
- Experience in community engagement or health promotion (E)
- Strong communication and interpersonal skills (E)
- A background or qualification in nutrition, health, social care, or a related field (E)
- The ability to work effectively with a diverse range of people and tailor support to individual family circumstances (E)
- Experience of providing advice and support (E).
- Experience of prioritising tasks within a busy environment (E).
- Experience of working autonomously and using own initiative (E).
- Experience of working collaboratively with third sector and statutory services (D).
- Level 3 food hygiene qualification (D).

Personal Attributes/ Abilities

- The ability to connect, relate, and respond to people with wellbeing challenges (E).
- The ability to adapt your communication skills (oral and written) to meet the needs of service-users (E).
- Active listener, compassionate, and emotionally intelligent (E).
- Self-motivated and able to demonstrate good time management and prioritisation skills (E).
- Ability to communicate in Welsh (D).

Terms & conditions

Job title: **Wellbeing Co-ordinator**

Salary: £28590 per annum

37 hours per week - occasional weekend and evening work required.

Location: The Wellbeing Centre, Gellideg, Merthyr Tydfil

Reports to: Co – Directors.

Annual leave: 25 days + Bank Holidays, and one additional day leave after each complete year of service, up to a maximum of 7 additional days.

Other benefits: We provide an initial 7% pension contribution, rising each year up to a maximum of 12% contribution.

How to apply

To apply for the role of Wellbeing Coordinator, please send a CV and covering letter to marcus@gellideg.net by **12pm on 2nd October 2025**. Your CV must show how you meet the 'Essential' elements of the person specification and why you want to work in this role at Gellideg Foundation Group, otherwise it will not be considered. **In the Covering letter** please tell us about yourself and give some detail about what healthy snacks and light meals

you would demonstrate making to young people and to members of the community to support healthier eating.

We will contact shortlisted applicants to arrange an interview by phone. Unsuccessful applicants will be notified by email. Interviews dates will be dependent on the availability of the interview panel and candidates