

The Gellideg Foundation Group Just One Thing Co-ordinator Recruitment Pack October 2026

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 the Just One Thing Co-ordinator

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

There are different elements to the Living Well, Living Longer, Wellbeing in Merthyr Tydfil programme. The cooking and nutrition programme is led by the Wellbeing Coordinator, the physical activity sessions are delivered by the sessional tutors, and JOT is delivered by the Just One Thing Coordinator. Combined, these elements have the potential to change health outcomes in the borough.

The JOT Coordinator will base their programme around Dr Michael Mosley's "Just One Thing" [BBC Radio 4 - Just One Thing - with Michael Mosley - Downloads](https://www.bbc.com/radio4/just-one-thing-with-michael-mosley-downloads). The JOT Coordinator will introduce community members to simple lifestyle changes that have transformative effects on health. Health boosting interventions can raise mood, reduce inflammation, lower blood pressure, boost the immune system and help with weight loss among other positive effects.



1) The Wellbeing Group - approx. 3 hours per week

The Just One Thing Coordinator will establish a new Wellbeing Group at the Wellbeing Centre. This will be a weekly group focussed on discussing how to make tangible benefits to improve each participant's wellbeing. Following JOT and Dr Alex ([Joint Pain? Stop Eating These Foods! \(Doctor Explains\)](#)) and other evidence-based health promoting concepts, the group will discuss topics that promote wellbeing, keep a journal, track progress, and share experiences and improvements. Topics to include, breathing exercises, foods, physical activity, etc. The JOT Coordinator will establish and lead the group, encourage participation and track progress.

2) Broad based messaging – approx. 7 hours per week

To promote JOT health boosting concepts to a broad audience. Every two weeks the JOT Coordinator will create materials to disseminate the JOT messaging across Merthyr Tydfil. This is to include creating boards with health messages for display in the Wellbeing Centre. The messages will also be uploaded to face book every fortnight and added to a dedicated page on the GFG website. The JOT Coordinator will also drop into groups during the week at the centre to discuss the health benefits of each of these interventions. These groups took place across the week. The JOT Coordinator will spend 10 minutes at the beginning or end of group sessions introducing the participants to new health boosting concepts. Please see our face book page for a list of our weekly activities.

3) Support spin off groups – approx. 5 hours per week

We anticipate that groups will develop as spin offs from the JOT thing messaging. Volunteer led, and supported by the Engagement officer and the Volunteer Coordinator, the JOT Coordinator will also be involved in supporting these groups as they develop. Likely groups include journalling and book club.

JOT Coordinator Main Duties and Responsibilities

- 1) Deliver a Wellbeing workshop based on Just One Thing
- 2) Carry out broad based messaging of health concepts, using social media, creating display boards and updating the GFG website. Promoting a new concept each fortnight and introducing this in person to the various groups that meet in the Wellbeing Centre across the week.
- 3) Support the development and delivery of new longer-term volunteer led groups that are established as a result of the broad-based messaging.
- 4) Lead on monitoring and evaluation of the JOT programme and use this data to complete internal and external reporting.

JOT 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 promoting wellbeing in the community (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).

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: **JOT Co-ordinator**

Salary: £28590 per annum pro rata

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

Location: The Wellbeing Centre, Gellideg, Merthyr Tydfil, CF481ND

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 JOT Coordinator, **please send a CV and covering letter to marcus@gellideg.net by 12pm on October 23rd 2026.**

Your CV must show how you meet the elements of the person specification.

In the Covering letter please tell us about yourself and why you want to work in this role at Gellideg Foundation Group.

We will contact shortlisted applicants to arrange an interview by phone. Unsuccessful applicants will be notified by email. Interviews will be on Thursday 29th October at the Gellideg Wellbeing Centre.