



National Institutes for Stress, Anxiety,  
Depression & Behavioural Change

## **PROJECT CO-ORDINATOR (Alderney)**

### **About Us**

The National Institutes for Stress, Anxiety, Depression and Behavioural Change (NISAD): we are a research and development non-governmental organisation charity; a friendly bunch made up of mental health clinicians, creatives, researchers and scientists.

Through our biomedical science and wellbeing research, we create emotional and physical health programmes that are delivered to the public via our sister organisations:

- ELK.Media: for psychoeducation and prevention of health issues.
- ELK.Health: for wellbeing care and tailored support for existing conditions.

Originally established in Scotland, and now headquartered in Sweden, we incorporated our publications arm in Alderney in Autumn 2019, but COVID has stopped our plans in a big way!

But things are changing. We now have an opening for a Project Co-ordinator in Alderney to assist in the roll-out of our multi-media programme, I Can Change My Mind, which is intended to nurture the wellbeing of 8-10-year-olds. The programme will be initially trialled in Denmark, Germany and Sweden with children forcibly displaced.

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### **About I Can Change My Mind**

We are in the process of creating an innovative programme starting with 8-10-year-olds, which teaches essential life skills for managing complex emotions. It will be a long-term programme that supports and resources young people through their challenging and critical teenage years when emotional health issues can peak.

Children will not need to express any emotional, wellbeing or mental health concerns in order to do the programme.

It is being designed for all children to learn life skills that develop and maintain emotional health.

Through the use of stories, films, games and other interactive elements, we are creating something that is exciting and fun through which children can learn without even realising they are learning.

**I can  
change  
my mind**

## About the role

To assist us in making the programme available and accessible to all 8-10-year-olds, and particularly those children who would most benefit, we are establishing three charities in Scotland. We are looking for a talented individual to help us set up the charities along with other related projects.

The successful applicant will be expected to:

- Assist us in establishing an effective programme centre in Alderney.
- Oversee young people trialling aspects of our programmes.
- Assist us in creating an effective membership charity for 8 to 9-year-olds and their parents and guardians.

## About you

- We would like you to enjoy and excel in this role. If you have skills and experience that would be useful in undertaking the activities mentioned, we would love to hear from you.
- As an organisation we adapt quickly to changing needs and circumstances. The role would suit someone with a similar flexible mindset.
- An interest in children's emotional wellbeing is essential.
- Previous experience with membership-based non-profits or book or film production would be an advantage but it isn't critical. A willingness to learn is though!

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## Conditions of the role

Salary: £31,200 full-time equivalent ("full-time" is 30 hours per week). This position will start at 40% whilst COVID restrictions remain.

We are more than happy to discuss flexible hours and / or job-sharing for the right candidate.

- Location: Alderney

The role will include a mixture of working from home and from from new premises on the island (once COVID restrictions end). Work will largely be undertaken from home to begin with, we can help with equipment etc.

## Application details

Please complete the application form and submit it to us at: [recruiting@nisad.ngo](mailto:recruiting@nisad.ngo) along with a copy of your CV.

Successful applicants will be contacted for interview, which will be conducted via Zoom (*interviews may be recorded and kept for upto 30 days*).

**Closing date: Noon BST,  
Monday 17th May**

**Equal Opportunities are important to NISAD**