

Organisation Overview

The Pillar is a Christian, community mental health project based at St Wins Church, Totton. We equip churches to provide mental health support to young people in their local community with the vision of young people finding peace, hope and freedom from mental health struggles. The Pillar is led by registered health care professionals and takes referrals from local health and social care professionals such as GP's, schools, colleges, and the police.

Our first project, 'The Space', launched in September 2023. This is a referral-only drop in space for young people (aged 11-18yrs) who live in the local area. The drop-in is based on the NHS 5 steps to wellbeing and aims to support and educate young people in how to improve their mental wellbeing. We also run sessions aimed at equipping young people with skills that can help them deal with challenges such as trauma, low mood, depression or anxiety. These include emotional coping skills, guest speakers and sports, dance or music sessions.

Other projects planned for the next two years include launching 'The Space' in an additional church within Southampton, running 'The Series' which combines mental health conversations with faith based learning and Alpha Youth, a series that encourages conversations around life's big questions.

Following this project, there will be an opportunity for some freelance work for the organisation, which may lead to a salaried position.

Our Culture

At The Pillar we have the privilege of being able to radiate Christ's love for young people. We believe that how we do things is just as important as what we do. Our values help to shape who we are, so we can deliver on our mission and vision and go about it in the right way. Our values are the driving force behind everything we do including the decisions we make, the actions we take and the way that we treat everyone we meet.

We have a professional working environment where we strive for excellence in everything we do. Our ethos is to be encouraging, grateful, gracious and professional and we endeavor to thread this through every part of the church and in every interaction. It is an exciting and challenging place to work and is full of variety. We aim for a 'can do' environment where innovation and creativity is encouraged alongside serving others. Staff community is warm and engaging with lifelong relationships being built.

Please note that as a Christian organisation, our faith is an integral part of our working culture. There is an Occupational Requirement that the post holder be a practicing Christian, as permitted under Schedule 9, Part 1 of the Equality Act 2010.

Equality and diversity

The Pillar recognises that discrimination in the workplace in any form, is unacceptable and in most cases unlawful. We therefore ensure that all internship applicants are treated fairly and without favour or prejudice. In all situations, applicants will be judged solely on merit/ability.

Candidate tasks and jobs

The purpose of this role is to support the communications and content for The Pillar project. They will be responsible for developing and creating content that can be used across a variety of media including digital, social media, print, with the aim of communicating to all stakeholders of the project, including young people, their parents/carers and local health and social care professionals.

Working closely with the Project Lead, the intern will help manage content shared across the website and social media channels. They will ensure that they creatively communicate the vision and mission and produce creative elements that engage varying audiences.

This is a hybrid role. Our intern should be available to work some hours at our church in Totton in order to attend communication planning meetings with Project Leads. We have 2 marketing strategies available to use which were produced through a recent Student Innovation Project.

Tasks and responsibilities:

- Create on-brand and high quality content for all platforms, including our social media channels and website
- Implement our social media strategy over all platforms
- Plan and implement social media content calendar
- Keep our website updated regularly
- Design and distribute our newsletter
- Design and produce printed content (i.e flyers, posters, postcards and leaflets)
- Take and edit photographs and videos for our online and physical publications
- Liaise with the team to ensure all events and activities are communicated effectively
- Undertake any necessary administrative duties in order to fulfill these responsibilities effectively

Essential skills, experience and knowledge:

- An strong understanding of social media channels and optimised content
- Graphic design, photo & video editing skills (Photoshop, Illustrator, Lightroom & PremierPro)
- Highly organised, with excellent attention to detail
- A natural storyteller and creative
- Strong understanding of content development, channel strategy and best practice
- A passion for creating fresh and current engaging and purposeful content
- Experience of following and implementing a content strategy
- Taking initiative, a self-starter and an ability to work collaboratively as part of a team
- Thrive from creativity

Closing date:

14-04-2024

If you have any questions about the role, please reach out to Tori Wills, The Pillar Project Lead:
tori@stwins.org

Salary details:

The Real Living Wage

PLEASE NOTE THIS INTERNSHIPS IS OPEN TO SOUTHAMPTON UNIVERSITY STUDENTS ONLY.

For work experience or to join one of our teams at The Pillar, please email thepillar@stwins.org.

For Southampton University students, [Click Here](#) to log in and apply.