

Becoming a trustee of Healthy Minds

Healthy Minds

Healthy Minds (formally registered as Calderdale Wellbeing) was established in 2009 as a charity providing mental health and wellbeing services across Calderdale. We have grown over the years, and now employ fifty staff who deliver, manage and lead our services. We have around sixty registered and trained volunteers, who are invaluable to the delivery of our services. Our range and reach of services has grown over the years. We are funded by health and social care commissioners in Calderdale, and through grants and trust fund awards.

Our work is led and managed by our Chief Officer, senior and team managers. Our work is overseen by a board of trustees. We are established as a charity and as a company limited by guarantee. This provides important protection to trustees from any personal financial liability.

Trustee recruitment

The responsibilities of charity trustees are set out in [The essential trustee](#), published by the Charities Commission of England and Wales. We will work with all considering becoming a trustee to identify the support you need both for your application to become a trustee and, for those appointed, in volunteering as a trustee.

We are keen at Healthy Minds to recruit new trustees to our board. By becoming a trustee you will help to ensure that Healthy Minds delivers its vision, mission, values and charitable objectives. You will help lead an important and significant organisation within Calderdale. You will contribute and build your experience, knowledge and skills, You will help ensure all communities in Calderdale receive the services the deserve and need.

If you share our vision, mission and our values, we hope that you will consider whether seeking to become a trustee might be the right thing for you.

Our Vision

We want everyone in Calderdale to have better mental health.

Our Mission

- We provide high-quality mental health services to individuals and families in Calderdale.
- We promote awareness and reduce stigma by partnering with local organisations, and providing education and resources that empower people to take control of their mental health.
- We listen to our community and speak up for positive change.

Our Values

We are a LOCAL, home-grown organisation, connected across Calderdale and committed to its communities.

We aim to build trust by being HONEST, demonstrating that we are a safe organisation.

We are non-judgemental, and RESPECTFUL of people's diverse experiences and strive to be as inclusive and accessible as possible.

Our process is focussed on EMPOWERING people to recognise the choices they can make over their own lives.

We have the strength of understanding that comes from being LED BY LIVED EXPERIENCE, enabling us to listen, relate, and meet people as equals.

Our objectives and approach

We at Healthy Minds seek to achieve the preservation, protection and enhancement of good mental health of people in Calderdale, in particular but not exclusively by the provision of support, information, advice and services.

We are led by people who have personal experience of emotional distress. Healthy Minds creates opportunities for people to understand and build on their strengths to better achieve what they want from their lives. We work with Calderdale residents from primary school age upwards, raising awareness of emotional wellbeing and providing support through group activities and one-to-one support.

Our services

These include

- Safespace – weekday and evening “in the moment” support without referral criteria and without waiting lists.
- Link - more intensive, one-to-one support for people who make frequent use of emergency services.
- Like Minds Peer Support - telephone befriending and support; activity groups.
- Welfare Rights - advice on benefits entitlement and support for people through the process of claims, appeals and tribunals where mental health is the main need.
- Roshani - culturally sensitive support to people of South Asian backgrounds.
- Time Out - emotional health and wellbeing education sessions in schools alongside a varied programme of activities for children and young people.
- Calderdale Wellbeing Services - workplace wellbeing support to local organisations and businesses (in early development).
- Community Health and Wellbeing - brings support to people's doorsteps (project).

Our main office is in Halifax. We provide services across all of Calderdale. Our current work includes sustaining our current services, looking to develop new services, developing our local Healthy Minds Forum, and renewing our membership arrangements.

Our current and future board

We have a well-established board. We currently have eight trustees. The length of our trustees' experience ranges from two to fifteen years. Our Chair has been chair for five years, and our previous Chair remains on the board. We are looking to recruit another two to four trustees.

Our trustees bring insight, skills and expertise in a number of key areas, including experience of mental health and wellbeing, understanding of Calderdale, governance, planning, finance, public and voluntary sector organisations, legal matters, education, human resources.

Our trustees reflect the diversity of the community we serve reasonably well, except that we do not currently have any trustee which reflects the Calderdale population with regard to ethnicity (Calderdale is, for example, c11% South Asian heritage) or religion (c10% of Calderdale, for example, identify themselves as followers of Islam, and c2% as Hindu, Other, Buddhist, Sikh or Jewish). We are looking to recruit trustee(s) so as to help ensure that all communities in Calderdale receive services from Healthy Minds that are appropriate to their needs.

We are also looking to recruit trustee(s) who will add experience and skills to our board. We welcome new trustees with similar experience and skills, or with skills that the board does not have in depth, such as marketing, communications, risk management, learning and development, programme management, and information technology. We also hope to recruit a new or existing trustee as deputy chair, during 2024.

We meet five times a year, occasionally six or seven if the board feels it is necessary. We usually meet in person (typically Wednesday evening or – although not all trustees are available daytime – Tuesday morning). The full board is supported by two subcommittees (development and finance) – most, although not all, trustees are a member of one of the subcommittees.

We are committed to the safeguarding of children, young people and vulnerable adults. We undertake standard DBS checks for new trustees. We reimburse out-of-pocket expenses for trustees. We will work with new trustees to identify and meet support and training needs, as they commence as a trustee and grow in experience.

Online and social media

Website: <https://www.healthymindscalderdale.co.uk/>

Facebook: <https://www.facebook.com/healthymindscalderdale>

Other social media pages:

<https://www.instagram.com/healthymindscalderdale/>

<https://www.linkedin.com/company/healthy-minds-calderdale-wellbeing>

To find out more and to apply

... please contact Paul Hunt, Chair of Trustees, for a confidential and informal discussion.

M: 07716 211 928

E: paul@healthymindscalderdale.co.uk

Application will then be by way of your completion of a simple form and a meeting with a two or three current trustees.

If you share our vision, mission and values, believe that you will have something both to gain and to offer as a trustee, then we very much look forward to hearing from you.

Our current round of recruitment closes, for an initial informal discussion, on **Wednesday 15th May 2024**.

April 2024