



# Vacancy: Trustee

## Role Description

## About Pain Concern

Pain Concern is a charity providing information and support to people with pain and those who care for them, whether family, friends or healthcare professionals. Visit our [website](#) to find out more about what we do, including our [Airing Pain](#) radio programme, [Pain Matters](#) magazine, information helpline, community pain education sessions and our research and campaigning work.

All pain is unpleasant, but for the 7.8 million people in the UK living with long-term pain it is a part of everyday life. It diminishes quality of life more than any other condition, leading often to loss of work, depression and disability. Anyone at any age can develop persistent pain and you will very probably know somebody affected. Although there is usually no cure, people who receive the appropriate treatment, information and support can manage their condition effectively with life-changing results

## Role purpose

Pain Concern are seeking an enthusiastic individual with lived experience of a chronic condition to join our Trustee Board. The importance of lived experience on our board ensures our charity has credibility with the general public, government and with funders.

Trustees are both charity trustees and company directors who report to Pain Concerns members. The Trustee Board has collective accountability and responsibility for the charity and must ensure compliance with regulatory, contractual and statutory requirements.

This is a great opportunity to help shape our work.

Please note that for safeguarding purposes, the successful applicant will be required to undertake a PVG check. The cost of which will be covered by Pain Concern.



## What you would be doing

Bring your expert lived experience and insights to aid the decision-making process to ensure the charity fulfils its objectives.

- Complete Trustee Induction training
- Complete Safeguarding training for Trustees
- Respond in a timely manner to trustee business conducted by email and attend any ad-hoc meetings (appropriate notice given)

## Is this role right for me?

We are looking for an individual who possesses some, **or all** of the experiences, skills and qualities listed below:

- Lived experience of a chronic condition
- Confident to share opinions and ideas
- Ability to handle sensitive information with confidentiality and professionalism.
- A working understanding of IT, Microsoft Office and Microsoft Teams

## Commitment and location

- Attend 1-2hr online evening meeting 4-6 times per year
- Volunteer from your own location

## Benefits to you

- Opportunity to meet new people
- Experience volunteering as part of a friendly team
- Satisfaction of supporting a valuable service in the community



## How do I apply?

Please complete the application form and return to [hr@painconcern.org.uk](mailto:hr@painconcern.org.uk)