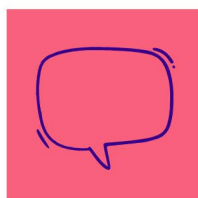


MENTAL HEALTH FOUNDATION



Non Trustee Committee
Members - Public
Mental Health
Volunteer position
Remote
Part-time



Thank you for your interest in joining the Public Mental Health Committee at The Mental Health Foundation.

This is a fantastic opportunity to join a growing organisation with an urgent and vital mission of prevention in mental health. For 70 years, we have been pushing forward the frontiers in our understanding of mental health. Interest has never been greater, and we have huge opportunities to make strides towards our vision of good mental health for all.

To achieve our vision, we are delivering our strategy, 'Making Prevention Happen'. We have the financial resources to achieve a transformation in our reach and impact. We are building an organisation that lives its values and has a strong and diverse team that is dynamic, energetic and committed to working together.

There is much more to do and, as a charity, we recognise our responsibilities to those we aim to serve, to our supporters and donors, to our staff, and to the many partners we work with. Non-Trustee Committee Members act as expert advisors and have a key role to play alongside our Trustee's supporting and challenging the CEO and the executive team to ensure we focus our resources on our defined goals.

A background in policy is desirable and we would welcome experience (either professional or lived experience) of refugee and asylum seeker issues, and / or of anti-racism work.

In this pack we present information about the Foundation and about the vital role our non-executives play. If you are up for the challenge, I hope you will get in touch.

Kind Regards

Aisha Sheikh-Anene, Chair of the Board of Trustees
Mental Health Foundation





WHO WE ARE

Our vision is good mental health for all. The Mental Health Foundation works to prevent mental health problems. We will drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk. The Foundation is the home of Mental Health Awareness Week.

Making Prevention Happen

Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

The Foundation aims to promote good mental health for all through research, policy, innovation, and campaigning.

Our values:

Side by Side

Walking our Talk

Determined Pioneers

Making a Difference

Our approach:

Tell the world

We publish studies and reports on what protects mental health and the causes of poor mental health and how to tackle them.

Find solutions

We test and evaluate the best approaches to improving mental health in communities and then roll them out as widely as possible.

Inform and empower

We give advice to millions of people on mental health. We are most well-known for running Mental Health Awareness Week across the UK each year.

Change policy and practice

We propose solutions and campaign for change to address the underlying cause of poor mental health.

Build a strong Foundation

We aim to become an exemplar employer and build an organisation that is financially sustainable and thriving



ABOUT THE ROLE

We are looking to make several appointments to strengthen our Public Mental Health Committee. These are voluntary, non-Trustee advisory positions which will bring you a rewarding experience, a chance to further your personal and professional development and an opportunity to help the Foundation deliver its mission.

We are especially keen to hear from applicants that have experience of:

- Policymaking or public health at UK level
- Refugee and asylum seeker issues and/or anti-racism work
- The use of new technologies including AI in prevention

We welcome applications from diverse backgrounds and value the involvement of people who bring knowledge of lived experience of mental health issues. To strengthen and maintain diversity on the Committees, we would particularly welcome applications from young people, women and people from minority ethnic backgrounds.

Committee Member role Purpose

- To contribute to the Foundation's Public Mental Health Committee, helping the Foundation to fulfil its objectives in line with charity law, company law and other relevant legislation.
- To uphold the Foundation's values and be an ambassador for the Foundation, representing it to help further our charitable objectives.

Main areas

- To participate in Committee meetings, 4-5 evenings per year (typically 1.5 hours each)
- To be committed to effective governance of the Foundation and participate effectively and constructively in Committee discussions and decisions.
- To review and scrutinise the work of the research, policy and programmes functions and plans for future work in these areas.
- To keep in touch with other members and trustees and contribute to constructive and consensual working relationships so that we can achieve the Foundation's mission.

Ambassadorial

- To promote the Foundation, its mission, aims and values to potential allies, donors and supporters.

About the Public Mental Health Committee

This Committee receives reports from the Director of England and the Director of Scotland, Wales and Northern Ireland and their respective Research, Programmes and Policy teams. With a UK-wide and nations-specific view, it considers the Foundation's programmes, research and policy in the context of the Strategic Plan agreed by the Board.

The Committee draws on a wide range of academic, practitioner and lived expert experience to:

- inform the direction and priorities of programmes;
- support the staff teams in identifying knowledge gaps, or overlaps with other players, in the field of mental health research;
- test the viability and robustness of major development proposals;
- monitor the delivery and impact of activities undertaken;
- support the strategic direction of policy lobbying and campaigning.

The committee really helps the Foundation to deliver our prevention strategy to ensure that we can all have good mental health. You can help to ensure that some of the most vulnerable people that we support have a voice and that this is shared widely. You can really shape our projects to enable them to achieve impact. And we aim for the committee to be a supportive and rewarding experience.



GOVERNANCE OVERVIEW

The Foundation's Board has up to 12 Trustee Committee Members including the Chair and Vice Chair of the Board and the chairs of three Board committees.

The current committees of the Board focus on: Finance, People and Governance; Fundraising and Communications; and Public Mental Health. Each committee is chaired by a Committee Member and includes other Trustees, members of the executive team and experts/ advisors (non-trustee members) as required. Each committee meets up to 5 times per year.

Committee Members also have responsibility and oversight of the Foundation's work on diversity and inclusion as well as its commitment to be an anti-racist organisation in all it does. To do this work, we need diverse skills and experiences on our Board to help inform and support the work of the Foundation.

These arrangements give appointed Committee Members, and those who are exploring potential Committee Member roles, the widest opportunities to experience the work of the Foundation, to participate and contribute.

Time commitment

The Committee currently meets five times per year in a variety of formats. Approximately every two months, we have late afternoon / early evening meetings, via remote meeting technology. Each year, usually in September, we hold an away-day where the members meet senior staff of the Foundation's management team to review and consider direction and strategy. There may be occasional meetings with staff.

We estimate members the time commitment, including attending meetings will require between 2 to 4 hours per month. You may also be asked to represent the Foundation at outside meetings with potential influencers, funders and attend launches, events and receptions.



PERSON SPECIFICATION

We are looking for people with all sorts of backgrounds and experience and will look carefully at the interest you have and how you see your skills contributing to the Foundation.

The kinds of abilities we need within the Board include:

- Integrity
- Strategic vision
- Objective judgement
- Inspiration
- Motivation
- Tact
- Diplomacy
- Good relationship-building skills
- Understanding of mental health and public mental health approaches
- Awareness of policy towards mental health – in any of the nations of the UK
- Financial management and knowing how charities work and are regulated
- Understanding the role of the Board and its trustees

In the ways we work together we are looking for trustees to:

- Be committed to the vision, mission and values of the Foundation
- Spend the necessary time and effort to contribute in an informed way to the Board and its committees
- Maintain good relations with fellow trustees, staff and partners
- Respect our approach to uphold equality, diversity and the value of lived experience
- Act in accordance with the Foundation's code of conduct

Expressing your interest

We believe this is an exciting opportunity for individuals to join a dynamic and inclusive Committee and help ensure the Foundation maximizes its impact.

To **express your interest, please send us a CV and a covering letter in which you indicate;**

- Your interest in mental health and the Mental Health Foundation
- The skills, knowledge and experience you can bring to the role
- Your goals and what you would hope to achieve as a Committee Member with the Foundation
- How you would ensure you can meet the commitments of being a member

Timetable

Please send this information by 5pm on Monday 21st October, via our website's application form. Any questions can be sent to vacancies@mentalhealth.org.uk. Initial online panel interviews are planned for shortlisted candidates on Wednesday 6th and/or Thursday 7th November. The actual dates of interview will be confirmed after shortlisting.