

## Trustee Role Description

Share Psychotherapy is one of the city's major mental health charities. Established over 40 years ago, we offer medium to longer-term psychotherapy at nominal fees to people with low incomes. We deliver this through a range of psychodynamic and creative therapies and modalities.

We work at the vital intersection of psychological distress and poverty in the city and provide an excellent learning environment for qualified and qualifying counsellors and therapists alike. We are closely networked with other organisations and individuals in the local mental health care system, and work with other voluntary sector providers and the local NHS to shape mental health policy and practice in the city. We have an extensive resource centre and offer regular CPD to our volunteers and wider Mental Health Community in Sheffield.

**We want to build upon our position as a centre of excellence in psychotherapy, including by significantly increasing engagement of users, and make an even bigger contribution to improving mental health in Sheffield.**

Share has over the last two years been through a process of change - developing and strengthening clinical services and improving administrative and business systems. Share has moved premises in 2023 to a more appropriate location in the city centre of Sheffield. We are seeking to diversify and increase funding to expand the range of services we provide in order to meet the demand which undoubtedly exists for high quality mental health services and which will inevitably expand due to the impact of the Covid-19 pandemic.

We are seeking to attract from a range professions and backgrounds including those from minority communities as members of the Board.

## Purpose

To join the Board of Trustees and contribute to steer and guide the charity in its development and strategy direction setting, its operational delivery, safeguarding and all aspects of governance.

## Key relationships

Engage in quarterly formal board meetings and with fellow trustees, the two co-chairs and /or staff on specific agreed areas of work in between board meetings.

## Main duties and responsibilities

- Regular attendance at quarterly board meetings and the annual AGM

- Subject to professional expertise / background, support Share's development through providing expertise and leading project –based work in areas such as fundraising, user engagement, co-creation, partnership development, clinical governance, advocacy

#### Attributes

- Commitment to the charitable sector, and to improving mental health and wellbeing
- Good communication and listening skills
- Ability to work in a team and openness to include a wide variety of views and voice
- Integrity

#### Ways of working

The board meets quarterly for a 2-hour board meeting (online and /or at Share premises). It has informal meetings approx. every 6 weeks to touch base on key business issues. The AGM is an annual 2 hour online meeting. Board meetings are held normally late afternoon, early evenings.

#### Process

We are committed to equality of opportunity for all, having a board that reflects the diversity of Sheffield. Therefore, we value applications from all backgrounds. Please tell us in your cover letter your motivation and the skills and expertise you bring as outlined in the person specification above.

There is no deadline for applications. The role is currently vacant. If you have questions and would like an informal conversation, please contact our co-chairs Lynn Keirs or Astrid Walker Bourne [lynn.keirs@sharepsychotherapy.org](mailto:lynn.keirs@sharepsychotherapy.org), [astrid.walkerbourne@sharepsychotherapy.org](mailto:astrid.walkerbourne@sharepsychotherapy.org)

We ask interested applicants to send in their covering letter and CV as soon as possible as we are interviewing on a rolling basis. Please send your application to [office@sharepsychotherapy.org](mailto:office@sharepsychotherapy.org)