



# TRUSTEE PACK



Supporting people affected by rape and sexual abuse



Registered Charity No: 1109637 · Company Number: 5424196

# AN INTRODUCTION TO BIRCHALL

We were established in 1991 as a community response to the lack of support for people impacted by rape and sexual abuse in the local area. Over the past 33 years we have developed an holistic service supporting anyone over the age of 4 across Cumbria and Lancashire who has been affected by these issues.

We provide trauma informed counselling and wellbeing services, alongside peer support groups and family collaboration services. We deliver prevention services, raising awareness and education through community engagement, schools work and a training offer.



## HOW CAN YOU HELP?

We are looking to recruit new Trustees to help us delivery our new exciting strategy.

We thrive on difference - sadly rape and sexual abuse affects everyone in all of communities - as a Trustee Board we want to reflect all those individual characteristics and life experiences so that we can respond most sensitively to the needs of everyone who uses or would like to use our services.

Where you live, how old you are, whether you work and if so what you do, whether you have been a Trustees before or whether you consider yourself a leader are not the characteristics that will make you a good Trustee at Birchall. Sharing our belief and having passion and energy to help the organisation achieve that, is what matters.

**Dr. Paula Cook**  
Chair of Trustees

**Vanessa Dixon**  
CEO

Birchall in Numbers

# WHAT WE'VE ACHIEVED

2022-2

**4711** counselling and wellbeing sessions were delivered by the team

**229** people received adult counselling (an average of 21 sessions)



**249** children attended our education programme with **192** children and young people accessing our services

**33** children accessed play therapy (an average of 27 weeks)

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To the future people who walk through the doors of the Birchall Trust I would like to say well done, because like me you may well be doing the best thing of your life, because I finally found my self worth and an overwhelming feeling of finally wanting to live.

Previous Client

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# WHY BIRCHALL?

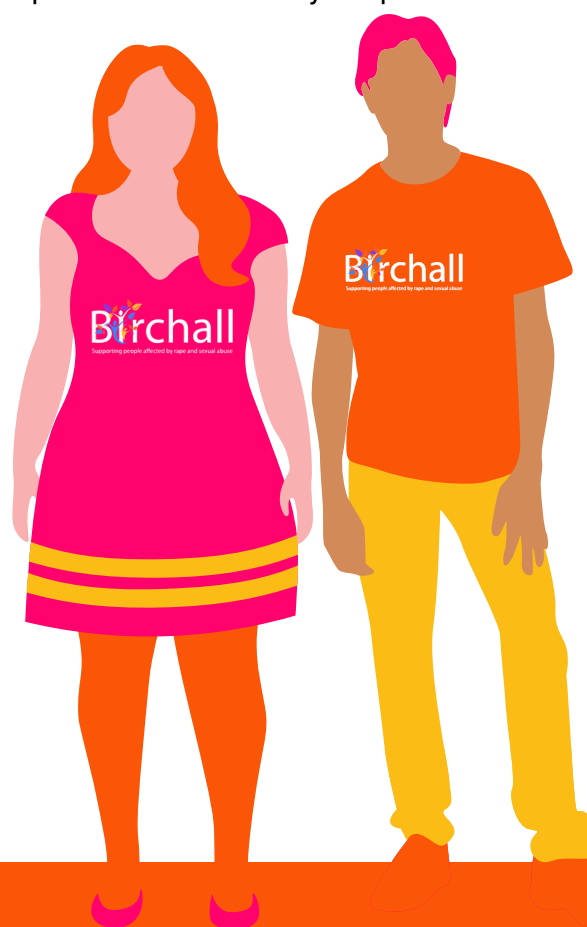
Being a Trustee at Birchall is a rewarding and exciting experience. With 44 team members - a mixture of employed and freelance across Cumbria, North Lancs, East Lancs, and the Fylde Coast,

With numerous volunteers and people with lived experience, you'll join a strong team dedicated to supporting people affected by rape and sexual abuse.

Each year we campaign, fundraise and offer educational programmes as well as wellbeing services and group work activity sessions.

We are committed to the highest standards of governance as a Trustee Board and we will ensure you have the training and support to participate fully and to feel prepared and empowered as a Trustee.

We have a challenging strategic plan but wow what a difference we can make to individuals and communities if we achieve that.



The Birchall Trust Board of Trustees is responsible for the charity's strategy and financial security. While day to day running of the organisation is delegated to our Chief Executive Vanessa Dixon, supported by a senior leadership team, trustees are ultimately legally accountable.

As a Board we meet quarterly with various sub groups that work on key project streams in between.

Trustees are also encouraged to engage in team away days where appropriate.

Trustees are also be expected to participate in Trauma Informed principles and Safeguarding training while other training events may be open to board members.

A flexible approach is taken to meeting arrangements. Where possible face to face meetings are preferred, but virtual meetings may be arranged to facilitate individual circumstances.

Trustee

# ROLE SPECIFICATION

The main criteria we are looking for is someone who is enthusiastic about the work we do here at Birchall and is keen to get stuck into being on a board. We know that this will mean you will come with great ideas and thoughts. We all have different experiences from many walks of life and feel like there is so much that would be beneficial for us to learn from.

As a trustee, some of the things you could support us with are:

- Championing our vision to live in a world free of rape, sexual abuse and sexualised violence
- Be involved in various sub committees, bringing your expertise and knowledge
- Support our financial planning and accounts
- Monitor the risks to the organisation and ensure we are putting in steps to manage them
- Grow the voice of people with lived experience within our governance
- Understand and accept the legal duties, responsibilities and liabilities of being a trustee (we can organise training for this)
- Lead on making sure the Birchall is well governed and complies with its constitutional and charitable objectives

We're not expecting you to do all of these things, but if there is anything on this list that speaks to you or sparks your interest, and you feel passionate about what we do and want to get stuck in, We would love to hear from you.

**Don't think you cant make a difference – together we can**

# HOW TO APPLY

If you'd like to apply, we just want to hear 2 things from you:

1. A bit about who you are and what experience you have (this doesn't have to be paid employment!). What are some interesting things you've done in your life?
2. A quick explanation of why you're applying for the role. What makes this sound interesting to you?

You can send these to us in whatever format is easiest or preferable for you: you can put together a CV and a written cover letter or fill in our application form; you can share your LinkedIn page and a voice note saying why you're interested in the role; you can make a short video or audio recording telling us a bit about you and send us the link – whatever you feel happiest with.

Please send to [enquiries@birchalltrust.org.uk](mailto:enquiries@birchalltrust.org.uk)

If you meet the basic criteria, we will arrange a conversation with the Chair and the CEO. We will do this at a time which works around your commitments.

## USEFUL LINKS



[@TheBirchallTrust](#)



[@BirchallTrust](#)



[@thebirchalltrust](#)



[The Birchall Trust](#)



[www.birchalltrust.org.uk](http://www.birchalltrust.org.uk)



[The Charity Commission - GOV.UK \(www.gov.uk\)](#)

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"I can now understand why I feel and behave the way I do. I have learned grounding techniques which are invaluable. The relationship between my counsellor and I has been priceless. Thank you for giving me my life back."

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Barrow-in-Furness Telephone: 01229 820828

Morecambe Telephone: 01524 239595