



## **Volunteer to join the Peer Support Plus CIO Board of Trustees**

### **About us**

Peer Support Plus CIO is a Charitable Incorporated Organisation that provides Peer facilitated Group Work for adults in the Leeds Metropolitan District who want to learn to better manage their mental health.

We believe that every adult living in the community is expert in their own mental health. Experience has taught us that adults, working together and applying the Peer Support Plus Group Work process, can take responsibility for their own behaviours and learn how to better manage their mental health and wellbeing.

By working together in a safe, kind and supportive environment, we promote recovery and wellbeing, making a positive difference to the mental health of everyone who engages with us.

To learn much more about us please look at our website [www.peersupportplus.org](http://www.peersupportplus.org)

### **What we are looking for**

Trustees who bring to the Board:

- Fresh eyes, a passion to 'simplify and add lightness', a wide perspective and openness to discover what works best for everyone who engages with us.
- To enrich the range of skills and life experiences available to the charity.
- Determination to team-work by consensus and nurture volunteers.
- Willingness to network, raising awareness throughout Leeds' diverse community, across local mental health organisations and within Peer Support Plus.

We welcome adult applicants from a wide range of backgrounds.

## Attributes

- Ideally, lived experience of managing your own mental health, or supporting others'.
- Enthusiasm and determination to make a real difference to your Peers' mental health.
- Ability to work in a team of equals where everyone's contribution is valued.
- We meet and communicate digitally, and reach out to the digitally disadvantaged, so an ability (or willingness) to become familiar with working online will be necessary.
- Willing to commit to the Trustee role for at least one year.

## What you will get out of being a Trustee

Make a real difference to the mental health, resilience and wellbeing of those adults in Leeds who choose to engage with us.

Experience governing all aspects of a small local charity working in your community.

We will encourage you to bring your own skills and experience to the role, and focus on aspects that interest you and help your personal development.

## Role and responsibilities

The primary responsibility of a Trustee is to ensure Peer Support Plus CIO fulfils its duty to its beneficiaries as set out in its [Constitution](#). The role of a trustee is described in the Charity Commission's Guidance [The essential trustee: what you need to know, what you need to do](#). It will include:

- Contribute at monthly Board Meetings and engage in task focussed working groups, by Zoom.
- Help to set the strategic direction of the charity, achieved through agreeing Aims, Plans and Policies.
- Agree goals, targets and evaluation methods.
- Help provide transparent, inclusive, leadership, communications, recruitment, volunteer training and development.

## How to apply

If you would like a preliminary chat, please email Gill [secretary@peersupportplus.org](mailto:secretary@peersupportplus.org) with your name and a contact telephone number. She will call you.

Please apply by letter describing yourself, including relevant skills and experience; what you would bring to the role; and what you hope to gain from engaging with us.

Email your letter to [secretary@peersupportplus.org](mailto:secretary@peersupportplus.org) or post to the charity's Registered (correspondence only) Address: 1 Elmete Close, Leeds LS8 2LD.

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