



Could you be a Trustee?

Do you have personal experience of mental health problems?

We are seeking new Trustees

Mind in Harrow is seeking Trustees with personal experience of mental health problems to be elected at our Annual General Meeting on **4 December 2018**. We are passionate about having strong representation at the top of the organisation from people who use or have used mental health services. **Can you help make a difference? We are seeking people with some prior committee experience.**

About the Trustee role

Trustees have an important and interesting role within charities to ensure that the organisation is well run and fulfils all its current and future commitments to its beneficiaries. We provide a full induction into the role and reimbursement of travel expenses. Mind in Harrow's trustees meet 8 times per year on Monday evenings. As we are a company limited by guarantee, trustees are also directors. Mind in Harrow offices are easy to access as located close to the Metropolitan line Harrow-on-the-Hill tube station

About Mind in Harrow

We won't give up until everyone experiencing a mental health problem gets both support and respect. www.mindinharrow.org.uk/

Mind in Harrow is a dynamic and creative independent local mental health charitable company affiliated to national Mind. We currently employ a team of 30 full and part-time staff and over 100 volunteers supporting 3,500 local residents per annum. We have a mix of funding sources totalling £1m: NHS, local authority grants and contracts, personal budget purchases, grants from Lottery and charitable trusts, charity shop and community fundraising. We have the Mind Quality Mark, our national quality assurance audit.

How to apply

If you are interested in this opportunity to become a Trustee with Mind in Harrow, For more information, please call 020 8515 7858 to speak to Sona or email s.barbosa@mindinharrow.org.uk

You can also download an application form and Trustee Role Description from www.mindinharrow.org.uk/volunteering-opportunities.asp

We are seeking applications by the end of September 2018.
Trustee recruitment background paper Aug 2018

Our Strategy 2014-20

Mind in Harrow has ambitious plans for our future. We are seeking Trustees who can help us achieve them! We aim to reach more young adults 18-25 years old, offer more timely support to people in crisis and early help to prevent people from needing long-term mental health services. We want to tackle the multi-discrimination and stigma which people can experience in their daily lives. We plan to diversify our income sources further by opening more charity shops, moving into managing rental property and developing a commercial training service.

Recent Successes

Some achievements of Mind in Harrow include:

- ✓ Feedback from our Mind Quality Mark assessment 2018:

There is clear evidence of a well structured, well run organisation that operates within a clear and regularly updated policy framework. Trustees provide good leadership in ensuring that the organisation works to and is monitored against its strategy. Decision making and responsibility is well distributed throughout the organisation, with interviewees at all levels saying that they were kept informed of decisions, knew what decisions they could make, and knew how they could feed into and influence decisions.

- ✓ We have launched a new three-year project called HeadsUp with three local specialist youth charities in 2018 funded by the City Bridge Trust to support the mental health and wellbeing of over 3,000 young people in Harrow.
- ✓ We deliver a national NHS Talking Therapies Service locally offering guided self-help to over 1,500 residents per year experiencing anxiety and depression.
- ✓ Mind in Harrow was selected by Kensington Palace via national Mind for a visit by the Duke and Duchess of Cambridge to celebrate World Mental Health Day on 10 October 2015, because of our work with young people to promote mental wellbeing. Pictures of the visit below.

