



Tameside, Oldham  
and Glossop

### **Trustee - Improving Access to Psychological Therapies (IAPT)**

Do you believe people are experts on themselves and our role is to work holistically to help people to help themselves? Do you want to make a difference in making IAPT more available in grass roots communities? Do you have IAPT knowledge and expertise to support a local charity making this happen?

We are looking for a volunteer to join our highly motivated and skilled executive board of trustees. We are looking to recruit a committed and enthusiastic individual to further strengthen our board and help us to achieve the next phase of our development with our IAPT work. We require someone who can work at a strategic level and who has wide experience of IAPT. We are hoping to recruit someone who can help us with the continued development of different way of delivery whilst still keeping our high standards, and increasing and diversifying the local IAPT workforce.

Tameside, Oldham and Glossop Mind is an independent locally run charity that has been providing services to the community for over 40 years. We are passionate about mental health and believe that Mental health is as important as physical health and applies to everyone. We value people and invest in people in everything we do. In the past 10 years we have helped over 500,000 people and expanded our reach by 3400%. We are excited to seek the right board member to join us and be part of continuing this very important work.

The Board of Trustees are responsible for supporting good governance, strategic direction and financial oversight of the Trading and Promotions Companies alongside the current Directors of the companies.

If you have passion for the charity sector, have relevant experience at a frontline and/or strategic level in IAPT and would like to make a positive contribution to the work we do, then we would love to hear from you.

Trustees are expected to attend monthly Board meetings held on a Monday Night 6pm for approximately 2 hours and read all associated papers, attend annual Executive Board Away day, and if possible get involved occasionally in other activities such as open days, all staff away days, and service delivery visits.

As a Trustee you will get to make a difference to the mental health landscape for local people communities, learn more around mental health, access to TOG Minds CPD training, receive out of pocket expenses, and learn more around leadership and governance

If you are interested please contact Cheryl Eastwood for an informal conversation or complete and return the Trustee Application Form.