

TRUSTEES WANTED

About Parkinsons.Me

Parkinsons.Me is a dynamic young charity founded in 2016 by Ewan and Tracey Stutt following Ewan's diagnosis with Parkinson's at the age of 41.

- Our vision is to be the primary source of positive information and support for people with Parkinson's and their families.
- We aim to do this by providing positive, inspiring and meaningful online, personal and community support for people with Parkinson's and their families.
- We want to help families create a 'new normal' by looking after each member's emotional and physical health in mutually supportive ways.

The plans we have in place to make this happen involve:

- organising events to promote family and community bonds
- creating a community garden to act as a focal point for events and encapsulate Parkinsons.Me's focus on nutrition, exercise, and social time (now complete)
- Creating exercise classes in collaboration with Physiotherapists from the local NHS group (now complete)
- Setting up other projects that can help families affected by Parkinson's to live fulfilling lives.
- fundraising to generate income for the charity and eventually pay staff (counsellors, event organisers, writers, admin staff, etc)
- researching issues that affect families living with Parkinson's (children, teenagers, support of carers, etc) and how these are best tackled
- publishing new material on positive approaches for families to live with Parkinson's
- forming alliances with other charities and organisations with similar objectives
- creating an online community of families to generate mutual support
- campaigning for a better public perception of Parkinson's; better attitudes from employers and more support for carers, particularly children.

Parkinsons.Me is based in Oxfordshire, just outside Wantage. The charity has strong support from the local community, reflected in our trustee body, and in our wider group of supporters and well-wishers. We also have good links with local professionals specialising in Parkinson's, and with key partner organisations. However, we are keen to expand our

trustee body to broaden our mix of skills and expertise. Specifically, we are keen that our trustee body should include:

- more people who themselves have Parkinson's or have a family member with Parkinson's.
- a trustee with a background in health and social care, ideally involving care for people with Parkinson's and their families
- someone with skills and expertise in campaigning, fundraising and/or social research
- a trustee skilled in partnership development

- or any combination of the above!!

We welcome applications from people of all backgrounds who share our commitment to providing positive, inspiring, and meaningful personal and community support for people with Parkinson's and their families.

Trustee Role Description

The Board of Trustees are together responsible for the overall governance and strategic direction of the Parkinsons.Me, ensuring that at all times the charity acts in accordance with the law and in the best interests of the people we exist to serve.

Specific responsibilities include:

- Setting and maintaining Parkinsons.Me's vision, mission and values
- Setting the overall strategic direction of Parkinsons.Me and tracking progress towards this
- Ensuring that Parkinsons.Me stays true to the purposes laid down in our constitution and complies with all relevant legislation and regulations
- Ensuring that Parkinsons.Me governance is of the highest possible standard, including ensuring that all necessary policies and procedures are in place, that the charity is being well managed and that the Board is working effectively
- Ensuring sound financial management, and that Parkinsons.Me's assets are used in the best interests of those we exist to serve
- Safeguarding Parkinsons.Me's values and reputation
- (As required) selecting, managing and supporting key personnel.

Minimum time commitment

As a Board member, you will be expected to undertake induction in line with our trustee induction policy and to attend bi-monthly Board meetings. Board meetings are typically held at the Loyd Lindsay Rooms in Ardington, near Wantage from 7.30pm on the second Wednesday of each month. You will also be expected to spend time between meetings

supporting the charity's development in practical ways. We estimate the likely time commitment as between half a day and a day a month.

This role is unpaid, though trustees' travel expenses will be reimbursed.

Person specification

Trustees must be committed to Parkinsons.Me's vision and mission and able to meet the minimum time commitment. They should also:

- have good independent judgement and strategic vision
- be able to think creatively
- be willing to speak their mind
- understand and accept the legal duties, responsibilities and liabilities of trusteeship
- be able to work effectively as a member of a team.

Application process

To find out more, please ring Rosie Chadwick on 01235 832619 or 07568 135866 for an informal conversation.

To apply, please send a letter to rosie.chadwick@live.co.uk. Your letter should explain why you are interested in being a trustee and how your background and experience fit you for the role, paying particular attention to the person specification. We value personal and/or voluntary experience as well as professional experience.

People who express an interest will be invited to an interview. If helpful, they will also have an opportunity to attend a Board meeting as an observer in the first instance.

People we invite to join the Board will be required to sign a declaration confirming that they are qualified to act as a trustee and to undertake a DBS check. Consistent with safe recruitment practice we will also ask you to nominate two referees.