Trustee Vacancies

Are you interested in supporting people and their wellbeing?

Do you want to find a way to give back to your community?

HOPS is a friendly, Sunderland-based charity working with people and communities to help improve health and wellbeing.

We are looking for individuals who can help us to strengthen and diversify our board and support our charity to develop, to grow and to increase our capacity to support to local people.

Who we are

HOPS is passionate about supporting peoples' wellbeing - assisting people on the path to good health to feel better, deal with anxiety and stress, reduce social isolation and manage emotional, mental and physical health concerns.

We provide holistic therapies and therapeutic wellbeing activities – opportunities to get together, to meet people, enjoy a craft, learn a new skill and discover great wellbeing tips and techniques.

HOPS' 1 to 1 therapies allow people to relax, take valuable respite time and to find a place of calm from which they can develop better wellbeing and resilience.

Who you are

Friendly, helpful, enthusiastic, keen to help others

You may have experience or a working knowledge of:

Charities or the voluntary sector Board/committees Equity, diversity & inclusion

Fundraising & income generation Building partnerships Strategic development.

Wellbeing Holistic health Community engagement

But are just as important as technical knowledge or professional expertise are:

Knowledge of HOPS' field of work Good people skills Enthusiasm

Wanting to be part of a solution Asking difficult questions Decision making

Lived experience of unpaid caring, mental health, chronic illness

What is a trustee?

Trustees play a very important role in charities. They ensure a charity is delivering what it set out to do and provide key guidance and support to allow activities to be developed and delivered.

Being a trustee can be extremely rewarding, you know you are giving something back and striving to have a positive impact. Share your own skills, learn from your fellow trustees, mix with people with similar interests.

Role requirements & time commitment

Depending upon your role and experience, being a HOPS trustee entails - as a minimum - attending trustee meetings with the option to join working groups; but you may also provide support through advising or working closely with staff on areas of development or particular tasks.

HOPS' trustees currently meet approximately every 6 weeks for upto 2 hours. Meetings vary between in-person and online.

Time commitment required - variable depending upon what you can give, but minimum of average of 2 hours per month.

Find out more or for a Trustee Information pack:
www.healing-sunderland.org.uk Fb: /HOPSsunderland Email: info@HOPSwellbeing.org