mind Buckinghamshire

mind in Berkshire



Welcome

Thank you for your interest in Bucks Mind and in becoming a Trustee.

Bucks Mind is a team of over 78 employees, supported by a Board of 10 Trustees and over 200 volunteers. Many of us have lived experience of poor mental health, either personally or by supporting family and friends. We are united in our passion of delivering meaningful, positive outcomes that make a real difference.

We are part of the national Mind federation of over 100 local Minds with a vision to be there when it matters for people living with mental ill-health in Buckinghamshire and East Berkshire.

Our services exist to support better mental health and help people stay well. For many, our support has been life-changing — and, for some, even life-saving. We're especially proud that: 92% of people we supported felt less isolated and more connected; 84% reported an improvement in their overall wellbeing and 87% felt better equipped to manage their own mental health.

The cost-of-living crisis, rising poverty and growing complexity of need continue to place strain on our communities. At the same time, the wider mental health system is under immense pressure. Yet our team has remains agile, responsive and innovative — adapting to meet demand and ensure no mind is left behind.

We have recently embark on the delivery of our new three year organisational strategy, we will all be focusing our efforts on increasing the impact we make in peoples' lives.

Would you like to join us on this journey; bringing your talent and experience to support the Board and CEO to help us shape our future work and help us become stronger and more sustainable?

We are seeking an Income Generation Trustee with significant expertise in philanthropy, major gifts and high-net-worth individual giving to strengthen our Board and support the organisation in increasing our sustainability by diversification in income sources.

The right individuals will be driven and passionate about making a difference in our communities and recognise the importance of our front-line work, whist having the strategic ability to see the 'bigger picture' for Bucks Mind both as a member of the Mind federation and within the local Bucks and Berkshire wide voluntary sector.

We hope that this candidate pack gives you a view of who we are and the work that we are doing and inspires you to come and join us. If you can help us to achieve even more, then we very much look forward to hearing from you.

The Board of Trustees

Vision, Mission and Purpose

Vision

We're fighting for a future where no mind is left behind.



Mission

We want to create a mentally healthy society. Through our information, services and campaigns, we tackle stigma, barriers and isolation so that everyone can access mental health support when they need it.



Our purpose

We deliver mental health services in Buckinghamshire and East Berkshire, are affiliated to national Mind and are proud to play our part in the local Mind network. Together we are Mind.

We are at the heart of our local communities - promoting wellbeing and recovery; preventing mental ill-health; offering talking therapies and providing support in times of crisis.

"You've made me be able to control my anxiety and situations in life a lot better and I can't thank you enough. Thank you for listening to me and understanding me. Thank you for being the person I could talk to when I didn't have anyone else, it means a lot."

Young person supported by our Counselling for Young People service

Our Year in Numbers

91%
of people we support feel that their wellbeing is improving



82%
of people we support feel less isolated and more connected

83%
of people we support are better able to manage their mental health

6347
people supported



94
people provided regular, long-term support by our Wellbeing Service

467
people supported by Gateway Community Navigators



101
people supported by our Mental Health Safety Planning teams

1213
people supported by Community Connectors

1951
counselling sessions delivered by our Adult and Young People Counselling services



27
people supported by our Closing the Gap service

712
children, parents and staff supported by Mental Health Education in Schools

460
students trained by our Peer Support in Schools service



1110
people trained in Workplace Wellbeing

388
people supported by our First Contact Practitioner

455
people supported by Peer Support groups

4857
hours given by our volunteers



120
people supported by our Outreach services

606
people supported or signposted by reception

266,506
people reached through our website and social media



359
times Safe Haven was chosen as an alternative to A&E

244
people accessed two or more services

201
people supported by our Befriending service

Our Services

As the local Mind for Buckinghamshire and East Berkshire, our aim remains constant: To be there when it matters for people living with mental health problems.

Thanks to the hard work of our volunteers, supporters and staff team, we have helped people to cope at a time of crisis, we have given people the support they need to keep on top of their mental health and we have made schools and workplaces more mentally healthy environments. We have achieved this through a wide range of mental health interventions.

Wellbeing Groups – long-term, weekly sessions in a broad range of activities, to socialise and try new things. For adults experiencing moderate to severe mental health challenges in Buckinghamshire.

First Contact Practitioner – working withing specific GP surgeries in Buckinghamshire to provide support for mental health wellbeing.

Gateway Community Navigators – working as part of the Gateway Team at Oxford Health NHS Foundation Trust to support people with their social emotional, medical and practical needs.

Mental Health Safety Planning – providing support for people in Buckinghamshire and East Berkshire who are at risk of self-harm or who have thoughts of ending their life.

Closing the Gap – one-to-one guided self-help for people in Buckinghamshire experiencing mental ill-health and financial challenges.

Peer Support in Schools – training student peer ambassadors in mental health awareness to mentor younger students across primary and secondary schools.

Education – assemblies, workshops and training days for children aged 4-18, building awareness of wellbeing and mental health resilience.

"It's been the most support I've ever been offered and has really helped me through this time. I've learnt things that I will use throughout the rest of my life."

Person supported by Gateway Community Navigators

Community Connectors – part of a specialist multi-disciplinary mental health team in Berkshire, supporting those experiencing serious and enduring mental health problems.

Safe Haven – a welcoming and safe environment in Buckinghamshire during a mental health crisis. Providing non-clinical support including safety planning, recognised tools for recovery, person-centred listening and short term therapeutic distraction.

Workplace Wellbeing training – raising awareness, enabling employees to stay well, to be supported effectively and to end the stigma related to mental health.

Peer Support –group activities, based on the Five Ways to Wellbeing, supporting those recovering from poor mental health. Peer Support Bucks and Friends in Need in Berkshire for adults. In Berkshire a young peoples' group, Peers-2-Pals.

Counselling for Adults – high quality, one-to-one counselling for adults experiencing a range of mental health problems.

Counselling for Young People – compassionate and confidential support for young people (aged 13-21) facing emotional and mental health challenges.

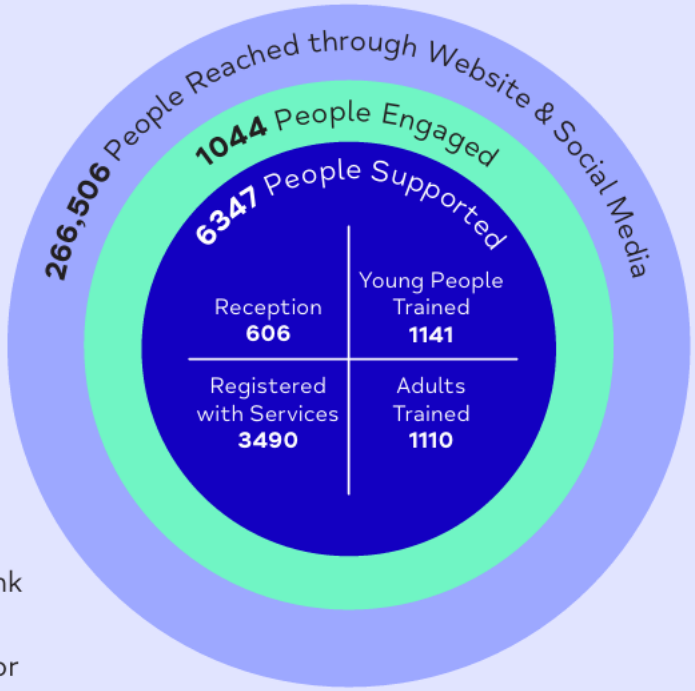
Specialist training – supporting people with the skills to adapt and thrive in the post-Covid working environment. We also offer Mental Health First Aid and Suicide First Aid.

"My Counsellor has provided me with the tools I need to be able to better manage my mental health. He has always listened, empathised and make me feel worthy of my feelings."

Person supported by our Counselling for Adults service

People Supported

During the year we supported 6347 people. This includes 3490 people who accessed one of our services, 1110 adults who received mental health training, 1141 young people trained as peer mentors or through our Mental Health Education in Schools service and 606 people who were supported and signposted by reception via phone or email.



During the year we saw an increase in the overall number of people using our services. This increase is especially noticeable in our crisis services. We think that this reflects a growing need for mental health support in our community and, especially, support for people with more complex needs. Despite this trend, we are really pleased that we have maintained the quality of our work and that 91% of people who use our services say we have helped them to improve their wellbeing.

Our Volunteers

Volunteers are essential to Buckinghamshire Mind's work, enabling us to provide more vital, life-changing services to people experiencing mental health problems in Buckinghamshire and East Berkshire. We could not achieve all that we do to support people's mental health without the involvement and huge contribution of our volunteers.

Our volunteers give their time, expertise, skills and consistent commitment to many of our services, including Counselling, Befriending, peer support groups in Bucks and East Berkshire and our Wellbeing Service.

Our adult volunteers gave an incredible 6287 hours in 2024-25. Many of our volunteer Befrienders and peer support group volunteers bring something truly powerful: lived experience. They don't come with answers or quick fixes, but with deep empathy and understanding. It's the kind of support that says, 'You're not alone, I've been there too'.

The Role

The role of a Buckinghamshire Mind Trustee can be a very fulfilling experience. While unremunerated, all reasonable travel expenses will be reimbursed.

You will need to have an understanding of mental health problems – perhaps through lived experience – and be passionate about our mission.

Board meetings are held every three months (on Microsoft Teams/in person) and take place during normal working hours. Typically, they last three hours. There are also sub-committees that Trustees are asked to join, which also meet quarterly.

There is an expectation that Trustees will play an active and visible role in the organisation and will join additional events, working groups conferences and training sessions throughout the course of the year. This is an excellent opportunity to give something back to the local community.

At Buckinghamshire Mind we take inclusion and diversity seriously. It is important to us that our Trustee Board is representative of the diversity in our local communities. We particularly welcome applications from younger people, people of racialised communities and people with lived experience of mental health problems.

The successful candidates will play an important role in the continued growth and success of the charity. Experience and the ability to apply your knowledge in a practical manner will be more important than professional qualifications.

For further information:

Our Impact - Bucks Mind
Strategy 2026-2029 - Bucks Mind
Home - Bucks Mind
Mind in Berkshire - Bucks Mind

Specific requirements for Income Generation Trustee:

- Proven track record in major donor cultivation, stewardship and philanthropic fundraising
- Play a vital role in supporting us in diversifying our income, building a sustainable fundraising future and enabling our organisation to realise its full potential.

Key Responsibilities:

- To ensure that the charity has a clear vision, mission and strategic direction.
- To contribute to, review and approve the strategic plan, annual operational plan and organisational budget.
- To evaluate performance against agreed targets and objectives.
- To ensure the organisation complies with its governing document, charity law, company law and any other relevant legislation or regulation.
- To follow any formal arrangements for the appointment, supervision, support, appraisal and remuneration of the chief executive.
- To deal appropriately with conflicts of interest and conflicts of loyalty.
- To assist with hearing appeals as required under HR, complaints and internal procedures.
- To ensure the financial stability of the organisation.
- To ensure that effective controls are in place to deal with internal financial regulations, standing orders and delegated authorities.
- To ensure the organisation applies its resources exclusively in pursuance of its objectives.
- To oversee the charity's assets, both tangible and intangible, taking all due care over their security, deployment and proper application.
- To set, model and promote the organisation's equality, safeguarding and other policies and procedures.
- To deal appropriately with any confidential or sensitive information received as part of the role.
- To represent Buckinghamshire Mind, acting as an ambassador for the organisation.
- To ensure there is no personal profit from the office of Trustee, unless relevant permission has been gained from the Charity Commission.
- Act within the spirit of and according to Buckinghamshire Mind's equality, fairness and diversity policy and procedures.

In addition to the above statutory duties, each Trustee should use any specific skills, knowledge or experience they have to help the Board of Trustees reach sound decisions. This will involve scrutinising Board papers, leading discussions, focusing on key issues, providing advice and guidance on new initiatives, or other issues in which the Trustee has special expertise.

Personal Qualities

We are particularly interested in hearing from people with experience and expertise in the following areas:

- Strategic vision, leadership and the ability to think creatively.
- Good, independent judgement and effective decision-making.
- Impartiality, fairness and the ability to respect confidence.
- Ability to work effectively and collaboratively in a team.
- Passion and commitment to support Buckinghamshire Mind to grow and develop, leading and supporting initiatives within the organisation.

@bucksmind

www.bucksmind.org.uk

01494 463364

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