



**Improving the lives of mothers and families affected by
pre and postnatal depression and anxiety**

Acacia Family Support Trustee

Job pack



Job Advert

Christian perinatal mental health charity in Birmingham is looking for new Trustees (voluntary role)

Could you help our organisation grow and succeed by providing Christian based support and witness together with great leadership and governance?

Acacia Family Support is looking for new Trustees to join the Board at an exciting time in our organisation's development. Our Christian faith is at the heart of our organisation and the decisions we make. Our Trustees play a key role in ensuring we stay true to our Christian ethos.

We are a Birmingham based, award winning Christian charity that offers a range of support services to mothers and families that are affected by perinatal mental health issues, in particular, pre and postnatal depression and anxiety.

In light of the nature of this role, there is a Genuine Occupational Requirement (GOR) that the role is undertaken by a practicing Christian.

About Acacia Family Support

Acacia Family Support is a registered charity and Company Limited by Guarantee. Established in 2004, it operates across Birmingham. Acacia's mission is to: **"Improve the lives of mothers and families affected by pre and postnatal depression and anxiety (PND/A)"**.

Mental health problems are common both during pregnancy and following childbirth and can be very serious. Perinatal mental health has been recognised in recent years as a major public health concern. The most common perinatal mental health problem is postnatal depression/anxiety (PND/A), with rates ranging between 13% in the first few weeks to 20% in the first year after the birth.

In response to this, we deliver support services to mothers and families across Birmingham affected by pre and postnatal depression and anxiety. Support services include (all free of charge):

- Befriending - predominantly listening support using common factor skills with a compassionate focus, problem solving, support adjusting to becoming a mum etc. Signposting, organising respite care, advocacy work
- Group work: workshops looking at strategies to help overcome low mood and anxiety using cognitive behavioural techniques with a session focusing purely on strengthening relationships
- Childcare: crèche facility at our delivery centres whilst mothers access support
- Helping Hands at Home Service: practical and emotional support in the home environment
- Dads' support: 1-1 Befriending and signposting
- Specialist support for young parents
- Face to face services are delivered across Birmingham from 4 localities

Acacia is a volunteer led organisation that uses a team of 50+ trained volunteers with lived experience of mental health issues to deliver weekly individual befriending sessions and other types of support.

A significant feature of Acacia's work is the ability to offer a level of additional support and hospitality that goes beyond 'mainstream' provision. Specifically, Acacia works to alleviate the barriers to engaging with services, providing free childcare at an onsite crèche and assistance with transportation costs.

Acacia Family Support is a faith based Christian organisation and our services are open to families of all faiths or none. Our main office is in Sutton Coldfield and we deliver services across the whole of Birmingham.

More about the role

The Board of Trustees are keen to recruit new trustees. We are looking for dedicated, enthusiastic, and suitably qualified professionals with experience in the following areas:

- Charity governance
- Clinically qualified
- Mental health
- Legal
- Charitable leadership / business development

Working alongside our existing team of dedicated Trustees, we are seeking experienced individuals with the above skills and experience to help us to drive forward our strategic plans for expansion beyond Birmingham.

Please note: You will be leading and promoting the ethos and the values of Acacia which are motivated by the Christian Faith. As such, there is a genuine occupational requirement (GOR) that the holder of this post is a Christian.

What will I be doing?

Trustees will have a passion for achieving the mission of Acacia and ensuring the organisation is effectively managed. You will have strategic vision, independent judgement, an ability to think creatively and an ability to contribute to comprehensive discussion and decision making.

The Board of trustees has ultimate responsibility for the Governance of Acacia Family Support. It supports and holds the management team to account for delivering the strategic plan, ensuring it is solvent and well-run, and for making sure it delivers the public benefits for which it was set up.

Main duties:

1. To ensure that the organisation complies with its governing document, charity law, company law and any other relevant legislation or regulations
2. To ensure that the organisation pursues its objects as defined in its governing document
3. To ensure the organisation uses its resources exclusively in pursuance of its objects: the organisation must not spend money on activities which are not included in its own objects, no matter how worthwhile or charitable those activities are
4. To contribute actively to the board of trustees' role in giving firm strategic direction to the organisation, setting overall policy, defining goals and setting targets and evaluating performance against agreed targets
5. To safeguard the clients, staff, volunteers and the good name and values of the organisation.
6. To ensure the effective and efficient administration of the organisation
7. To ensure the financial stability of the organisation

8. To protect and manage the property of the charity and to ensure the proper investment of the charity's funds
9. If the organisation employs staff, to appoint the chief executive officer and monitor his/her performance

Other useful information

Trustees will be expected to attend at least 6-8 evening board meetings a year (via zoom and normally in Sutton Coldfield), 1 annual AGM / celebration evening, 1 volunteer appreciation evening, plus preparation. We encourage participation in sub-committees, working groups, and visiting the service, but this is not mandatory.

Trustees will usually be available for re-election every 3 years. New members will be selected by the Board following a process to be agreed by the Board itself.

Trustees will be expected to satisfy any right to work and DBS checks.

Trustees receive no payment for their service as trustees although out of pocket expenses will be payable

Desirable attributes and skills

- Able to actively support, promote and encourage Acacia's Christian ethos, mission and values
- A good understanding of perinatal mental health issues and/or other mental health problems
- Senior level responsibility in a legally constituted organisation
- Suitably qualified
- Strategy development and monitoring
- Leadership
- Team player

Disclosure and Barring Services

The post will be subject to a DBS Disclosure check at the point of recruitment and thereafter as per Acacia policy.

Policies and Procedures

The duties and responsibilities of the post must be undertaken in accordance with the Policies and Procedures of Acacia Family Support and the Trust.

What do I do next?

If you are interested in the above position, please download and complete our Trustees application form and return to Georgina Dean, Chair of Trustees, c/o Acacia Family Support, 5a Coleshill Street, Sutton Coldfield, B72 1SD or email to chair@acacia.org.uk

If you wish to have an informal chat about the role please email the Chair to arrange chair@acacia.org.uk