



Boost health & happiness
in local communities

**Become an
Energise Me
Trustee**

energiseme.org

**Creating happier,
healthier and stronger
communities through
physical activity and
sport.**

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“There is such a mix of people with different interests, passions and experience...”

STAFF SURVEY 2020

Hello

Thank you for your interest in creating happier, healthier and stronger communities in Hampshire and the Isle of Wight. We're looking for people aged 18 and over with the qualities outlined in this pack to join our team of trustees and help us beat inactivity.

Physical activity transforms lives. It reduces our risk of developing major illnesses by up to 50% and our risk of depression by up to 30%. Energise Me won't rest until everyone in our area enjoys these benefits.

With 306,250 inactive adults in Hampshire and the Isle of Wight, this is no small task.

To achieve our goals, we need a board of trustees who are as diverse as the people we're trying to reach. We need the skills and influence to drive changes in policy, perspectives, and behaviour.

We need trustees who are committed to tackling barriers that prevent people of all ages, abilities and backgrounds from enjoying an active lifestyle.

Your passion for beating inactivity could come from lived experience or professional interest. If the role and person specification resonate with you, we encourage you to apply. You could play a critical role in guiding our future strategy.



Energise Me

Energise Me is a charity, which exists to beat inactivity. We registered as a Charitable Incorporated Organisation (CIO) in February 2016. We are one of 43 Active Partnerships nationwide who are funded by Sport England to improve lives through physical activity and sport.

Our mission is to change lives through physical activity and sport, inspiring people to adopt active lifestyles to make our communities happier, healthier and stronger.

Our role is to help people think differently about physical activity.

We champion active lifestyles by influencing organisations and policy, and driving physical activity campaigns.

We support those who are least active by developing local insight, raising awareness of inequalities and working with inactive groups to design opportunities and solutions.

We develop the physical activity workforce to ensure everyone working in the sector has the skills, knowledge, and confidence they need to support or deliver life-changing activities.

Champion active
lifestyles

Support those who
are least active

Develop the
physical activity
workforce



Our values

Five core values underpin the way we work and everything that we do.

Collaborative - we work in partnership to unlock potential.

Committed - we work hard to make our vision a reality and tackle barriers that stand in our way.

Innovative - we never stand still; we look to the future and always ask “why?”

Purposeful - we focus and prioritise resources for maximum impact.

Respectful - we celebrate diversity and embrace a range of perspectives.

We're looking for trustees that embody these values. As a trustee, you will:

- help us forge new partnerships and connect with individuals or organisations who can help us beat inactivity.
- encourage and enable us to innovate and use charity resources in a brave but effective way.
- bring diversity of thought and experience, whilst respecting the views and experiences of others.

This could be as simple as introducing us to people you know, asking constructive questions during meetings, or helping us adapt systems or approaches you've used effectively elsewhere.



Reducing inequalities

Anyone can be inactive at any point in their life. But there are some communities who are less likely to take part in regular physical activity or sport than others. Often, these are the people who have the most to gain from being active.

We are committed to ensuring that everyone has the support they need to be active. Our work focuses on:

- Women
- People with, or at risk of developing long-term health conditions
- Inactive adults in places with high levels of inactivity
- Children and young people

We are looking for trustees who can help us better understand and connect with our priority audiences.

Over the past year, our place-based work has taken us into the Redbridge and Millbrook area of Southampton, which has high levels of inactivity.

We are keen for at least one of our new trustees to have a strong understanding of and connection with Southampton's Redbridge and Millbrook communities. This could come from personal experience of living in the area or from working with communities there.



Supporting new trustees

We aspire to have a diverse group of trustees who are representative of our local community. If you have the skills and experience outlined in this pack, please don't be put off because you've never been a trustee before. We are actively seeking new voices and can provide training and support to help you excel as a trustee.

We are also keen to work with applicants and make adjustments, where needed (perhaps due to a disability or sensory impairment), to make it easier to become a trustee.

What does being a trustee mean?

As a trustee, you will help lead Energise Me and keep us on track with our mission and purpose. You might ask questions to help us think differently, make suggestions to move things forward, or act as a sounding board for ideas.

You can find out more about the legal responsibilities of a trustee here:

[**Charity Commission: The Essential Trustee: what you need to know**](#)

What would I be doing?

Energise Me trustees meet once every three months in central Winchester, or virtually, for board meetings. Board papers are sent out one week before the meeting. You will be expected to read these and come prepared with thoughts, questions or queries.

Trustees may be invited to attend occasional away days with the full team and board. Those with a particular interest or skill may also be asked to join action groups that support particular areas of work, such as Audit and Risk.

In between meetings, we ask you to advocate for Energise Me and to be available by phone or email should we need your support.

Induction and buddy system

Every new trustee will have an induction with our CEO, Julie Amies, and Chair of Trustees, Jon Monkcom. After this, we can pair you with a trustee or team member to help you learn more about our organisation and your role.

Role & person specification

Contribute to a great cause, develop your skills, build your professional network and gain strategic experience.

Role: Voluntary Trustee

Remuneration: Unpaid (We will provide expenses on production of receipts)

Time commitment: Up to 1 day per month, including quarterly board meetings

Location: Meetings take place in central Winchester, with the option to join virtually

The Board's collective responsibilities are:

- To provide effective leadership and governance
- To set the strategic direction and objectives of the charity
- To ensure strong organisational oversight and financial management
- To advocate and help build relationships for Energise Me
- To provide scrutiny and constructive challenge

Essential duties:

- To ensure that Energise Me complies with its governing documents, charity law, company law and other relevant legislation and regulations
- To ensure that Energise Me pursues its charitable objects as defined in its governing document
- To attend and fully participate in Board meetings quarterly
- To support the Chair of the Board in the management of the Chief Executive, including monitoring their performance and remuneration
- To contribute actively to the Board's role in giving strong strategic direction, setting overall policy, defining goals and setting and evaluating targets
- To safeguard the good name and values of the organisation
- To ensure the management and administration of the organisation is delivered effectively and efficiently, making best use of the charity's resources
- To ensure the financial stability of the organisation and oversee management of risk
- To act as an advocate for the organisation and assist in communications with stakeholders and potential partners
- To sit on, Chair or facilitate Action Groups and their goals as appropriate

A Trustee's individual responsibilities are:

- To be guided by the values of Energise Me and be Collaborative, Committed, Innovative, Purposeful and Respectful in every aspect of their role
- To know the organisation's vision, mission, values, activities and needs
- To read and make every effort to understand all board papers and ask questions if anything is unclear
- To prepare for, attend and actively participate in board meetings
- To advocate for the organisation and its work
- To be generous in opening up connections, networks and resources to help the charity achieve its mission

Person specification:

We are looking for trustees who demonstrate these qualities and skills, or the potential to develop them with training and support:

- Good independent judgement and willingness to speak their mind
- Impartiality, fairness and confidentiality
- Strategic and/or creative thinker
- Excellent communicator with strong interpersonal skills
- Commitment to Energise Me's vision, mission and values
- Understanding of the legal duties, responsibilities and liabilities of trusteeship

We are looking for trustees with skills/experience in at least one of the following:

- Working with teenagers - this could include youth work or secondary school/college teaching
- Supporting people with long-term health conditions - particularly in a Clinical Commissioning or Mental Health context
- Supporting women in a charity, community or physical activity context
- Asset-based Community Development experience and/or strong local connections within the Redbridge and Millbrook area of Southampton
- Charity leadership and/or campaigning
- Monitoring and evaluating social and/or economic impact
- Facilitation and/or collaborative action planning skills
- Expertise in behaviour change or innovation in a health context

How to apply

Thank you for your interest in becoming an Energise Me trustee. If you would like an informal chat about the role, please contact Julie or Jon using the emails below. Or explore www.energiseme.org to find out more about our organisation.

To apply, please submit a CV and short covering letter (no more than 2 sides of A4) or a video application, explaining:

- Why you are interested in becoming a trustee of Energise Me
- How you meet the criteria set out in the role and person specification

Please send your application to:
julie.amies@energiseme.org
jon.monkcom@energiseme.org

Applications must be received by 9am on Friday 19 June and should include two referees.

Your personal information will be stored securely, in line with our [Privacy Policy](#), and only used in order to communicate with you regarding your application.

