



BECOME AN ENERGISE ME TRUSTEE

LET'S TACKLE THE THINGS THAT PREVENT ACTIVE LIFESTYLES

energiseme.org



We tackle the things that prevent active lifestyles, so everyone can improve their health and happiness by moving more.

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Hello

Thank you for your interest in improving health and happiness in Hampshire and the Isle of Wight (IOW). We're looking for people aged 18+ to join our board and help us tackle the things that prevent active lifestyles.

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 experiences these benefits.

At the moment, almost 370,000 adults in Hampshire and IOW are doing less than 30 minutes of physical activity per week. Over half of children are not achieving the level of physical activity recommended for good health.

These figures include disproportionate numbers of Women, over 75's, people with long-term health conditions or disabilities, low income households and people from Black and Asian communities. This is not equality.

We are passionate about removing inequalities. To achieve this, we need a board of trustees who share our passion and are as diverse as the people we're trying to reach.

We are looking for trustees with the skills to help us engage communities, support our team and drive changes in policy and behaviour. If the role and person specification resonate with you, we would love to hear from you.

About Energise Me



Energise Me is the only local physical activity charity that works across Hampshire and the Isle of Wight to tackle the things that prevent active lifestyles.

Our team is made up of over 20 people with the passion and skills to spark positive change.

Between us we have accountancy, arts, charity, events, health, and local authority experience... not to mention more than 100 years of physical activity and sport expertise.

As well as our local role, we play an

important part in the national physical activity picture. As one of 42 Active Partnerships funded by Sport England, we make sure local voices are heard in national conversations.

Our core funding means we are uniquely placed to coordinate local physical activity strategy. It enables us to support others, encourage collaboration, and to focus on engaging underrepresented communities in physical activity and sport.

In 2021 we worked with over 800 people to launch the [We Can Be Active strategy](#) for our area.

Unlike local organisations who deliver physical activity, our work is not tied to specific sports or activities. This gives us freedom to re-imagine physical activity. It means we can be bold and experiment to help our sector learn and grow.

Our values



Four core values underpin the way we work and everything that we do:

Curious about what stops people from being active

Open to different ideas and perspectives

Creative in how we do things and who we work with

Bold in taking risks and speaking out about things that need to change.

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

- help us connect with people who can grow our understanding of what stops people from being active
- bring diversity of thought and experience, whilst being open to the views and experiences of others
- encourage us to be creative and use charity resources in a bold but effective way

This could mean introducing us to people you know, asking constructive questions in board meetings, or helping us adapt systems or approaches you've used effectively elsewhere.

We Can Be Active



The We Can Be Active Strategy sets out five things that local people told us they need.

Positive early experiences for our children and young people.

Opportunities that meet our needs and interests, and are accessible and easy to find.

Places and travel routes where we all feel safe and are encouraged to be active.

Support to help us get started or keep moving when we feel that we can't do it alone.

Bold leaders working together to create happier and healthier communities.

We're looking for board familiar trustees who can help us achieve these goals. In particular, we are looking for people with knowledge or experience in one or more of the following:

- Accountancy
- HR
- Planning for place and/or transport
- Justice system

We're also looking for a Trustee that is based on the Isle of Wight, as one of our priority places.

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, 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 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 four times a year in central Winchester, or virtually, for board meetings. Board papers are sent out one week before the meeting for you to read and come prepared with thoughts or questions.

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 committees or action groups that support particular areas of work, such as Finance, Audit and Risk.

In between meetings, we ask you to:

- advocate for Energise Me
- advocate for the We Can Be Active strategy
- 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, Paul Ohalloran.

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 in Winchester, with the option to join virtually

The Board's collective responsibilities are to:

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

Essential duties are to:

- ensure that Energise Me complies with its governing documents, charity law, company law and other relevant legislation and regulations
- ensure that Energise Me pursues its charitable objects as defined in its governing document
- attend and participate in Board meetings quarterly

- support the Chair of the Board in the management of the Chief Executive, including monitoring their performance and remuneration
- contribute actively to the Board's role in giving strong strategic direction, setting overall policy, defining goals and setting and evaluating targets
- safeguard the good name and values of the organisation
- ensure the management and administration of the organisation is delivered effectively and efficiently, making best use of the charity's resources
- ensure the financial stability of the organisation and oversee management of risk
- act as an advocate for the organisation and assist in communications with stakeholders and potential partners
- 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 Curious, Open, Creative, and Bold in every aspect of their role
- know the organisation's purpose, values, activities and needs
- read and make every effort to understand all board papers and ask questions if anything is unclear
- prepare for, attend and actively participate in board meetings
- advocate for the organisation and its work
- be generous in opening up connections, networks and resources to help the charity achieve its purpose

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/knowledge/experience in at least one of the following:

- Justice System
- HR and/or Organisational development
- Planning for place and/or transport
- Finance and accountancy

We're also looking for a Trustee that is based on the Isle of Wight, as one of our priority places.



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 (julie.amies@energiseme.org) or Paul (paul.ohalloran@energiseme.org). Or, explore www.energiseme.org to find out more about our organisation.

To apply, please answer the two questions via our **Applied platform**, detailing

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

You'll also need to upload a CV which should include two referees.

Applications must be received by 12noon Wednesday 11th February 2026.

The Applied platform allows us to anonymously monitor the diversity of the candidates we attract. This forms part of our ongoing commitment to Equality, Diversity and Inclusion.

Any personal information on your application will be stored securely, in line with our **Privacy Policy**, and only used in order to communicate with you regarding your application.



THANKS FOR YOUR INTEREST

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