

TRUSTEE PACK



Walney Extension
Community Fund



Registered Charity No: 1109637 · Company Number: 5424196

AN INTRODUCTION TO BIRCHALL

The Birchall Trust supports people affected by rape, sexual violence, abuse and sexual exploitation across Cumbria and Lancashire.

We offer trauma informed advice, support, therapy, groups, and training services in a safe space to help people recover from trauma and lead fulfilling lives.

Our vision is to live in a society that is free from rape, sexual violence, and exploitation. Until this is achieved, we want to make sure that nobody has to suffer alone. At Birchall, we thrive on difference.

Sadly, rape and sexual abuse can affect anyone, in any community. That's why we're committed to building a Trustee Board that reflects the full diversity of the people we support — bringing together a wide range of backgrounds, identities, and life experiences. This helps us respond with greater sensitivity and understanding to everyone who uses, or may need to use, our services.

It doesn't matter where you live, how old you are, whether you're working or not, what your job is, or whether you've been a Trustee or see yourself as a leader. What matters most is that you share our values and bring passion and energy to help us achieve our mission.

Dr. Paula Cook - Chair of Trustees

OUR CORE TRAUMA INFORMED VALUES

Our values align to the core trauma informed principles around:

Safety	We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships.
Trusted	We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware. We avoid blame. We believe and do not judge.
Choice	We ensure that the people using our services have a voice and their choices are important, we understand that everyone's experience matters, and that recovery is an individual experience that will be different for everyone.
Collaboration	We work together to achieve the best possible outcome, we are person centred and see the person's strengths, building upon them. We are reflective and learn together.
Empowerment	We seek to make a difference, innovative and be the change you want to see. We make a difference, we are transparent, and take responsibility. We develop resilience enabling people to build on their strengths.

Birchall in Numbers

WHAT WE'VE ACHIEVED

2023-24

2022 people accessed advice and information at our community events.

310 children accessed our schools programme work.



1490 individuals contacted our services for information, advice, support and counselling.

190 people received wellbeing support

371 People received adult counselling.

44 children access play therapy.



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To the future people who walk through the doors of the Birchall Trust I would like to say well done, because like me you may well be doing the best thing of your life, because I finally found my self worth and an overwhelming feeling of finally wanting to live.

Previous Client

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WHY BIRCHALL?

Being a Trustee at Birchall is a rewarding and exciting experience. We currently have 44 team members - a mixture of employed and freelance across Cumbria, North Lancs, East Lancs, and the Fylde Coast, and numerous volunteers and people with lived experience involved in our services. You'll join a strong team dedicated to supporting people affected by rape and sexual abuse.

Each year we campaign, fundraise and offer educational programmes as well as wellbeing services and group work activity sessions.

At Birchall, we work in a trauma informed way, which means we realise the widespread impact of trauma and understand potential paths for recovery.

Our services allow people to work on a deeper level and address the trauma they have experienced.

We are committed to the highest standards of governance as a Trustee Board and we will ensure you have the training and support to participate fully and to feel prepared and empowered as a Trustee.

We have a challenging strategic plan but wow what a difference we can make to individuals and communities if we achieve that.

The Birchall Trust Board of Trustees is responsible for the charity's strategy and financial security. While day to day running of the organisation is delegated to our Chief Executive, supported by a senior leadership team, trustees are ultimately legally accountable.

As a Board we meet quarterly with various sub groups that work on key project streams in between.

Trustees are also encouraged to engage in team away days where appropriate.

Trustees also participate in Trauma Informed Principles and Safeguarding training while other training events may be open to board members.

A flexible approach is taken to meeting arrangements. Where possible face to face meetings are preferred, but virtual meetings may be arranged to facilitate individual circumstances.

Trustee

ROLE SPECIFICATION

The most important thing we're looking for in a new Trustee is someone who's enthusiastic about the work we do at Birchall and eager to get involved.

If you're curious, full of ideas, and ready to contribute, we'd love to hear from you. We believe that everyone brings something valuable to the table — your unique experiences and perspective could help shape the future of our work.

As a Trustee, you might support us by:

- Championing our vision of a world free from rape, sexual abuse, and sexualised violence
- Contributing to subcommittees and sharing your knowledge and insights
- Supporting our financial planning and reviewing accounts
- Helping us identify and manage organisational risks
- Overseeing our safeguarding practices
- Amplifying the voices of people with lived experience within our governance
- Understanding and embracing the legal responsibilities of being a Trustee (we can provide training)
- Ensuring Birchall is well governed and aligned with its charitable aims
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We don't expect you to do all of these things — but if any of them resonate with you, and you're passionate about our mission, we'd love to hear from you.

Please don't underestimate the difference you can make — together, we can create real change.

HOW TO APPLY

If you'd like to apply, we just want to hear 2 things from you:

1. A bit about who you are and what experience you have (this doesn't have to be paid employment!). What are some interesting things you've done in your life?
2. A quick explanation of why you're applying for the role. What makes this sound interesting to you?

You can send these to us in whatever format is easiest or preferable for you: you can put together a CV and a written cover letter or fill in our application form; you can share your LinkedIn page and a voice note saying why you're interested in the role; you can make a short video or audio recording telling us a bit about you and send us the link – whatever you feel happiest with.

Please send to **enquiries@birchalltrust.org.uk**

We can then arrange a conversation with the Chair and the CEO. We will do this at a time which works around your commitments.

USEFUL LINKS



[@thebirchalltrust](https://www.instagram.com/thebirchalltrust)



[@TheBirchallTrust](https://www.facebook.com/TheBirchallTrust)



[The Birchall Trust](https://www.linkedin.com/company/the-birchall-trust)



www.birchalltrust.org.uk



[The Charity Commission
- GOV.UK \(www.gov.uk\)](https://www.gov.uk)