



TRUSTEE PACK

**Birchall**
Supporting people affected by rape and sexual abuse



Registered Charity No: 1109637 · Company Number: 5424196

AN INTRODUCTION TO BIRCHALL

The charity originally called South Cumbria Rape and Abuse Service (SCRAS), was established by Christine Birchall in 1991 as a community response to the lack of support for rape and sexual abuse victims in the local area. It originally operated as an entirely volunteer based organisation supported by community fundraising. The organisation has successfully developed into an established service provider, whilst still retaining its original ethos and local identity.



Thank you for your interest in becoming a trustee of the Birchall Trust and supporting our aim to have a society free of rape, sexual abuse and sexualised violence.

We need people to help steer and develop the work of the trust in helping victims of sexual violence and promoting healthy sexual behaviour. The Birchall Trust has worked for over 30 years to help those who have experienced sexual violence regardless of gender, sexual orientation, social circumstance or any other defining character.

We provide:

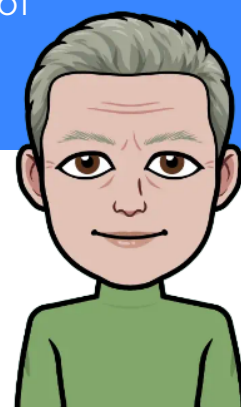
- One to one counselling for children and adults who have experienced sexual violence or abuse
- A well-being programme to promote self-care and recovery
- In association with Survivors Manchester counselling in local prisons
- Courses to promote healthy sexual relationships in schools

We are committed to not only providing trauma informed counselling but becoming an organisation based on the underlying values of this approach.

To support this development we are looking to expand our Board of Trustees.

Dr. Elizabeth Taylor
Chair of Trustees

Elizabeth Taylor



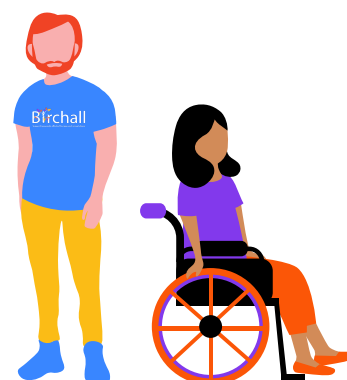
Birchall in Numbers

WHAT WE'VE ACHIEVED

2021-22

622 Adults received advice, support and information with 272 receiving 2933 counselling sessions in the FY 2021/22

Female (80%), 41 Male (15%)
2 Transgender (1%) 3 Non-binary (1%)
8 Not declared (3%)



165 Children & Young People received advice and information with 64 receiving 750 counselling sessions in the FY 2021/22

Female (67%) Male (21%) Transgender (1.5%) Gender fluid (1.5%) Non-binary (1.5%) Not specified (7.5%)

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“The counsellor made me feel I had worth. Both counsellors I had were very professional. I was scared of being judged but both counsellors were amazing and a real credit to Birchall.”

Male, 41, Barrow

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WHY BIRCHALL?

Being a Trustee at Birchall is a rewarding and exciting experience. With 26 full time and freelance team members across Cumbria and Lancashire, and numerous volunteers and ambassadors, you'll join a strong network of people dedicated to supporting people affected by rape and sexual abuse.

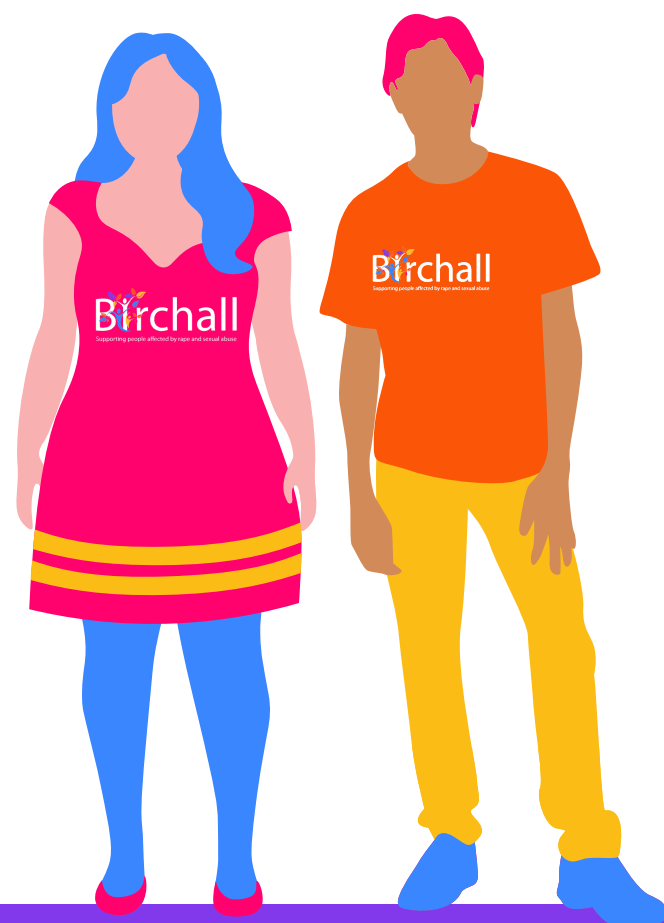
Each year we campaign, fundraise and offer educational programmes as well as wellbeing services.

Who are we looking for?

The key attribute is a passion for the work and values of the Birchall Trust and a desire to make a positive contribution. Individuals with previous experience as a trustee would be welcomed, but for those for whom this could be a new venture, we will provide training and support.

Skills and attributes:

- The ability to complement and work constructively with other members of the board
- Background/ knowledge of Human Resources, Fundraising, Business Management, Marketing would complement current board skills
- Any experience, personal or professional, that brings relevant knowledge to our team.



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 Vanessa Dixon, supported by a senior leadership team, trustees are ultimately legally accountable.

To fulfil these responsibilities the board currently meets every six weeks with occasional ad hoc meetings when required. Attendance at these meetings and at the Annual General Meeting is expected. Time will also be required to read board papers prior to each meeting. Trustees are also encouraged to engage in staff meetings and other events where appropriate. Trustees are also expected to participate in 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.

WHAT PEOPLE SAY ABOUT BIRCHALL



Trustee

ROLE SPECIFICATION

Responsibilities

- Ensure The Birchall Trust complies with its governing document and adheres to all relevant legislation or regulations.
- Ensure the trust resources are used purely for the aims laid out in the governing document.
- Contribute to the board of trustees in giving strategic direction, setting overall policy, defining goals and setting targets and evaluating performance against the agreed targets.
- Safeguard the good name and values of The Birchall Trust
- Ensure the organisation is effectively and efficiently managed
- Protect and manage the charity assets to ensure they are used appropriately
- Ensure financial stability
- Appoint the chief executive and monitor their performance.

Person Specification

- Skills and experience relating to the trustee role
- Commitment to The Birchall Trust and its mission
- Understanding of the legal duties of a trustee, responsibilities, and liabilities.*
- Prepared to put time and effort into the role.
- Commitment to Nolan's seven principles of public life: selflessness, integrity, objectivity, openness, honesty, and leadership.

For new trustees training will be available

Personal qualities

- Good independent judgment
- Impartiality, fairness, and confidentiality
- Willingness to express views
- Tact and diplomacy
- Respect for others
- Willingness to learn new skills

Specific skills and abilities

- Strategic thinker
- Creative thinker
- Effective team member
- Good communicator with interpersonal skills

This is an unpaid role, although reasonable expenses will be paid.

HOW TO APPLY

To arrange an informal discussion, contact the Chair of Trustees, Liz Taylor, by email: chair@birchalltrust.org.uk or Tel: 07917754859

Application is by CV and covering letter.

Potential trustees will be offered an interview with two members of the board and if successful will join the board for an initial period of six months.
If mutually agreed following review, board membership will be confirmed at the following AGM.

USEFUL LINKS



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



[@BirchallTrust](https://twitter.com/BirchallTrust)



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



[The Birchall Trust](https://www.linkedin.com/company/TheBirchallTrust)



www.birchalltrust.org.uk



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

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"I can now understand why I feel and behave the way I do. I have learned grounding techniques which are invaluable. The relationship between my counsellor and I has been priceless. Thank you for giving me my life back."

Female, 54, Kendal

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Barrow-in-Furness Telephone: 01229 820828

Morecambe Telephone: 01524 239595

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