



### **Trustee vacancies for the charity:**

#### **Derbyshire Federation for Mental Health (DFMH)**

**Did you know?** One in four of us at some time will experience problems with mental wellbeing. And that there is a charity based in Derbyshire Dales and High Peak that has been working quietly and successfully to support people with mental health problems for almost 40 years.

**What we're looking for?** DFMH is governed by a small Board of Trustees and currently has two vacancies. We are looking for people who have the skills and experience to advise the officers and other Trustees at a strategic level; in particular we are **looking for people with a financial background or experience in marketing or fundraising**. People with experience of working in a charity at Board level or related fields would also be welcome.

**What do we do?** DFMH works in partnership with other charities and statutory services to support people who have experienced mental health difficulties to live independently. This service primarily caters to adults, but it also offers support for young adults.

Our services are varied. We provide wellbeing and resilience workshops, one to one and peer support to help people to get back into work and living independently, specific therapeutic programmes and a number of leisure based projects including gardening.

**What is involved?** So, do you have a few hours to spare each month? Are you interested in supporting the community and the development of this charity? Do you have skills and experience to contribute as a Trustee? If you answer "Yes" to these questions, then you may be who we are looking for. Trustees meet in Darley Dale or online every three months for a Board meeting to discuss organisational performance and provide strategic direction. In between these they meet individually with the CEO and managers to work on specific areas e.g. finance, governance and marketing. We are active bunch of people and include a



good mixture of retired, semi-retired and still working folk all of whom share a commitment to improving access to mental health services.

**Get in touch:** If this seems of interest to you, check out our website [www.dfmh.co.uk](http://www.dfmh.co.uk) or find us on Facebook. Then either call Sharon Williams CEO on 01629 733915 or email her [sharonwilliams@dfmh.co.uk](mailto:sharonwilliams@dfmh.co.uk) to arrange an informal chat.