Do you want to help improve wellbeing across Lochaber? Become a Ewen's Room Trustee – Apply Now!

Ewen's Room is a grassroots mental health and suicide prevention charity based in Lochaber and serving the West Highlands. We are dedicated to promoting wellbeing, reducing stigma around mental illness, and providing easily accessible support across the area, particularly for children, young people and their carers. Through services such as community drop-in sessions (Open Doors), creative Workshops for Wellbeing, youth groups, free counselling (for young people up to 25), and outreach in local schools, we aim to build resilience, support mental health recovery, and foster community connections.

Our work is rooted in lived experience, compassionate support, inclusivity and community-led care; we strive to reach isolated, rural communities, young people and families who may otherwise have limited access to mental-health services.

Ewen's Room's activities are delivered by paid staff and session workers. We employ a Manager who oversees the day-to-day running of the charity, supported by a Fundraising Officer, with our programmes delivered by an Education Projects Coordinator and six local Wellbeing Officers.

Our volunteer Board of Trustees oversees the management, long term direction and strategic development of our operations. It currently comprises seven local people with a wide range of relevant skills and experience, but we have some gaps to fill and so we are now seeking to recruit **2 or 3 suitably qualified new Trustees** to join our Board.

We welcome applications from people with diverse backgrounds and a mix of skills, including those who may not have previously served as a Trustee, but are passionate about our mission and able to contribute to the strategic governance and growth of Ewen's Room.

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Application & Recruitment Process

We encourage **both experienced trustees and first-time trustees** with the desired commitment, skills and values to apply. Please check out the details of personal attributes and role responsibilities set out below, and if you are interested in joining us as a Trustee, fill in the application form on our website: www.ewensroom.com/trustees-wanted or email info@ewensroom.com for a Word Document Form. We will then contact you to arrange an informal conversation with the charity's founders and chair, followed if appropriate, by an informal interview with two board members and the charity's manager.
Please get in touch with info@ewensroom.com to ask any questions about the role, time commitment or induction support.

Personal time commitment & period of engagement as a Trustee

- Trustees meet **every 3 months for around 2 hours**. Meetings are usually online via Teams at a mutually convenient time.
- Prior to the meetings, Trustees are sent reports of the charity's activities, financials and any other relevant papers – reading these will normally take around 2 additional hours.
- Your qualified input and advice may be sought by the charity's staff team at various times, and the expected time requirement for this will be discussed at the time.
- Some roles, such as Chair and Treasurer, have additional duties relating to oversight of the staff team. They may take up an additional 4 to 8 hours per month.
- We envisage an initial involvement as a Trustee for at least **three years** to enable meaningful contribution and development.
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Person Specification — Trustee Attributes, Skills & Experience

We are particularly interested in candidates who bring a combination of the following. You will not be expected to have all of these — we value complementary skills across the Board, so we are looking for a "mix and match" of strengths.

- **Commitment to mental health, wellbeing and suicide prevention**, and to the mission, values and community-led ethos of Ewen's Room.
- **Lived experience of mental health challenges**, or close connection to someone with lived experience (as a carer or family member), OR strong empathy and understanding of mental health issues.
- Experience in, or willingness to engage with, **financial oversight, budgeting, and scrutiny of accounts**, to help ensure financial stability and compliance.
- **Experience of working in education**, or connections / networks with education providers — helpful given our work with children, young people, and schools.
- **Experience of working in the health sector**, or networks / connections with healthcare providers — to strengthen collaboration with statutory services.
- **Experience with fundraising** — particularly grant-making bodies, trusts, foundations, or community fundraising, to help us develop sustainable income and expand services.
- **Skills in stakeholder engagement, relationship building, and community or third-sector networks**, to expand outreach, partnerships and local support.
- **Experience or interest in designing or developing services** and support programmes (service-design) — helping shape new initiatives or adapt existing ones.
- **Experience or interest in marketing, digital strategy, social media or community outreach**, to help raise awareness, reduce stigma, and amplify our message.
- **Experience or interest in governance**, policy development, risk management, safeguarding, and regulatory compliance, especially in settings involving young people or vulnerable adults.
- **Knowledge of Lochaber**, either as a current or past resident, or because of professional connections - you need to be aware of the challenges and particularities of working in the Highlands' biggest (by size) district**.**

Core responsibilities

- Help set the strategic direction of Ewen's Room, define priorities, and monitor progress against agreed plans.
- Ensure that the charity operates in line with its governing document and complies with charity law, regulations, and good governance practice.
- Oversee effective and efficient management of the charity's resources, including long term financial oversight, effective annual budget control, and safeguarding of charity assets.
- Ensure that the charity delivers positive impact for the benefit of the communities we serve.
- Support effective risk management, safeguarding, and compliance, especially in relation to services for children, young people, and vulnerable adults.
- Uphold and promote the values of Ewen's Room — inclusion, lived-experience, dignity, respect, and community focus — both within the board and with external partners.
- Contribute to building and maintaining relationships with stakeholders: statutory services, health providers, schools, funders, community groups, and service users.
- Support efforts to grow the charity — including fundraising, developing new income streams, partnerships, and community engagement.
- An inclusive, collaborative approach, good communication skills, and a readiness to contribute time, thought and commitment to Board work.

What We Offer / What to Expect

- We recognise that you may be a first-time trustee, and we are committed to providing induction, guidance and ongoing support so you can contribute confidently and effectively.
- This includes training on charity governance, safeguarding, financial oversight, and relevant regulations. Most training will involve online training courses together with trustees from charities all over the country.
- The opportunity to make a real difference in rural and often under-served communities — helping shape mental health services that respond to local needs, reduce stigma, and provide essential support to young people, families, and individuals.
- A chance to bring your lived experience, professional skills or community network links to a meaningful cause and help shape the future direction of Ewen's Room.
- Engagement with a diverse community of beneficiaries, volunteers, staff, local partners (schools, healthcare providers, community groups) — and the possibility to influence and support service design and delivery.