



-Space—  
2B Heard

# Board Recruitment Pack

Spring 2022



## Vision

To Collaboratively create positive mental health provision for all

## Mission

Providing innovative therapeutic solutions that are accessible for our community now and in the future

## Values

We are committed to our core values which are integrity, quality and equity

# Welcome to Space2BHeard CIC

Space2BHeard CIC (S2BH) is trusted people-led wellbeing service shaped by our staff, volunteers and clients. Our shared aim is helping people to stay well by offering a positive environment that enables choice, improves experience and addresses mental health needs locally.

We are fortunate to have a wealth of knowledge and expertise within our organisation and we work to represent people from a wide mix of backgrounds. Now is the time for us to further resource our team of Directors by inviting more local people to come forward who would like to have a voice and bring life skills and experience to our organisation.

If you would like to know more we would love to hear from you, get in touch today.

Laura Stead  
Managing Director

# About Space2BHeard CIC



We work with people in our community that are experiencing mental health difficulty and our service users can range from someone with mild symptoms of anxiety and depression through to more enduring struggles such as complex trauma and eating disorder. The wide range of work we deliver covers all sorts of experiences and presentations, however the common theme is that our service users are seeking help and our aim is to provide services that best meet their needs and support them in to recovery, improving quality of life and experience.

Between April 2020 and May 2021 we worked with a total of 749 people in Hull and the East Riding, for an average of 12 months via group sessions, one to one therapy and other types of interventions.

We define our community by geographical location, in Hull and the East Riding however we have smaller identified groups of service users that we currently work with:

- People on low income via our Valued Minds Service
- People experiencing mental distress as a result of long term conditions via our Re-Mind service
- People experiencing complex mental health issues

We consider our workforce which is a mix of employed, self employed and voluntary staff to be our community and as such we foster a positive and developmental environment and S2BH and our volunteers often go on to secure paid work with us.

The broad change and difference we work towards in our community is:

- Through providing therapeutic options that are not available locally such as longer term low cost therapy (with some free therapy for those most in need) group interventions such as therapy and support groups, psychoeducation opportunities and wellbeing events
- Providing our service users with support and intervention that enables them to make long lasting change for themselves

Working in this way helps us support our service users in overcoming barriers that they may experience as a result of poor mental health.

More specific outcomes for our community of service users with shared experience are:

- Reduction in social isolation
- Increased social connexion through our group interventions and support networks
- Normalising and destigmatising mental health
- Reduction in suicide and risk to self and others
- Improved relationships and general wellbeing
- Increased employability



# About the Board

The Board of Directors at Space2BHeard CIC offer guidance and expertise to the Managing Director and ensures that the organisation is governed well, operates safely and that the ethos and values are met within key decision making.

Directors are all passionate about mental health and wellbeing and are committed to supporting the community that we serve. We are also committed to improving inclusion and diversity, responding to local and national change and supporting our partner networks.

The Board is currently restructuring and we have space for two Non Executive Director members. We are particularly looking for skills in:

- Financial Management
- Human Resources
- Marketing and Branding
- Corporate Engagement
- Health and Safety

# What we ask from you

Directors serve an initial term on 1 year which can be renewed year on year. The Board meet Bi-Monthly for two hours usually 1.30-3.30pm in person at our Beverley Road location. All Board members are responsible for decisions made during these meetings. There are two Strategy days per year that Board members attend.

Directors will become familiar with all Space2BHeard policies and procedures and any conflicts of interest are declared yearly and at the start of each Board meeting.

Additional support beyond the meeting structure is welcome though not expected and this can be explored as part of the recruitment and induction process.

The roles are voluntary, unpaid roles though expenses can be covered.

## Responsibilities:

- Have an understanding of and practice the roles and duties of a Company Director <https://www.gov.uk/guidance/being-a-company-director>
- Commitment to support the aim, mission and values of Space2BHeard CIC
- Contribute to the Board Meetings in an informed manner with the support of the Board Pack distributed a week prior to meeting
- Contribute to the collective accountability of the Board for the use of the company resources, funds and reputation

## Still interested?

Email [laura@s2bh.org](mailto:laura@s2bh.org) to express and interest or call 01482 705023 if you would like to get more information.

[www.s2bh.org](http://www.s2bh.org)

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