



## Trustee Recruitment Pack

[www.brightonnaturalhealthcentre.org.uk](http://www.brightonnaturalhealthcentre.org.uk)

### About us

#### Overview

The Brighton Natural Health Centre (BNHC) is a registered charity founded by Infinity Foods in 1981. At our centre in the North Laine we offer a wide variety of activities to support physical and mental health and wellbeing. We try to run classes that are accessible for everyone. We also arrange free community talks on human and planetary health and run a low cost/free to access range of classes, including classes for refugees.

#### Our Mission

We have a vision for a happy and healthy Brighton and Hove - with a community of students and teachers who work together for the benefit of our minds, bodies and spirits.

Our goals are:

- To help people learn how to better look after themselves and support their minds, bodies and spirits;
- To help build a healthy and happy community and contribute to a peaceful and sustainable world.

#### Our Story

In 1981 the founding members of Brighton's iconic Infinity Foods set up the Brighton Natural Health Centre (BNHC) as a registered charity. Infinity Foods was founded in 1971 with a strong idealistic base; that simple, natural and organic foods (then in short supply) represented a healthier and more ethical way of eating. As diet is only one part of health maintenance, we also wanted to increase access to disciplines such as yoga, tai chi and meditation, which at that time were hard to find. So in 1981 we opened the doors to BNHC. All kinds of classes have been run at the centre since then, with an emphasis on practices that cultivate a calm, centered attention, harmonious body posture, movement and integrated breathing. In the almost four decades since BNHC was established, access to many of the disciplines we offer has become widespread. Yet our long experience, dedication to seeking the best and most qualified teachers, commitment to community, and the vibrant and happy energy of the centre, has meant that we have been able to consistently set the highest standards in the fulfilment of our aims.

## Structure and current Board of Trustees

Brighton Natural Health Centre is a private company limited by guarantee without share capital, company number 01836964 and a registered charity, number 290122.

The current Board members are Trustees and Non-Executive Directors:

Peter Deadman (Chair)  
Ivanka Majic  
Robin Bines  
Caroline Townsend-Coles  
Rowena Price

## About the role

**Remuneration** The role of Trustee is not accompanied by any financial remuneration, although expenses for travel may be claimed.

**Time commitment** A minimum of four Board meetings per year.

Trustees may also be expected to represent the Board at various events and meetings. They may be required to sit on sub committees and have occasional additional meetings with other Board or staff Members. We would expect an initial commitment of three years.

**Objectives** The Board is collectively responsible for the effective governance, continuing success and future sustainability of BNHC.

The full responsibilities of the role are detailed in The Charity Commission's guidance: [The Essential Trustee](#).

## Skills and experience sought

We are now looking for Trustees to support the next phase of work and development of BNHC as our 40th anniversary approaches.

We want to strengthen and diversify our board to help realise our ambitions and steer us in a sustainable direction for the future. We are especially keen to hear from those who are currently unrepresented on our board, including BAME and disabled applicants. We are seeking trustees who can bring expertise in one or more of the following areas:

- Fundraising
- Legal
- Disability inclusion
- Human resources
- Health and social care / NHS
- Knowledge of the local community and/or Local Authority experience

### **Our ideal trustee will embody:**

- A demonstrable passion and commitment to BNHC and its objectives
- Entrepreneurial, creative and strategic thinking and a willingness to debate and discuss, so that decision-making is robust and in the best interests of BNHC
- An understanding and acceptance of the legal duties, responsibilities and liabilities of trusteeship
- Awareness of some of the economic, political, technological, legal and social factors that may impact the organisation

## How to apply

**Deadline for applications: 5pm, Monday 23rd March 2020**

**Contact: Rowena Price, Trustee: [rowena.price@gmail.com](mailto:rowena.price@gmail.com)**

To apply, please forward your **CV** and a **covering letter** outlining the skills and expertise you would like to offer, and reasons for your interest in the role of Trustee. Please also complete and return an anonymous [Equal Opportunities Monitoring Form](#).

We will look to appoint new Trustees based on skills and expertise, ensuring a balanced and relevant membership to take BNHC forward. Thank you - we look forward to hearing from you!

If you require this pack in large format please get in touch:

[info@bnhc.co.uk](mailto:info@bnhc.co.uk) / 01273 600010.