



**ACTIVE  
HUMBER**

# **BECOME AN ACTIVE HUMBER TRUSTEE**

Our vision for the Humber, is that it is a place where everyone, every day is physically active

“Having been involved as a trustee for a number of years I was thrilled to take up my current position as chair of the board of Active Humber, and work more closely with the management and staff to achieve our mission to make the Humber a place where everyone, every day is physically active”

Richard Smith, Chair of Trustees - Active Humber



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## HELLO

Thank you for your interest in creating happier, healthier and stronger communities across the Humber. We are looking for people aged 18 and over with the qualities outlined in this pack to join our team of trustees and help us beat inactivity.

Physical activity transforms lives. It reduces our risk of developing major illnesses by up to 50% and our risk of depression by up to 30%. Active Humber will not rest until everyone in our area enjoys these benefits.

Across England, 39% of the population are not doing enough regular physical activity to ensure they enjoy good health and that figure rises to 44% across the Humber and well above 50% in the poorest of our communities.

To achieve our goals, we need a board of trustees who are as diverse as the people we are trying to reach. We need the skills and influence to drive changes in policy, perspectives, and behaviour.

We need trustees who are committed to tackling barriers that prevent people of all ages, abilities and backgrounds from enjoying an active lifestyle.

Your passion for beating physical inactivity could come from lived experience or professional interest. If the role and person specification resonate with you, we encourage you to apply. You could play a critical role in guiding our future strategy.

## ACTIVE HUMBER

Active Humber is a registered charity, which exists to beat physical inactivity. We are one of 42 Active Partnerships nationwide who are funded by Sport England to improve lives through physical activity and sport.

Our vision is that the Humber is a place where everyone, everyday is physically active.

Our mission is to get the most physically inactive to be active.

Our role is to help people think differently about physical inactivity.

You can find more about our role and purpose at [www.activehumber.co.uk/about-us/vision-and-purpose](http://www.activehumber.co.uk/about-us/vision-and-purpose)

We champion active lifestyles by influencing organisations and policy, and driving physical activity campaigns.

We support those who are least active by developing local insight, raising awareness of inequalities and working with inactive groups.

We develop the physical activity workforce to ensure everyone working in the sector has the skills, knowledge, and confidence they need to support or deliver life-changing activities.



CHAMPION  
ACTIVE  
LIFESTYLES



SUPPORT  
THE LEAST  
ACTIVE



DEVELOP THE  
PHYSICAL ACTIVITY  
WORKFORCE

“Joining the Active Humber board has given me new insight into the challenges faced in the physical activity sector, but also given me a unique opportunity to help shape and influence the work and the response across the Humber”

Active Humber board member



## OUR VALUES

Our three core values underpin the way we work and everything that we do:

### »»» INTEGRITY

We will be honest, dependable and trustworthy and strive to apply this in our relationships with co-workers, partners and stakeholders.

### »»» COOPERATION

We will work together as a team and with our partners with contagious enthusiasm for the achievement of our shared goals.

### »»» EXCELLENCE

We will be passionate about our work, creative in our execution and continually learning and improving the ways in which we work in pursuit of excellence.

We are looking for trustees that embody these values. As a trustee, you will:

- Help us forge new partnerships and connect with individuals or organisations who can help us beat inactivity
- Encourage and enable us to innovate and use our resources in a brave and effective way
- Bring diversity of thought and experience, whilst respecting the views and experiences of others

This could be as simple as introducing us to people you know, asking constructive questions during meetings, or helping us adapt systems or approaches you have used effectively elsewhere.



## ENSURING EVERYONE IS PHYSICALLY ACTIVE EVERYDAY

Anyone can be physically inactive at any point in their life. But there are some communities who are less likely to take part in regular physical activity and sport than others. Often, these are the people who have the most to gain from being active.

We are committed to ensuring that everyone has the support they need to be active. Our work focuses on inactive people who are:

- From lower socio-economic backgrounds
- Children and young people
- Over the age of 55
- Living with a disability
- Living with, or at risk of developing long-term health conditions
- Black, Asian and other minority ethnic communities.

We are looking for trustees who can help us better understand and connect with our priority audiences.

## SUPPORTING NEW TRUSTEES

We aspire to have a diverse group of trustees who are representative of our local community. If you have the skills and experience outlined in this pack, please do not be put off because you have never been a trustee before. We are actively seeking new voices and can provide training and support to help you excel as a trustee.

We are also keen to work with applicants and make adjustments, where needed (perhaps due to a disability or sensory impairment), to make it easier to become a trustee.

### WHAT DOES BEING A TRUSTEE MEAN?

As a trustee, you will help lead Active Humber and keep us on track with our mission and purpose. You might ask questions to help us think differently, make suggestions to move things forward, or act as a sounding board for ideas.

You can find out more about the legal responsibilities of a trustee here:

*Charity trustee: what's involved, The Charity Commission*

### WHAT WOULD I BE DOING?

Active Humber trustees meet once every three months across the Humber or virtually, for board meetings. Board papers are sent out one week before the meeting. You will be expected to read these and come prepared with thoughts, questions or queries.

Trustees may be invited to attend occasional planning days with the full team and board. Those with a particular interest or skill may also be asked to join action groups that support particular areas of work.

In between meetings, we ask you to advocate for Active Humber and to be available by phone or email should we need your support.

### INDUCTION AND BUDDY SYSTEM

Every new trustee will have an induction with our CEO, David Gent and Chair of Trustees, Richard Smith. After this, we can pair you with a trustee or team member to help you learn more about our organisation and your role.

“We value hugely the wide experience and expertise of our trustees, but moreover we enjoy engaging with them regularly, ensuring we are always seeking to improve the organisation with their input.”

Active Humber employee



## ROLE & PERSON SPECIFICATION

Contribute to a great cause, develop your skills, build your professional network and gain strategic experience.

**Role:** Trustee

**Remuneration:** Unpaid

**Time commitment:** Up to 1 day per month, including quarterly board meetings

**Location:** Meetings take place across the Humber, with the option to join virtually

**The Board's collective responsibilities are:**

- To provide effective leadership and governance
- To set the strategic direction and objectives of the charity
- To ensure strong organisational oversight and financial management
- To advocate and help build relationships for Active Humber
- To provide scrutiny and constructive challenge

**Essential duties:**

- To ensure that Active Humber complies with its governing documents, charity law, company law and other relevant legislation and regulations
- To ensure that Active Humber pursues its charitable objects as defined in its governing document
- To attend and fully participate in board meetings quarterly
- To support the chair of the board in the management of the chief executive, including monitoring their performance and remuneration
- To contribute actively to the board's role in giving strong strategic direction, setting overall policy, defining goals and setting and evaluating targets
- To safeguard the good name and values of the organisation
- To ensure the management and administration of the organisation is delivered effectively and efficiently, making best use of the charity's resources
- To ensure the financial stability of the organisation and oversee management of risk
- To act as an advocate for the organisation and assist in communications with stakeholders and potential partners
- To sit on, chair or facilitate action groups and their goals as appropriate



### **A Trustee's individual responsibilities are:**

- To be guided by the values of Active Humber and live the values in every aspect of their role
- To know the organisation's vision, mission, values, activities and needs
- To read and make every effort to understand all board papers and ask questions if anything is unclear
- To prepare for, attend and actively participate in board meetings
- To advocate for the organisation and its work
- To be generous in opening up connections, networks and resources to help the charity achieve its mission

## **PERSON SPECIFICATION**

### **We are looking for trustees who demonstrate these qualities and skills, or the potential to develop them with training and support:**

- Good independent judgement and willingness to speak their mind
- Impartiality, fairness and confidentiality
- Strategic and/or creative thinker
- Excellent communicator with strong interpersonal skills
- Commitment to Active Humber's vision, mission and values
- Understanding of the legal duties, responsibilities and liabilities of trusteeship

### **We are looking for trustees with skills/experience in at least one of the following:**

- Supporting people with long-term health conditions and/or a disability
- Charity leadership and/or campaigning
- Working with diverse groups such as Black, Asian and other minority ethnic groups
- Working in a health and social care context
- Experience in active design and environmental planning and development

## HOW TO APPLY

Thank you for your interest in becoming an Active Humber trustee. If you would like an informal chat about the role, please contact Kerry Conner using the email below. Or explore [www.activehumber.co.uk](http://www.activehumber.co.uk) to find out more about our organisation.

To apply, please submit a CV and short covering letter (no more than 2 sides of A4) or a video application, explaining:

- Why you are interested in becoming a trustee of Active Humber
- How you meet the criteria set out in the role and person specification

Please send your application to: [kconner@activehumber.co.uk](mailto:kconner@activehumber.co.uk)

Please send your application as soon as is reasonably possible.

Your personal information will be stored securely, in line with our [Privacy Policy](#), and only used in order to communicate with you regarding your application.