



# Trustee Recruitment Pack



## About us

### Our Mission

We exist because every individual affected by eating distress deserves specialist support, hope, and to know that recovery is possible.

### Our Vision

Our vision is to offer every individual impacted by eating distress in the North East hope, understanding and a route to recovery.

### Our Values

- Safe: so that people can be themselves
- Enterprising: we respond to change and learn from experience
- Integrity: because this work matters
- Collaboration: we achieve more together

We are the only specialist eating distress charity in the North East and aim to be a centre of excellence for eating distress support. We offer counselling, support, information, help and hope to anyone in the North East affected by eating distress with or without a medical diagnosis.

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## Why we are needed

Eating disorders are serious mental health conditions and between two to three million UK adults of all ages could be affected at some point in their lives - similar to the number of people with diabetes.

Hospital admissions for eating disorders in England have steadily increased since 2000 and surged since the pandemic, with more than 31,000 admissions in 2023-24.

This increase is indicative of the increased need in our communities and shows the importance of early identification, and support to improve recovery outcomes.





# Help us make a difference to the lives of people affected by eating distress

We are looking for skilled and committed people to join our Board of Trustees to provide oversight, effective governance, and strategic leadership for the organisation.

## Why Join us?

This is an exciting time for Eating Distress North East. We've undergone recent growth and developed a number of new services. As a trustee you'll be contributing to the strategic leadership of the organisation and taking decisions that will support our work now and into the future, ultimately leading to better outcomes for the people who use our services.

## What does a trustee do?

Being a trustee means acting in the best interests of the charity and managing resources and risk. Practically, it involves reading board papers in advance of meetings, participating in discussions, asking questions, and providing support and guidance to our CEO. Sometimes there is work to do between meetings through task and finish groups.

The expected time commitment is four trustee meetings per year plus attendance at subgroups if you are part of one, and Board development and strategy sessions (usually one or two a year).

Our quarterly Board meetings are held in central Newcastle on Mondays between 5.30pm – 7.30pm. We run hybrid meetings, offer reimbursement for travel expenses and can provide training and development for trustees.

## What are we looking for?

We want to hear from people who have the time to commit to the role and the skills to provide guidance and leadership.

We are recruiting up to three trustees, from whom a Vice Chair may be appointed.





We welcome applications from people from all backgrounds and levels of experience, people seeking their first trustee role, as well as experienced trustees who can support us in our next phase of growth and development.

If you are a HR/people and culture expert, have experience in eating distress and mental health services, or are experienced in finance or fundraising, we would love to hear from you, but your professional skills and background are less important than your attitude and commitment to supporting our mission.

### How to apply

To apply please contact our CEO [anne.fry@edne.org.uk](mailto:anne.fry@edne.org.uk) to request an application form, or if you have any questions before applying.

We strive to be inclusive across all areas of our organisation and promote an inclusive workforce which reflects our values. We welcome applications from people from diverse and marginalised communities.