



Sunflowers

TRUSTEE PACK

www.sunflowerssuicidesupport.org.uk

01453 826 990

Waterside House, Bonds Mill, Stonehouse,
Gloucestershire, GL10 3RF

Social media @glos.sunflowers



Sunflowers[®]
SUICIDE SUPPORT

A note from the Chair of Trustees

Thank you for your interest in becoming a Trustee of Sunflowers Suicide Support. Since joining the Trustee Board, I have been impressed by the hard work and dedication of our staff, volunteers and others in the Sunflowers team. They have worked tirelessly to provide support to those bereaved by suicide in grief recovery courses, focus groups, counselling and other activities within Gloucestershire and, through ASIST courses and partnerships with many other organisations, sought to spread education and awareness to reduce the incidence of suicide. Sunflowers is driven by compassion, empathy, and a commitment to reducing the impact of suicide on individuals and communities. We believe that through education, targeted support, and awareness, we can make significant strides in preventing suicide and alleviating the suffering of those affected by it.

I have seen the demand for Sunflowers' services grow year upon year which, fortunately to date, we have been able to meet through successful grant applications, donations and regular fund-raising activities. We predict that this demand will continue to increase in the future. Unfortunately, the incidence of suicide continues to rise nationally. We aim to strive to combat that increase by expanding our intervention program as well as continuing to provide meaningful support to those affected by it.

Our trustee board has been progressively remodelled over the years and now represents a cohesive mix of individuals with a diverse range of skills and backgrounds essential for the Charity's governance. The Board is dynamic and devoted to the Charity's aims and progress. Constructive and harmonious discussions take place at board meetings but also at other times with other charity members and trustees often participate voluntarily in events put on by the Charity's operational staff.

With the expansion of Sunflowers' activities, the Board now feel that the present mix of talents would be enhanced by the addition of new trustees. We seek individuals who not only have the appropriate expertise but are also prepared to be actively involved in interaction with operational staff to ensure smooth running of the Charity and oversee its progress.

Further information can be found in the rest of this recruitment pack. We look forward to receiving your application. Thank you.

Abdul Mulla
Chair of the Board of Trustees, Sunflowers Suicide Support.



Before you start - are you eligible?

Please make sure you are eligible to be a charity trustee before applying:

- You must be at least 16 years old to be a trustee of a charity that is a company or a charitable incorporated organisation (CIO), or at least 18 to be a trustee of any other charity.
- You must be properly appointed following the procedures and any restrictions in the charity's governing document.
- You must not act as a trustee if you are disqualified, unless authorised to do so by a waiver from the Commission. Until 31 July 2018, the reasons for disqualification include:
 1. having an unspent conviction for an offence involving dishonesty or deception (such as fraud)
 2. being bankrupt, or entering into a formal arrangement (eg an individual voluntary arrangement) with a creditor
 3. removal as a company director or charity trustee because of wrongdoing
 4. have been disqualified by the Charity Commission.
 5. are a designated person for the purposes of antiterrorism legislation
 6. are on the sex offenders register
 7. have been found in contempt of court for making (or causing to be made) a false statement
 8. have been found guilty of disobedience to an order or direction of the Charity Commission
 9. There are further restrictions for charities that work with children at risk.



About Sunflowers



Sunflowers Suicide Support is a charity registered in 2018 under Charity Number 1177266. It was set up in memory of Pete Morris who took his own life in September 2016 aged 29 years old. At the time of their loss by suicide, the Morris Family found a significant gap in provision both in terms of the mental health impact on themselves and others, as well as a lack of understanding from professionals to their specific needs and a lack of practical help and support particularly concerning the navigation of legal processes including the inquest. They family set up Sunflowers with the intention of bridging the gap in services which is person-centred.

Sunflowers Suicide Support provides a range of trauma-informed interventions to meet the holistic needs of children, young people and adults who are bereaved and affected by suicide. Sunflowers endeavour for service users to receive the best effective wrap-around care.

Sunflowers Mission Statement

To reduce the number of people in Gloucestershire who take their own lives and be a provision of supported for those bereaved through suicide

Sunflowers Vision

We work to build a world where one day we are no longer needed.

Sunflowers Strategic Aims

- People bereaved or affected by suicide to have appropriate and effective support
- To provide relevant training and qualifications related to suicide intervention, grief and suicide bereavement
- Reach out to communities in creating and sharing awareness around suicide and its impact



Bereavement Support



Training

Sunflowers
TRAINING SERVICE

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

The world's leading suicide intervention training

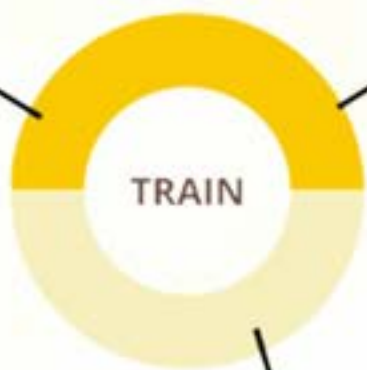
SPACES AVAILABLE
LOCATION: FOREST GREEN, GLOUCESTERSHIRE

BOOK NOW
www.SunflowersSuicideSupport.org.uk
01453 826 990
info@sunflowersuicide.org.uk

The graphic features two photographs: the top one shows a large group of people in a room holding certificates, and the bottom one shows a smaller group of people outdoors, also holding certificates.

Applied Suicide
Intervention
Skills Training

Bespoke
Training
Packages



safeTALK

Outreach



Characteristics of the Charity

Independently Driven:-

Sunflowers aims to maintain its independence to ensure we can play an active role in encouraging change within Gloucestershire. We believe it is important for every person affected by suicide to have a voice. We will encourage input from people bereaved or affected by suicide about what needs to change in the county to make things better. We will use our personal experience of suicide loss to inform and inspire others. We will listen to our service users and our team as 'experts by experience' and use their feedback alongside relevant national and local research to mould our services.

Person Centred:-

Sunflowers provides a range of trauma-informed interventions to meet the holistic needs of children, young people and adults who are bereaved and affected by suicide. Our service is not prescribed but offers a personalised approach, tailoring interventions to provide the best possible care and support following the suspected suicide death of a loved one, empowering and enabling service users to increase their confidence, self-resilience and to make positive choices.

Community Embedded:-

Sunflowers is a grassroots organisation which was set up in the Gloucestershire area to support people living within the local community. Engaging with the local Gloucestershire community is an integral part of the work we do. Sunflowers are very active within the local community to raise awareness, break down stigma and open conversations about suicide to encourage change.

Collaborative working:-

Sunflowers have been working within Gloucestershire for the past five years, to build positive partnerships between statutory agencies and support organisations, to improve the response after a suspected suicide. Working in collaboration, we aim to listen, understand, influence and change conditions in Gloucestershire with other organisations to complement each other's strengths and skill sets. Working in collaboration will be founded on strong relationships which can create lasting trust between organisations and communities.

The Essential Trustee

6 main duties



Ensure your charity is carrying out its purposes for the public benefit

Comply with your charity's governing document and the law



Act in your charity's best interests



Ensure your charity is accountable



Manage your charity's resources responsibly



Act with reasonable care and skill



Trustee Duties - at a glance

Ensure your charity is carrying out its purposes for the public benefit

You and your co-trustees must make sure that the charity is carrying out the purposes for which it is set up, and no other purpose. This means you should:

- ensure you understand the charity's purposes as set out in its governing document
- plan what your charity will do, and what you want it to achieve
- be able to explain how all of the charity's activities are intended to further or support its purposes
- understand how the charity benefits the public by carrying out its purposes

Spending charity funds on the wrong purposes is a very serious matter; in some cases trustees may have to reimburse the charity personally.

You and your co-trustees must:

- make sure that the charity complies with its governing document
- comply with charity law requirements and other laws that apply to your charity

Comply with your charity's governing document and the law

You and your co-trustees must:

- make sure that the charity complies with its governing document
- comply with charity law requirements and other laws that apply to your charity

You should take reasonable steps to find out about legal requirements, for example by reading relevant guidance or taking appropriate advice when you need to.



Trustee Duties - at a glance

Act in your charity's best interests

You must:

- do what you and your co-trustees (and no one else) decide will best enable the charity to carry out its purposes
- with your co-trustees, make balanced and adequately informed decisions, thinking about the long term as well as the short term
- avoid putting yourself in a position where your duty to your charity conflicts with your personal interests or loyalty to any other person or body
- not receive any benefit from the charity unless it is properly authorised and is clearly in the charity's interests; this also includes anyone who is financially connected to you, such as a partner, dependent child or business partner.

Manage your charity's resources responsibly

You must act responsibly, reasonably and honestly. This is sometimes called the duty of prudence. Prudence is about exercising sound judgement. You and your co-trustees must:

- make sure the charity's assets are only used to support or carry out its purposes
- avoid exposing the charity's assets, beneficiaries or reputation to undue risk
- not over-commit the charity
- take special care when investing or borrowing
- comply with any restrictions on spending funds or selling land

You and your co-trustees should put appropriate procedures and safeguards in place and take reasonable steps to ensure that these are followed. Otherwise you risk making the charity vulnerable to fraud or theft, or other kinds of abuse, and being in breach of your duty.



Trustee Checks

Fit and proper persons

Charities that want to claim UK tax reliefs and exemptions (eg Gift Aid) must meet the management condition in the Finance Act 2010. This requires all of the charity's managers (including trustees) to be 'fit and proper persons'.

Find out more - see the HM Revenue and Customs guidance.

Disclosure and Barring Service (DBS) checks

There are legal restrictions under safeguarding legislation on who can be involved in working with children and adults at risk. In addition, the DBS undertakes criminal records checks of individuals, which charities can use to ensure that they are eligible and suitable for the trustee role. The type of check that can be made depends on the nature of the charity's activities and the role that the trustee plays. For example, if you are a trustee of a charity that provides 'regulated activity' for children or adults, you should expect your charity to request an enhanced DBS check on you: where it is satisfied that the role is eligible, this will include a check against the relevant barred list.



Time commitment

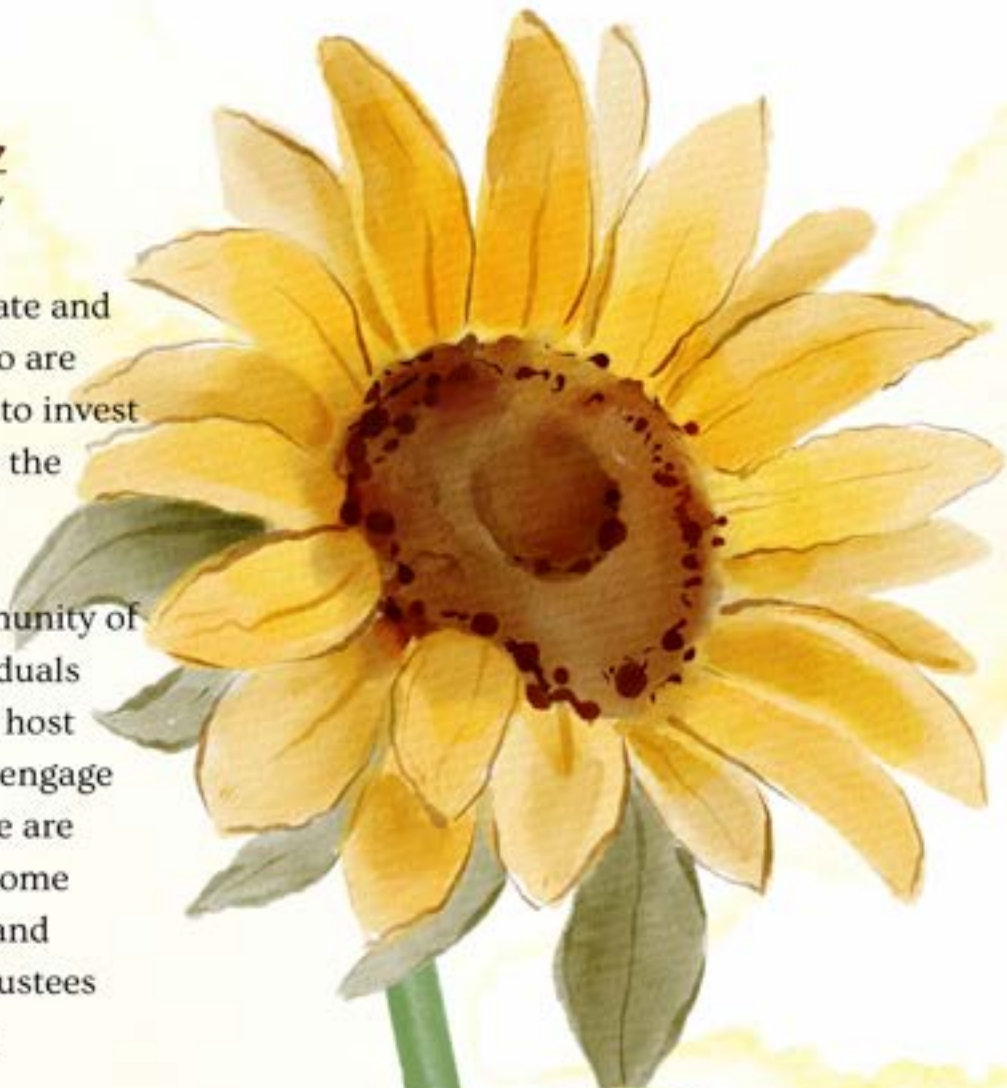
Our Trustee Board are a passionate and dedicated team of volunteers who are looking for someone that is able to invest regular time and commitment to the charity.

The Sunflowers team are a community of caring and compassionate individuals who strive to meet our aims. We host 'team socials' and gatherings to engage and communicate informally. We are always keen for the Trustees to come along to get to know volunteers and operational staff. We also ask Trustees commit to attending at least one fundraising event per year.

Being a Trustee is a ongoing investment of your time and skills. We request all trustees are available for;

- 4 trustee meetings a year
- Meeting for 1-2-1 with operational staff
- Being part of sub-committees or working groups

New trustees will be required to attend induction training, and spend a day shadowing one of the operational team.





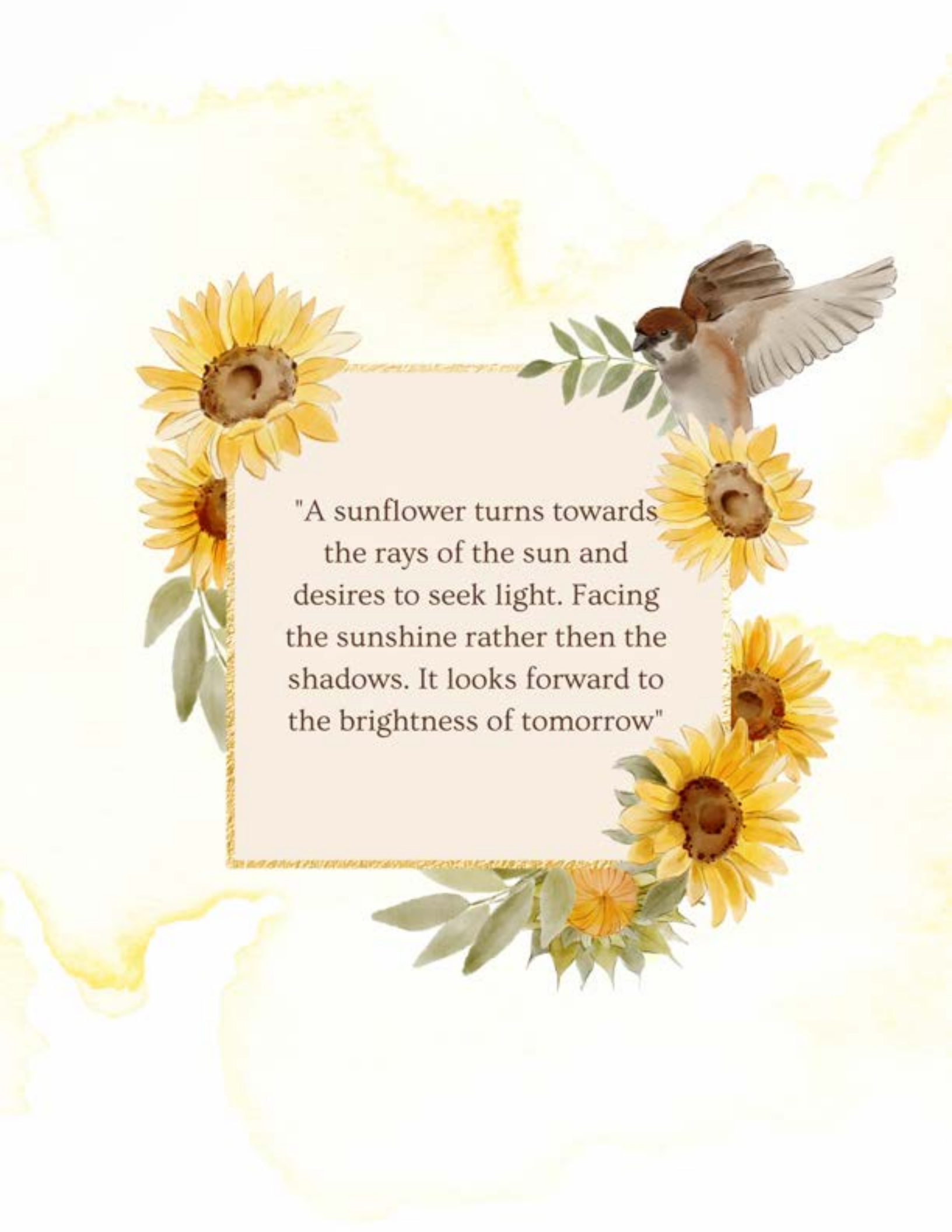
to apply

Being a trustee will involve commitment from you to support the cause. Therefore we ask that before applying you please think about

1. Why you wish to become a trustee for Sunflowers
2. What relevant experience you have
3. Experience within the Charity Sector
4. Time Availability

Then visit our Website to complete the application form:
<https://www.sunflowerssuicidesupport.org.uk/jobs>





"A sunflower turns towards
the rays of the sun and
desires to seek light. Facing
the sunshine rather than the
shadows. It looks forward to
the brightness of tomorrow"