



BOARD OF TRUSTEES

RECRUITMENT
INFORMATION
PACK
2021

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Welcome

Thank you for your interest in joining our board, it means a lot. Becoming a trustee of a charity is a rewarding experience where you meet a diverse range of people, all focused on making a difference.

This pack will help you understand the role and what it involves. More information about the organisations can be found on our websites:

sleepscotland.org

teensplus.org.uk



Our ethos

WE ACHIEVE LASTING CHANGE THROUGH LEARNING

We believe everyone deserves to thrive and we are here for those who need us, for as long as they need us.

We have a strong sense of purpose and our values help everyone thrive.

- T** **Tailored**
We always put people at the centre of our work.
- H** **Humour**
Great things can be achieved when we are happy and have fun.
- R** **Resilient**
Flexibility, confidence, and creativity turn challenges into opportunities.
- I** **Integrity**
Passion and professionalism are vital for all involved in our organisation.
- V** **Value**
Everybody deserves respect and we are enriched through our differences.
- E** **Empathy**
Compassion and care are in everything we do.

What is Sleep Scotland?

Sleep Scotland was established in 1998 to help support the needs of children with additional support needs, who often struggle to sleep. Since then, the charity has grown and added a second charitable service, called Teens+.

Sleep Scotland

We believe in thriving through healthy sleep. We are the leading provider of sleep support, training and resources in the UK. We work with professionals, families and employers to promote healthy sleep for everyone.

How we do it

- We support children, young people, and their families to have healthy sleep by providing online tools and offering a dedicated Sleep Support line with fully trained sleep professionals
- We provide high quality sleep training for education and health professionals across the UK. We also work with employers and offer self-led training for individuals.
- We use the latest scientific understanding to promote healthy sleep by using our networks to generate new applications for the latest sleep research.

Teens+

We help people with additional support needs to thrive. We support students on their learning journey for as long as they need. We provide tailored learning, life and social skills.

How we do it

- We provide high quality transitional education opportunities for young adults, to build confidence, life skills and employment experience.
- We offer educational follow-on support for adults with complex communication and learning needs so that they continue to thrive.
- We run a person-centred befriending service to support students and their families 24/7.

For the future

With a new CEO and Chair of the Board, this is an exciting time to join the charity. We are launching an ambitious new strategy with aspiration to grow our existing services and develop new services that contribute to our purpose.

Our strength is our people and our love for what we do. Our plans for the future focus everything on our person-centred approach, in relation to the people who we support, our team members and the part we play in our communities.

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Sleep Scotland Board Member

Person Spec:

For us, the most important qualities we are seeking in a board member are a passion for what we do and a strong professional skill set to enhance our board. It is important that the board is able to provide strategic direction; so experience in this area is useful, but not essential. Being able to work as part of a team and having strong communication skills are a must.

We are particularly looking for an individual who has experience of policy and/or practice at a local or national level in one of the following two areas:

1. Social care
2. Children, young people and families.

We are committed to our values of equality and integrity and this is something that all those involved in our organisation need to understand and demonstrate.

We welcome applications from all sections of society but would particularly welcome applications from individuals who define as a woman or as a member of an ethnic minority.

Due to the nature of our work, we will undertake a PVG scheme check if you are successfully appointed. You also must disclose any conflicts of interest and confirm that you are not prevented from taking up the role for any reason.

Sleep Scotland Board Members

About the role: what we expect

The board meets on a quarterly basis and we hold an Away Day once a year in June. In between times, we regularly update board members on what is happening and can sometimes ask for input and decisions by email. On occasion, there may need to be meetings outside of our normal schedule.

We encourage board members to attend an occasional team meeting, so that our staff can get to know the board and what it does. We also invite you to come to other events we are organise throughout the year.

We expect our trustees to act as ambassadors for the charity by promoting awareness of our work. We also would hope that you can help further the charity's aims by helping us link into your professional networks.

Sleep Scotland Board Members

About the role: what's in it for me?

You'll be joining the organisation at a very exciting time, with lots of positive change and growth planned. You'll be part of something really special, making a big difference in the lives of the people we support.

We will provide you with full training to help you perform in your role as trustee. You will also be offered training to develop your own personal understanding of your sleep and how to achieve healthy sleep.

I'm in, what next?

For a confidential discussion about the role please contact gail.burden@sleepscotland.org

To apply, please send the following documents to hr@sleepscotland.org:

- your CV
- a supporting statement outlining your suitability
- your completed Equality and Diversity Monitoring form