



# HELP US SHAPE HEALTHIER FUTURES

Become a trustee at Healthworks and help guide our work to improve health and wellbeing across the North East.

Use your skills and experience to support good governance, influence our future direction, and make a lasting difference.





**Healthworks**  
the community health charity

# INFORMATION FOR POTENTIAL TRUSTEES

The trustees of Healthworks play a vital role in guiding the organisation's mission to improve health and wellbeing in local communities.

They provide strategic oversight, ensure accountability, and help shape the future direction of our services like smoking cessation, cancer awareness, and more - making a positive impact on people's lives every day.





**For 30 years Healthworks mission has been clear:  
to reduce health inequalities and improve health outcomes across the North East**





# A message from Paul Court, our Chief Executive

Welcome, and thank you for your interest in becoming a trustee at Healthworks. Healthworks are committed to improving the health and wellbeing of communities across the region by reducing health inequalities through targeted, impactful services.

As Chief Executive, I am excited to invite you to consider joining our team to help us continue fulfilling this important mission.

As a trustee, you will have a crucial role in shaping our organisation's future and driving our long-term strategy. Trustees are not just advisors but key decision-makers who ensure that our services remain relevant and responsive to the needs of the diverse communities we serve. Your skills, knowledge, and expertise will help guide our efforts on critical health issues, from smoking cessation to cancer awareness, healthy lifestyles, and mental health.

This is a unique opportunity for you to:

- Contribute your professional experience and insights to help guide our strategic direction.
- Ensure that Healthworks continues to deliver high-quality services that make a real, positive impact on people's lives.
- Shape the growth and development of new initiatives that align with our mission to reduce health inequalities and promote healthier, happier communities.

We are particularly keen to welcome individuals who are passionate about public health, community well-being, and reducing inequalities. If you share this vision and are ready to contribute your ideas and expertise, we would be thrilled to have you join us on this journey. Together, we can make a lasting difference, helping more people to live healthier, more fulfilling lives.

Thank you for considering this opportunity. We look forward to the possibility of working alongside you to build stronger, healthier communities.

# Health and Wellbeing Challenges in the North East and North Cumbria

**34%**

of the population in the North East live in areas ranked among the 20% most deprived in England\*

**59 years**

Healthy Life Expectancy in the North East is the lowest in the UK, 5.5 years below the national average\*

**47%**

have at least 1 Long Term Condition (Anxiety, Depression and Hypertension the Top 3)\*\*

**20%**

of adults in the NENC regions have 3+ Risk Factors for Circulatory Disease\*\*

**28%**

of people live with 2 or more long term conditions. 29% living in the most deprived areas\*\*

**64%**

of adults meet recommended physical activity levels (150 mins per week), compared to 66% in England.\*

**68%**

of adults are classified as overweight or obese, the highest in England (64%)\*

**11,700**

emergency hospital admissions in the North East due to falls in adults aged 65 years and over. The highest in England\*

**11%**

of adults in the North East smoke, down from 13.1% in 2022. Slightly lower than the England average of 11.6%.\*

**7.8%**

of pregnant women in the North East smoke during pregnancy, higher than the England average of 6.1%\*

**31%**

of children in the North East region are living in poverty\*\*\*

**56%**

of mothers initiate breastfeeding, compared to 71% nationally. The lowest rate in England\*

**12%**

of children in Reception are Obese, Highest rate in England\*\*



These figures highlight the persistent health inequalities in our region, influenced by poverty, poor housing, low employment, and barriers to healthy choices.

We are delivering preventative services and interventions, alongside partners and communities, in order to change this story

# Requirements of our Trustees

- **Collaborate with other trustees:** Work with your fellow trustees to help shape and monitor the charity's strategies and policies, keeping our vision and mission in mind.
- **Engage in board meetings:** Prepare for and actively take part in board meetings.
- **Promote the Charity:** Share information about the charity and its trading activities through your own networks.
- **Make thoughtful decisions:** Approach decision-making and leadership in a reasonable and thoughtful manner.
- **Keep information confidential:** Maintain the privacy of any sensitive information you learn while serving as a trustee.
- **Encourage innovation:** Support continuous improvement, creativity, and new ideas within the organisation.
- **Manage the charity well:** Help ensure the charity is managed and run effectively.
- **Use your skills:** Apply your skills and knowledge to assist the board in making informed decisions, leading discussions, and offering advice on key issues or new initiatives.
- **Handle risks wisely:** Manage risks with a balanced and careful approach.
- **Uphold our values:** Ensure that our charity's values are reflected in everything we do.
- **Practice collective responsibility:** Work together with your fellow trustees, sharing responsibility for decisions.
- **Protect the Charity's assets:** Safeguard the charity's physical and intangible assets, like its reputation, ensuring they are used responsibly and that the charity operates sustainably.



GOOD  
GOVERNANCE



OPENNESS



TRANSPARENCY



INTEGRITY

# Personal skills and experience

Healthworks are looking for dedicated individuals who share our vision of a fair society where everyone can lead longer, healthier and happier lives. We value candidates whose personal values match those of our organisation.

## Key requirements:

- **Eligibility:** You must be eligible to serve as a Charity Trustee and understand the legal duties and responsibilities that come with the role.
- **Communication skills:** Strong communication skills are essential. We seek individuals who enjoy working with others and are willing to share their skills and knowledge to improve our board.
- **Leadership and business skills:** Having leadership experience and strong business skills is a plus. A good understanding of charity governance, experience on boards or committees, and knowledge of the Voluntary, Community, and Social Enterprise (VCSE) sector are also helpful.
- **Commitment to diversity:** We want our trustees to better reflect the communities we serve. Therefore, we encourage application from local people, minority ethnic individuals, people from diverse socio-economic backgrounds, and candidates of different ages.

We are also keen to hear from people who bring experience in HR, fundraising, bid writing and legal services.

If you are passionate about health equity and social justice and want to make a difference in our community, we invite you to apply to join our board of trustees at Healthworks. Together, we can work towards a healthier, more equitable society for everyone.



# Additional information

## Time commitment:

- Meetings are bi-monthly and last around 2 hours. They usually take place in venues in the west of Newcastle with on site parking and accessible by public transport.
- Sub-committees relating to Policies, Finance, Risk and Audit meet in addition to the Board meetings as required. There may be other project based sub-committees as needed.
- There may be up to two additional planning / strategy days per year.

## Remuneration:

- This position is unremunerated, however reasonable expenses will be covered.

## How to apply:

If you wish to apply to become a trustee, please email us at [enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk) - please include your contact details, why you would like to become a trustee and the skills, experience and expertise you would bring to the role (no longer than one side of A4).

## Selection process:

**Stage 1:** Review of application to determine if you are a potential good fit for the role and vice versa.

**Stage 2:** If you are successful at stage 1, we will arrange an initial call with a Healthworks Representative.

**Stage 3:** If both parties are happy to progress the application we will arrange for an informal interview with a Healthworks Representative/s.





# READ OUR LATEST IMPACT REPORT



SCAN ME



**Healthworks**

the community health charity

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