



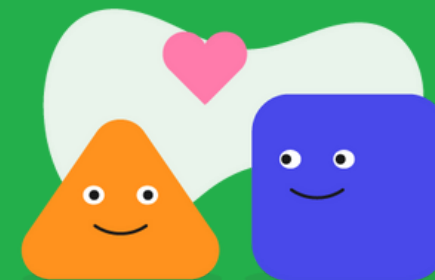
Trustees Enquiry Pack

We hope this pack will give you
a feeling for our charity, the
opportunities which lie ahead
for us, and what we believe we
need, to achieve our goals
- that may be YOU

"Thank you for your support through some very hard times.

The waves still crash over my head at times but I am learning to breathe before the next one comes!"

Adult carer, Biggleswade



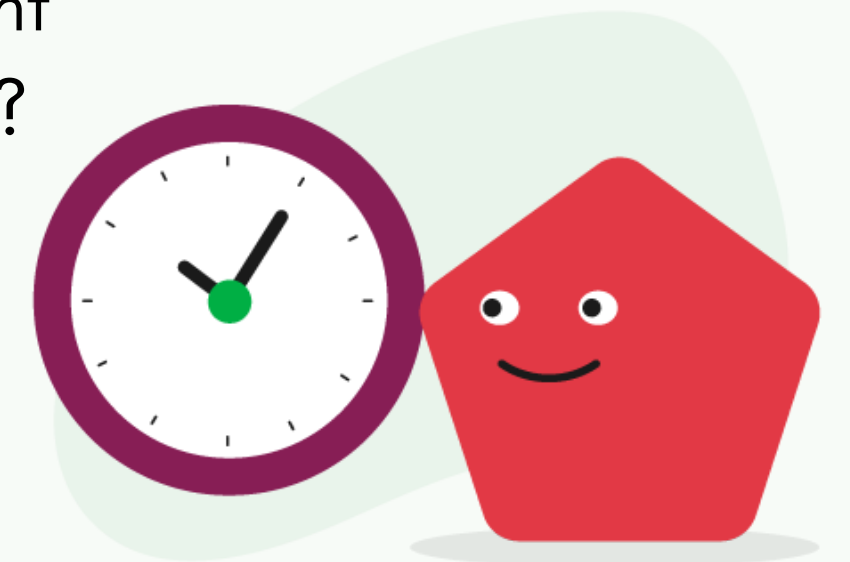
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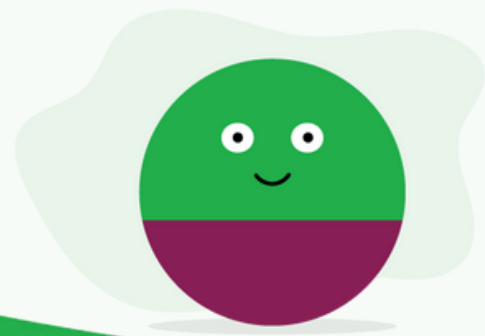
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Thank you for your
interest in becoming a
Trustee of Carers in
Bedfordshire



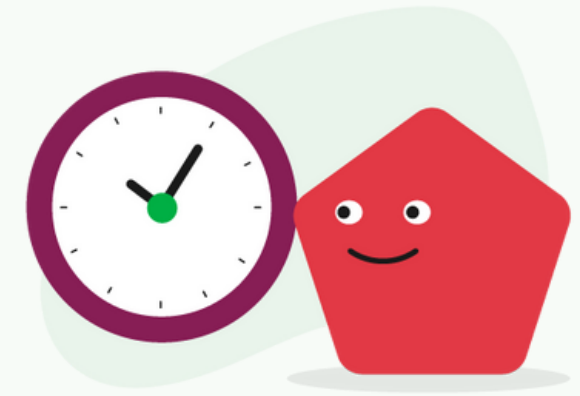
Our Board of Trustees has an important part to play in helping us to achieve our ambitions of supporting more unpaid carers to be recognised, respected and supported in their role. If you join our Board of Trustees, you will have the opportunity to make a real impact and be part of our success story.

We very much welcome applicants from all backgrounds as our current board is not as diverse as the world around us.

An exciting future lies ahead for us. If you believe you can contribute to the continued growth and development of Carers in Bedfordshire, I hope that you will apply to become a Trustee and look forward to hearing from you.

Phil Taverner Chair of Trustees

Where we came from



Yvonne Clark, left, founder of Carers in Bedfordshire



Watch a video of Yvonne talking in 2021 to CEO Chris Stelling about why she set up Carers in Bedfordshire

Since we were constituted in June 2004, we expanded rapidly to meet ever-increasing demand. Starting as the Eve Project, the name *Carers in Bedfordshire* came into use in 2006 and with it, the growth of services across all of Bedfordshire with over 700 carers accessing our services by 2008.

The next twelve years saw exponential growth; working in partnership with the NHS and the local authorities, service delivery grew year on year and today more than 13,000 carers are registered with us.

We are now looking to build on this success to provide a greater breadth of service, and influence to ensure that Bedfordshire is the best place to be a carer.

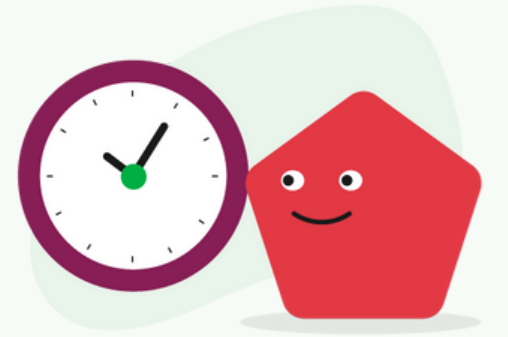
Where We Are Today



We support young carers and young adult carers, as well as adults

- More than 13,000 carers are registered with us, including children.
- All services are totally free to carers, or attract only a small fee
- Our funds come from contracts for commissioned services, grants, trusts, donations, legacies and fundraising
- Our turnover is over £1million
- We work closely with local agencies and professionals such as GPs and schools who refer carers to us
- We employ around 38 people, some of them carers themselves and are supported by 60 volunteers
- We are commissioned to deliver carer services in Bedford and Central Bedfordshire, dementia services in Bedfordshire and young carer services in Bedford

What We Do



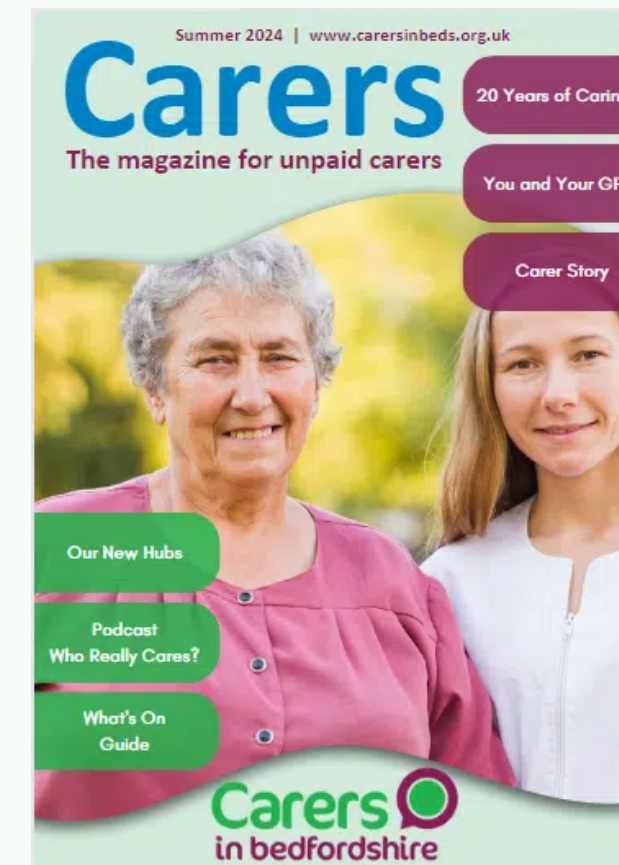
Visit our websites to see
our wide range of services
Click the logos to open the links

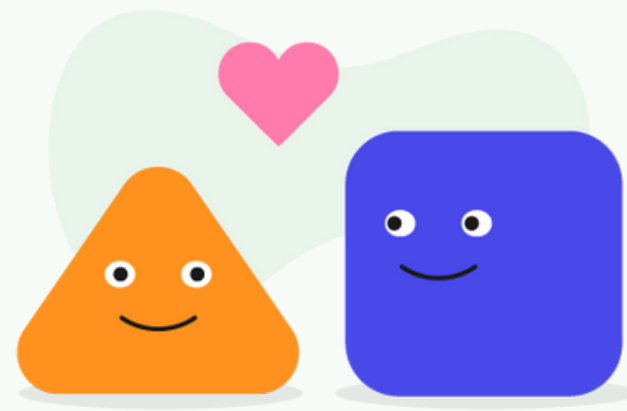


Read the last Annual Review
to see what we did, our
impact and what carers say
Click the picture to open the link



Read the magazine to see
the latest news and stories
we share with carers
Click the picture to open the link





Our Vision

Carers will feel recognised, respected, and supported in their role

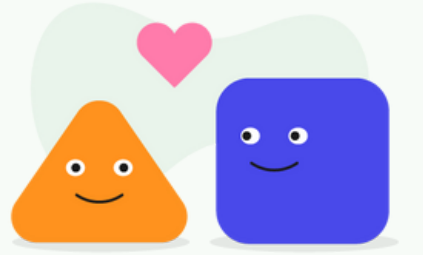
Our Mission

To give carers the access to knowledge, skills and support that enables them to remain in a caring role for as long as they choose

Our Values

- We put carers at the centre of every decision we make
- We are transparent
- We work with integrity
- We are open minded
- We give voice to concerns and views
- We are resilient

Our Objectives



Every carer is identified at the first opportunity

Carers will be supported to recognise their role as a carer on their first contact with a health, social care or VCSE professional

Every carer can access the services they need when they need them

Carers will be supported to recognise their needs, what support they can access it and how they can access it

Carers are heard and help shape a system that works better for them and the person they care for

Carers will have a platform to share their experience and influence how services are designed and provided

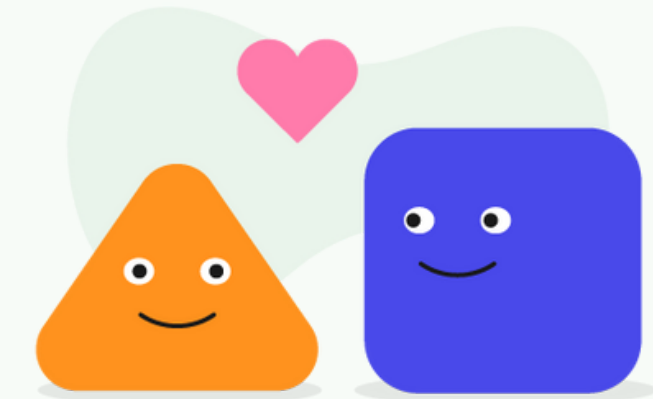


Who Cares for that Carer?

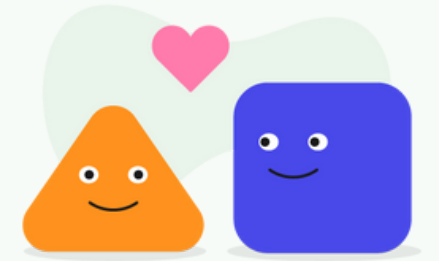
"Who cares for that carer?", I hear a man say,
Her day blends with night and then night becomes day,
The cooking, the cleaning, the hospital trips,
The changing, the bathing, wiping food from his lips,
The meltdown, the tears.... So hard to endure
What keeps her from walking straight out of that door?

I'll tell you what stops me from leaving each day
And what gets me through when I don't want to stay
It begins with an "I" and ends with an "e",
It's a power, a force, emanating from me,
An empathic heart, a gift from above,
I do this, my friend, in the name of love.

Megan Jenkins



Isobel is a Parent Carer



My son is eight years old. He's been diagnosed with a rare genetic disorder, ASD, ADHD, a heart condition, diabetes, asthma, sensory processing issues and anxiety. He's also double incontinent and wears nappies 24/7. As he's gets older, his diagnostic list gets added to, new challenges come and we adapt our lives accordingly.

He keeps me going, he's our whole world. If we didn't do what we do, his anxieties and frustrations would be far worse than they are. I rarely put my own wellbeing into consideration, it's all about him.



Having a child with neurodiverse conditions has so many challenges.

A lot of people think being a carer for your child is "just parenting". They don't see the ups and downs, the sleepless nights, the incontinence issues, the vast amounts of appointments and the emotional toll it can take.

The punches and slaps hurt, the bruises are visible but we hide them and the tears are real even though no one ever sees them.

Carer Experiences



Chris (right) with best friend Jenny, whose husband also had Huntington' disease

It's always been just the two of us. We decided not to have children when we got married because Huntington's is a genetic condition. Nick saw his mother and brother pass away from the same cruel disease.

Nick had been in and out of hospital over the years with lung-related problems associated with Huntington's. At the beginning of March 2020, myself and a carer tried to get Nick out of bed but found he was paralysed.

When your relative has to move into a nursing home, we experience it as a bereavement. I really miss Nick, even though I go to visit him every day. Thankfully the managers at the home are fantastic.

They value my input as Nick's wife and I know that, like me, they love him too.

Dave cares for his wife Sarah, who has physical disabilities. He took up 3-D printing during lockdown and is also a keen angler.

I got very despondent during lockdown – at one point, I couldn't even look after myself, let alone Sarah. I couldn't go fishing or to the Men in Sheds workshop where I volunteered. A neighbour lent me his home 3D printer and I've really got into it. In fact, I've ended up buying my own. An NHS carers grant helped me buy some supplies.

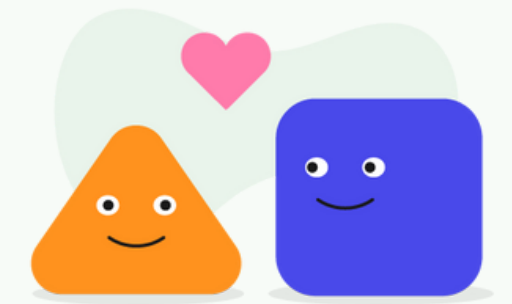


Sarah says I was a grumpy so-and-so before I got into wood work and now the 3D printing. And she hated being stuck indoors. Now we have more laughs and the 3D printing has brought us closer together.



For more carer experiences, visit [Carers Stories](#)

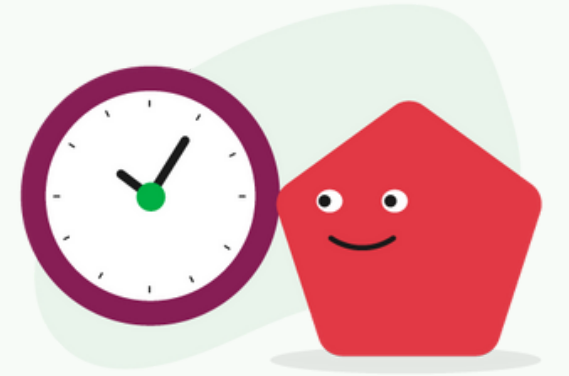
How Can You Play Your Part?



Find out more about becoming a Trustee



What Trustees Do



You'll use your skills, knowledge or experience to help the Board reach sound decisions.

The Board agrees the strategic goals of the charity and reviews its work, finances and services, meeting six times a year.

There is a finance committee and a governance and nomination committee. We have 12 Trustees who also act as guarantors with liability limited to £1.

This is a voluntary role - reasonable travel and other expenses will be reimbursed.

Watch this short video from the Charity Commission so you understand the legal responsibilities of a trustee:

[The Essential Trustee – what you need to know, what you need to do](#)



Watch a video of Tania Palmariello

diviney

 talking about why she joined the Board in 2019

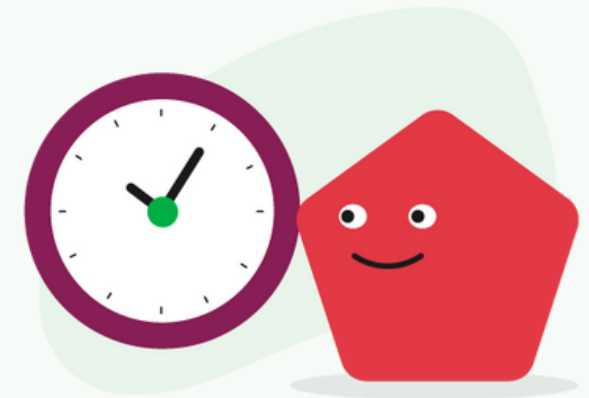
Advantages of becoming a Trustee



- Give your skills and experience to a cause that affects 1 in 5 people
- Make strategic decisions about the future direction of the charity
- Keep our focus on carer-first services
- Gain valuable experience which may help you in future leadership or other roles
- Learn new skills - whether you are an experienced trustee or just starting out, there's always something new to learn
- Volunteer for a forward-thinking, excellent local charity



Annual Time Commitment



- Four 3 hour business meetings per year
- Two half day strategy days
- Four meetings per year with your staff link
- Occasional networking or fundraising events
- Committee meetings if a member

Meetings are currently day time on Wednesday in Bedford or via Microsoft Teams video-conference call

Your first term of office is three years. You'll be eligible for a further two terms



Who Are We Looking For?



People who can meet the criteria in the trustee role description and have any of the following:

- lived experience or working knowledge of caring for others
- all backgrounds - our current board is not as diverse as the world around us - particularly people with disabilities, minority groups and younger people (under 60)
- a background or experience in adult social care, communications, marketing, fundraising or IT and digital resources, finance and accounts.



If none of the above apply to you, you can still apply if you meet the general criteria

What Happens Next?



- Read the trustee role description and person specification
- Contact us if you'd like to know more before applying
- We'll send you the online application form
- We shortlist applicants against the person specification
- You may then be invited to an interview with trustees and invited to observe a trustee meeting
- We will police check and vet you against the eligibility criteria
- If selected, you will receive an induction and a trustee mentor
- Your appointment will be confirmed at the next Annual General Meeting

[Click here for more details](#)



If you decide a trustee role is not for you right now, but you would like to contribute to our work in some other way, such as volunteering, please visit our website for other ways to support us

Thank you for your interest
We're looking forward to hearing from you

volunteering@carersinbeds.org.uk
tel 0300 111 1919



Carers 
in bedfordshire