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Service

# Cogwheel Counselling

Registered Charity 1157141

*Affordable help when life slips out of gear*

## Cogwheel Counselling

### Trustee Vacancy

**Job Title:** Trustee

**Reporting To:** Board of Trustees

**Remuneration:** This is a volunteer role without remuneration

**Time commitment:** Four Board meetings per year. Represent the charity at various fundraising events.

**Term of office:** Trustees are appointed for a 3 year term of office and be eligible for reappointment at the end of term for a further additional term

### Charity background

Cogwheel Counselling is a Cambridge-based mental health charity formed in 1988 which celebrated its 35<sup>th</sup> anniversary last year. Cogwheel provides affordable and accessible counselling to individuals of all ages (including children/young people) on low and limited incomes. These individuals would not otherwise be able to access counselling, either because they are unable to afford private counselling or capacity in NHS mental health services is extremely stretched and prioritised for those with acute needs.

The Charity's founding Christian ethos, which includes compassion, respect, listening and healing, still provides a motivation for many within the charity. The organisation seeks to provide a unique and effective therapeutic service available to everyone, irrespective of their financial circumstances and personal beliefs.

Cogwheel has a team of 20+ counsellors who in 2024 provided over 4,000 counselling sessions and the charity was approached by nearly 450 people for help. The charity operates from the Citizens Advice Bureau in Cambridge and offers a bespoke service of in person, online and telephone counselling.

Cogwheel is funded by a mix of client session contributions, grants, donations and community fundraising.

The Charity Trustee Board has 6 Trustees and the present Chair of Trustees has been in role for 1 year.

This is a voluntary position for a charity which through its mental health counselling service can make a transformative difference to client's lives.

### Trustee Job Description

#### Role Summary

The role of a Trustee is to provide expertise and support to the Board of Trustees in order to fulfil their responsibilities for the overall governance, regulatory compliance and strategic direction of the charity.

The Board of Trustees work in partnership with the Charity's Senior Management, helping them achieve the agreed vision for the charity.

## **Person Specification**

Each Trustee must meet the following requirements:

### **Personal Qualities**

- Exhibit strong inter-personal and relationship building abilities
- Professional practice, adhering to the code of conduct

### **Experience**

- Experience of being a trustee is welcome however not necessary in this instance.

### **Knowledge and skills**

- This Trustee position has a focus on supporting all board meetings and supporting Cogwheel to build strong networks with the community.

### **Applicants information**

- If you would like to talk about the role please email Emily Argent Chair of Trustees [Chairoftrustees@cogwheel.org.uk](mailto:Chairoftrustees@cogwheel.org.uk) so that a convenient time can be arranged
- Please provide CV and letter of application detailing personal qualities and relevant experience, and send to Clerk of Trustees Neil Davies, [neil@cogwheel.org.uk](mailto:neil@cogwheel.org.uk)
- Interviews will take place at a mutually convenient time.