



supporting families through depression
and anxiety related to pregnancy and birth

Trustee Candidate Pack



About Bluebell

Bluebell first registered as a charity in 2010. Bluebell provides support for parents and infants affected by anxiety, depression and other perinatal mental health difficulties, during pregnancy and up to 2 years after birth. We offer a wide range of services in Bristol, North Somerset, South Gloucestershire, Bath & North East Somerset and South Devon.

Over 1 in 7 mothers in the UK are affected by anxiety and depression related to pregnancy and birth and yet it can still be hard for them to find the support they need quickly and easily and in a way that feels accessible. Bluebell helps to fill some of these gaps and we are very proud to have supported hundreds of families over the last 10 years.

Bluebell offers a wide range of support including structured therapeutic groups in partnership with children's centres, informal 1:1 peer support in the community, early years support and creches for infants, a counselling service and our welcoming city centre hub in Bristol, Bluebell Place, where we provide a variety of drop-in groups and sessions including knitting, yoga, baby groups, creative writing, sleep & feeding support and much more!

Lived experience runs right to the heart of the Bluebell ethos, with all of the team and volunteers, having their own experiences of perinatal mental health difficulties in some way, allowing them to offer parents a deeply empathic service and hope that recovery is possible.

Our Services

Mums' Comfort Zone

Mums' Comfort Zone is a structured, 11 week, therapeutic, group programme for mums experiencing ante and post-natal, depression and/or anxiety and can be accessed by completing a referral form and having an initial assessment with one of the Bluebell team. The programme is welcoming, supportive and offers mums the space and time to focus on their own emotional wellbeing whilst knowing their little ones are being cared for by our early years team.

We offer the Mums' Comfort Zone programme, together with free crèche provision, in partnership with Children's Centres in Bristol, South Gloucestershire, North Somerset and South Devon. The ever-growing team of group leaders are managed by our Therapeutic Services Lead and Occupational Therapist, Rachel Jenkins.





Bluebell Buddy Service

Bluebell's trained Buddies have lived experience of managing depression and anxiety related to pregnancy and birth and can offer 1:1 support in the community, in the home or at our city centre hub, Bluebell Place. We now have a team of 14 Bluebell Buddies, who are a paid team and receive in depth training and supervision and are managed by our Peer Support Lead, Paula Bentley. The Buddy service is a light at the end of the tunnel and much in demand, reaching over 6,000 parents in the past 10 years.

Bluebell Place

Bluebell Place is an innovative hub located in Bristol city centre offering informal support with emotional wellbeing, to parents with little ones under two years of age. The hub offers a weekly programme of drop-ins and activities designed to help parents manage feelings of anxiety and depression, related to pregnancy and birth. Since opening in 2016, Bluebell Place has welcomed over 3,000 parents through its doors and there is always a cuppa and some cake waiting for visitors.



Dads in Mind

At Bluebell we believe that supporting dads and partners is really important and often overlooked. Our Dads in Mind team offer both 1:1 and group support to fathers experiencing low mood and anxiety related to their role as a new parent or who may be supporting their partner in managing their own perinatal mental health difficulties. You can see more about this team at www.dadsinmind.org We also support all partners through our Buddy service, groups and at Bluebell Place.



Little Bluebell

Little Bluebell are part of the Bluebell Care team based in Torbay, Devon. The team consists of Occupational Therapist and Group Leader Selina, Project Co-ordinator, Mel together with Abi & Julie the two Little Bluebell Buddies. The Little Bluebell team provide the Mums' Comfort Zone programme in two children's centres, the Buddy service across Torbay and the South Hams and have recently been joined by John, their first Dads in Mind peer support worker.



About the role

We are currently seeking new members to join Bluebell Care's Board of Trustees. As a Trustee, you will be involved in the governance of the charity, setting the strategic direction as well as supporting the CEO. We are looking for people willing to bring energy, enthusiasm and commitment to the role, and who will broaden the diversity of our board.

Duties of all Trustees

- Support and provide advice on Bluebell Care's purpose, vision, goals and activities.
- Approve operational strategies and policies and monitor and evaluate their implementation.
- Along with the Treasurer, oversee Bluebell Care's financial plans and budgets and monitor and evaluate progress.
- Ensure the effective and efficient administration of the organisation.
- Ensure that key risks are being identified, monitored and controlled effectively.
- Provide support and challenge to Bluebell Care's CEO and staff team, in the exercise of her delegated authority and affairs.
- Keep abreast of changes in Bluebell Care's operating environment.
- Contribute to the broader promotion of Bluebell Care's objects, aims and reputation through the application of their skills, expertise, knowledge and contacts.
- Contribute to regular reviews of Bluebell Care's own governance.
- Bring your own skills and experiences to the board to add to the richness and diversity of Bluebell's development and service delivery.

We feel that it is important that our Trustees should have:

- A commitment to Bluebell Care and its objectives.
- A passion to see support for families affected by perinatal mental health difficulties increase and improve across the UK.
- A willingness to devote the necessary time and effort to their duties as a Trustee.
- A vision for the development of the charity.
- Independent judgement.
- An ability to think creatively.
- A supportive and inclusive team focused attitude.

You do not need previous governance experience or any specific academic qualifications – we will provide full induction and training and are committed to supporting you in your role. We are particularly keen to hear from applicants who are underrepresented on charity boards including, Black, Asian or other minoritised ethnic groups, people with a disability including an unseen disability and those who identify as neuro diverse, young people under the age of 35, people from the LGBTQIA+ communities and people with lived experience of perinatal mental difficulties or of supporting their partner through this. We strongly value the contribution that people with these characteristics would bring to our board discussions.

What difference will you make?

Bluebell Care provides services and support for parents, partners, infants and other family members and supporters, affected by anxiety, depression and related perinatal mental health difficulties, during pregnancy and up to 2 years after birth. You will be able to use your skills and experience to ensure we have a robust strategy in place, ensuring our provision of services continues and grows. Our services are needed more than ever as we emerge from the Covid-19 pandemic, which has been a hugely challenging time for expectant and new parents and you will have a unique opportunity to work with us at this vital time to help hundreds of families, receive the care and support they need.

What is in it for the volunteer?

Bluebell Care has just celebrated its 10th anniversary, has been through an exciting period of growth and is now looking to expand its services across wider areas of the UK, making this an exciting time to be involved in setting the direction for the charity as we look to the future. With our services now commissioned through two local NHS clinical commissioning groups and part of the NHS talking therapies service for Bristol, South Glos and North Somerset, and with long standing relationships with many local and national funders including Comic Relief and the Lottery Community Fund, we are excited about the next 10 years and would love you to be part of it!

The role presents a fantastic opportunity to not only share your knowledge and skills but to learn from your fellow Trustees and be part of this exciting journey. We are a welcoming, creative, supportive and fun team who love to develop innovative services, that have the voice and needs of the families we support at the very heart of them.

Time Commitment

- Attendance at quarterly Trustee Meetings, led by the Chair, in Bristol or to be able to dial in from anywhere else in the UK.
- Ad hoc telephone and email contact with the CEO and other Bluebell team members when needed.
- Attendance at other events & activities as and when able but not obligatory
- One day for an initial induction and training session with our charity lawyers
- Expenses

The role is voluntary however all necessary expenses will be renumerated.

How to apply

Please provide a CV or similar (LinkedIn profile, portfolio etc) and a supporting statement explaining your suitability for the role. This should include why you are interested in the role, how your skills and experience match the role description, and any other relevant details.

Please let us know if you need any support with your application or to apply in a different way and we will be pleased to work with you to ensure this is possible.

**Please email your CV and supporting statement to:
Ruth@bluebellcare.org**

