

# Trustee Information Pack 2026



Providing support and services to people in Shropshire living with mental health challenges since 1974.

“As I volunteer at the charity for the 16th year, I am proud of all that we have achieved.

The role is extremely rewarding, and I get to see first-hand the impact we are having within our county...



... at Shropshire MHS, we believe that everyone should have someone to talk to and feel understood”.

- Clive Ireland, Chairman

# Welcome

Thank you for your interest in becoming a Trustee with Shropshire Mental Health Support.

Trustees play a vital role in shaping the future of our charity and the lives of the people we support. By joining our Board, you will help guide our strategic direction, champion good governance, and ensure that mental health support remains accessible to those who need it most across Shropshire and Telford & Wrekin.

We are seeking passionate individuals from a range of backgrounds who share our commitment to improving mental health and wellbeing. Whether your experience comes from your professional life, community involvement, or lived experience, your perspective can help strengthen our organisation and increase our impact.

At Shropshire Mental Health Support, we believe everyone deserves the opportunity to live well, feel connected, and access the support they need. We recognise that people experiencing mental health challenges—particularly in rural communities—can face isolation, stigma and barriers to support. Our mission is to help break down those barriers and create opportunities for people to thrive.

Being a trustee is more than a governance role; it is an opportunity to contribute to a cause that changes lives. It is a chance to bring your skills, ideas and experience to an organisation that makes a real difference every day.

Together, we can build stronger communities, improve mental wellbeing, and ensure that nobody has to face life's challenges alone.

# Benefits of the role

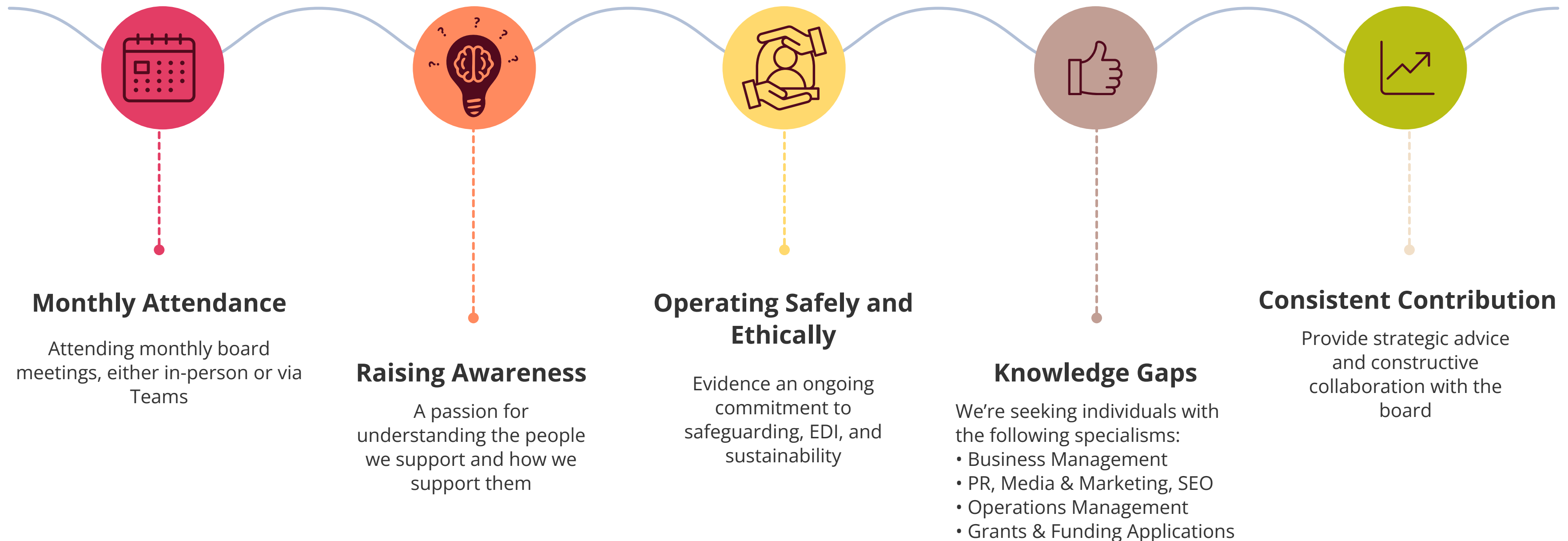
Becoming a trustee is a rewarding way to give back to your community while developing valuable skills.

- **Personal Growth...** Opportunity to develop leadership, governance, and financial management skills
- **Sense of Purpose...** Make a real difference to people living with mental health challenges
- **Networking...** Connect with like-minded professionals and community leaders
- **Skills Development...** Enhance your CV with board-level experience
- **Influence...** Help shape the strategic direction of a respected charity
- **Community Impact...** Support vital services across Shropshire and Telford & Wrekin

## Legal Responsibilities

Trustees must act in the charity's best interests, manage resources responsibly, and exercise reasonable care and skill in all decisions. Full training and support is provided to help you fulfil your role with confidence.

# Role requirements



Interested? Get in touch.

For more information, please contact Heather at [ceo@shropshiremhs.com](mailto:ceo@shropshiremhs.com)