



wellbeing works

Non-profit Board Member.

Position Profile



www.wellbeingworksdundee.org.uk

Welcome Note

Thank you for your interest in the role of Board Member at Wellbeing Works.

Our organisation has been around in Dundee for 100 years, with the aim of supporting those who face mental health challenges towards better wellbeing.

Our team consists of a Chief Executive Officer, Manager, a Volunteer Co-ordinator, an Administrator, a team of 6 Support Workers, 2 Peer Workers and a Community Toolbox Co-ordinator.

We are currently supporting approximately 125 participants through a combination of one to one and group support.

Our work is delivered over the themes of :

Wellbeing Skills: group activity to build confidence and self esteem, and give participants skills and knowledge that will help them to manage their mental health and wellbeing.

Creative Skills: A range of activities that help participants express themselves through, for example, art and crafts, photography, music, and creative writing

Social Skills: Giving participants the opportunity to meet new people, make friends, and become more confident in social situations.

Outdoor Activities: Walking, gardening, conservation and noticing nature where participants can gain the benefits of exercise fresh air and the great outdoors.

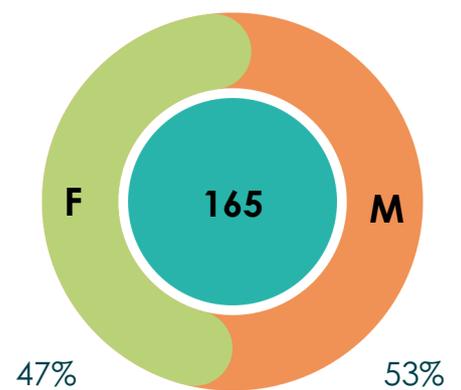
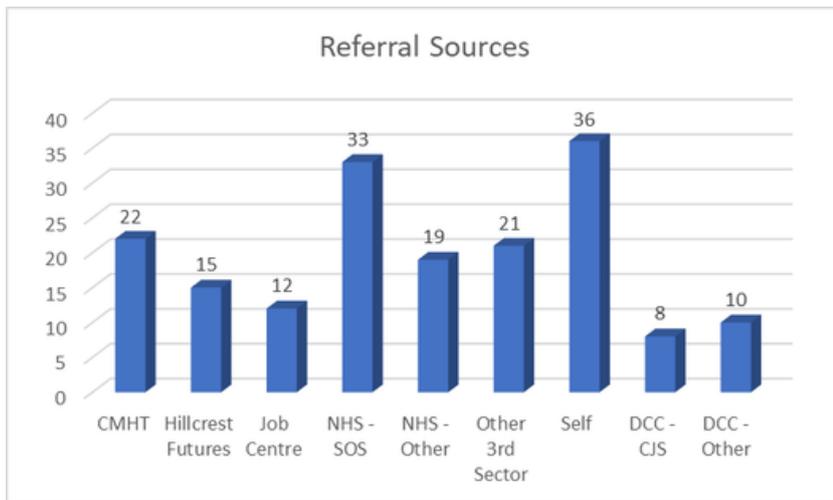
Giving: Volunteering opportunities with local partners, or support to take up volunteering with a local charity. This theme also includes giving in the wider context of supporting each other, and giving time to help the organisation through attending focus groups, steering groups or planning and consultation events.



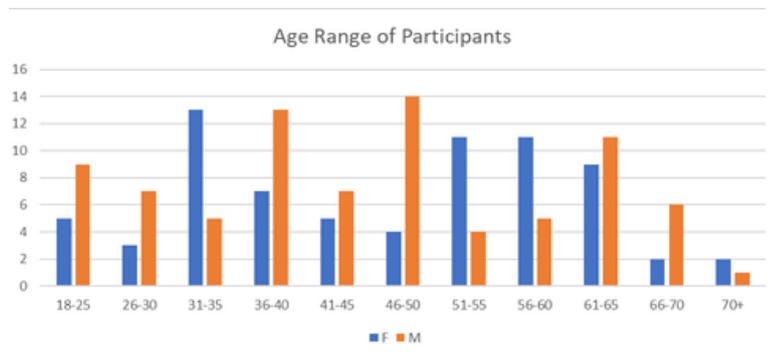
Our Impact

Our referrals come from a wide range of statutory organisations like the NHS and local authority, but we also received referrals from other third sector providers and increasing numbers from participants who self-refer.

**In 2025/26
we worked
with 160
participants**



We continue to observe a shift in our demographics, showing an increase in the number of younger adults attending our groups and activities. With an almost 9% increase in under 35 year olds engaging. There has been a significant decrease in ages 36-55 engaging of around 19%. With over 55's engaging showing a 9% increase.



There is no time limit on how long we can work with individuals, as long as they are attending, and working towards their mental health and wellbeing goals. Examples of some participant goals this year include:

- **Creating structure to get out of the house and have a sense of purpose**
- **Learning new things and breaking old or unhelpful habits and routines**
- **Using Peer Support to build confidence in using public transport**
- **Learning how to cope with stress or anxiety**
- **Feeling comfortable in a group setting**

Role Description

Board Member

Reports to: The Chair

Location: Wellgate Centre

Wellbeing Works has been providing mental health support for people who face mental health challenges in Dundee for over 100 years. We support our participants through group activities as well as on a one to one basis and peer support where appropriate, we offer our participants the opportunity to set personal goals and objectives that will help them to move towards better mental health and wellbeing, and to engage with their own communities.

We are looking for Board Members to join the Board of Trustees, we are particularly keen for individuals with finance or fundraising experience.

As a Board Member, you will be part of a board who are responsible for providing strategic direction, offering financial oversight, and ensuring the organisation's accountability and good governance.

You must understand and adhere to legal standards and ethical norms while committing to the organisation's success.

This role typically involves a mix of in-person and virtual meetings, reporting to the Board Chair.

This is typically a volunteer position, but expenses related to board service will be reimbursed. Board members typically serve terms of [e.g. 2-3 years], with the option for reappointment.

Role Description Continued

Board Member
Reports to: The Chair
Location: Wellgate Centre.

RESPONSIBILITIES OF POST

- Participate in strategic planning and decision-making processes
- Approve annual budgets and monitor financial performance
- Ensure legal and ethical integrity and maintain accountability
- Enhance the organisation's public standing by promoting its goals and impact
- Attend and actively participate in board meetings and related events
- Support and evaluate the performance of the CEO

Skills and Knowledge

- Proven experience in a leadership role
- Understanding of the non-profit sector and specific field of the organisation
- Experience with financial planning and strategy
- Ability to interpret financial statements
- Ability to think strategically and critically
- Commitment to the organisation's mission and values and an ability to dedicate sufficient time to board duties

The Recruitment Process

This is a fantastic and rewarding opportunity to support and influence a progressive organisation in the mental health sector allowing you to make a difference.

To apply for this position or for further information:

Contact hello@wellbeingworksdundee.org.uk for an application pack.

Wellbeing Works is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, race, disability, age, sexual orientation, gender reassignment, religion or belief, marital status or pregnancy and maternity.



www.wellbeingworksdundee.org.uk



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