



RECRUITMENT PACK

TRUSTEE

CHARITY NUMBER: 1175899

WHO WE ARE

Move More is an innovative, vibrant organisation; we pride ourselves on being able to make a positive difference to the lives of children and their families through sport and physical activity. Our vision is 'Every Child Active' as we want all children to experience the physical and mental benefits of a physically active lifestyle.

We are a Charitable Incorporated Organisation (CIO) that works across Cheltenham and Tewkesbury and wider across Gloucestershire and South Worcestershire. The organisation has gone through a period of growth over the past 5 years and in a typical year would work with 23,000 children and over 700 teachers.

WHAT WE DO

EDUCATION & SUPPORT

Our qualified teachers and coaches provide professional development opportunities through conferences, teacher training, school inset days, team teaching and showcasing best practice. This enables professionals to feel confident delivering high quality physical activity, PE and school sport.

PARTICIPATION

We pride ourselves on offering a breadth of opportunities for every child. We engage children with different abilities, motivations and backgrounds, inclusive of those with specific needs, disabilities or sedentary behaviours. Through our festivals and competitions, extra-curricular provision and holiday camps we provide children with the opportunity to be active outside of the school environment

FAMILIES & COMMUNITY

We use physical activity to achieve wider health outcomes for children and their families. We work with individual children and small groups, to improve knowledge, understanding, motivation and confidence, helping them make healthier life choices. Our work with families supports parents and carers, giving advice, skills and opportunities to enhance physical activity, diet and wider areas such as sleep, screen time and mental wellbeing.

OUR VALUES

Innovative – We are creative, forward-thinking and not afraid to try something new

Open – We foster a culture that is inclusive and welcome new partnerships

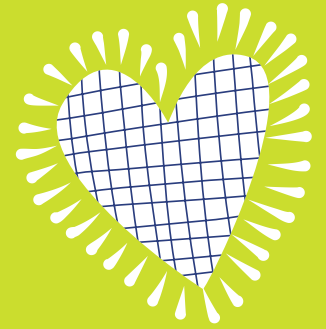
Quality – We are committed to achieving positive outcomes and impact for children

Responsive - We listen and make changes based on need and insight

Fun – We enjoy what we do and ensure we create a positive, happy experience for everyone

THE CHALLENGE

Across Cheltenham and Tewkesbury less than **1 in 5** children are achieving the Chief Medical Officer guidelines of 60+ minutes of physical activity every day.



Within England, Cheltenham and Tewkesbury are ranked **130** and **97** respectively, for children achieving 60 active minutes each day (out of a 269 local authorities where data was available).

Ref: Sport England Active Lives Survey Children & Young People



Almost **1 in 4** children across Gloucestershire are classified as overweight or obese.

The most deprived areas of Cheltenham have some of the highest obesity rates across the county. In one area, over **1/3** of year 6 children are overweight (38%).



Across Cheltenham and Tewkesbury, **obesity** levels vary from 4.5% of children in reception, through to 23.2% in year 6.

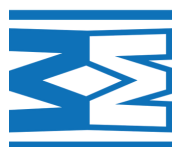
Ref: NCMP dataset

1 in 18 preschool children have a mental health condition

1 in 8 young people aged 5-19 have a mental health condition

Emotional health issues' in children aged 5-15 are **increasing**

Ref: NHS Digital & Government Statistical Service



ROLE INFORMATION

We are seeking to recruit exceptional people to join the current board of trustees at Move More. The current board is a personal, supportive and progressive group and we are looking for people that share Move More's values and goals. We would like to expand our trustee board to help us grow, diversify and prosper in order to continue the journey of becoming a sustainable and impactful organisation.

Move More is committed to equality and diversity and welcomes applications from all members of the community, particularly from those currently under-represented, which includes younger people, disabled people and people from minority ethnic groups.

We are particularly keen to recruit trustees with experience of:

- Finance/Accounting/HR
- Commercial/Business
- Charity governance
- Public health/National Governing Bodies/Local Authority/National organisations

Role title: Trustee

Board meetings: 3 meetings per annum

Duration of term: 5 years

Current board: Currently 5 trustees, with a view to increasing this number to 8.

Remuneration: the role is a voluntary position, reasonable out of pocket expenses in running the charity will be reimbursed.

Time commitment: Preparation and attendance at board meetings, as well as occasional additional support

PURPOSE

- Trustees have overall control of a charity and are responsible for making sure it's doing what it was set up to do. Trustees use their skills and experience to support their charities, helping them achieve their aims.

MAIN DUTIES

- To ensure the charity is carrying out its purposes for the public benefit
- To comply with the charity's governing document and the law
- To act in the charity's best interests
- To manage the charity's resources responsibly
- To act with reasonable care and skill
- To ensure the charity is accountable

HOW TO APPLY

To apply, please send a CV to Dan Derrick, CEO - dan@move-more.org

If you would like to discuss the role or for more information, please contact Dan Derrick on dan@move-more.org