



## Apply to be a trustee

### Introduction

Wellspring was initiated in 2018 by Rabbi Miriam Berger after a profound personal experience at the Mayyim Hayyim Mikveh in Boston, Massachusetts. The project aims to build a Centre for Wellbeing in Barnet which will include immersion pools for the ritual of mikveh (fully body immersion), rooms for talking and complementary therapies and groups.

The centre will be a welcoming, inclusive and non-judgmental space for people of all genders from all faiths (of all denominations) and people of non-religious beliefs. It will actively promote resilience building, taking a preventative as well as a therapeutic approach to good mental health allowing Jewish rituals such as immersion to be part of wellbeing and recovery.

Some of our current board are ending their terms and we are now looking for the next people to lead our lively group of trustees steering Wellspring into the next phase.

### Is this the role for you?

Our commitment to inclusion means we proactively encourage people who may feel marginalised in other spaces to be involved in governance and leadership. Our board currently has eight members – seven women and one man, all of whom are white. All are Jewish, five are members of Reform communities, two are from Masorti communities and one is Orthodox.

We particularly invite applications from people from a variety of Jewish and non-Jewish backgrounds, people with disabilities or long-term health conditions and/or identify as lesbian, gay, bisexual, transgender or other identities.

We are particularly interested in people with professional or voluntary experience in the following areas:

- Fundraising
- Constructing/modifying or managing a building
- Comms/marketing
- Leisure/wellbeing
- Mental Health/talking therapy
- Finance

We want to encourage applications from people from a wide range of experiences. If this is your first trustee role you will need to be ready to do the preparation and training to understand the role. Being a trustee is a legal obligation, however the setup of Wellspring ensures you would not hold any personal financial responsibility.

As we are in the early stages, we need trustees who can take a hands-on approach. We would expect the trustees to dedicate 1 to 2 hours/week to support different areas of the project's activities.

The trustees meet quarterly, mostly on zoom but also in person. Being a trustee is a voluntary position, however we can cover reasonable expenses including childcare costs.

As a trustee, you are part of a team and will have the opportunity to apply your skills and experience while learning from others. Working closely with a passionate team of people who have different perspectives is often one of the most enjoyable aspects of the role.

If you are interest in becoming a wellspring trustee please email us ([info@wellspringuk.org](mailto:info@wellspringuk.org)) to arrange a conversation.

*We look forward to working with you to take this project into its next phase.*