



Apply to be a trustee

[Click here to apply](#)

Introduction

We are delighted to relaunch the Mikveh Project UK as the Wellbeing Project.

The Wellspring Project was initiated in 2018 (as the Mikveh Project UK), 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, North London 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.

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 five members – four who identify as women, one as a man, all of whom are white and Reform Jewish. We want the board to better represent the diversity of our communities and potential centre users.

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.

You do not need to have already been a trustee to apply. If this would be your first trusteeship, we would encourage and enable you to attend the relevant training course/s and will support you as you develop in the role.

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

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



Being a trustee

Charity trustees play a very important role in making sure that the charity is run in the interests of the people it is there to support. They strategically oversee the management and administration of the organisation¹. Being a trustee is a legal obligation, however the setup of the Wellspring Project ensures you would not hold any personal financial responsibility.

The Charity Commission expects trustees to be able to bring 'time, understanding and effort' to their role, as well as useful and relevant experience and/or skills.

Trustees are expected to:

- Ensure that the charity complies with all legal and regulatory requirements and is governed and run to the highest standards
- Ensure that the charity has a clear vision, mission and strategic direction and achieves its charitable objectives
- Safeguard and promote the good name of the charity
- Ensure the effective and efficient administration of the organisation and its financial stability, ensuring all assets and resources are used for charitable purposes in line with the governing document
- Be an ambassador and help promote the work of the Charity
- Appoint the Director/CEO and hold them to account
- Support the staff and be available to offer advice and guidance on an ad hoc basis

As the Wellspring Project is in early stages, Trustees will take a hands-on approach to supporting the charity. Most expect to dedicate 1 to 2 hours/week to support different areas of the project's activities. The trustees meet quarterly, currently on zoom. 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.

¹ Reach Volunteering



Background to the Wellspring Project

The power of having a Jewish centre for wellbeing with mikveh at its heart will put mental health firmly at the forefront of Jewish conversations, a focus for the communities' commitment to proactive resilience building.

In 2019 we registered as a charity, ran our first event for 60 Jewish communal professionals and lay leaders. We launched and curated our online social media presence on Instagram, Facebook and Twitter and had our first feature in the [Jewish Chronicle](#). We held six professionally facilitated focus groups to help us identify our audiences and understand the need for our organisation. Our volunteers ran educational sessions (in person and remotely) in the UK and America.

In 2020 we launched our volunteer recruitment drive and now have close to 50 people supporting the project. The group includes experts in safeguarding, women's health, doctors and midwives, charity and mental health professionals, Rabbis and Cantors (from different denominations), community activists, business consultants, an architect, teachers, midwives and coaches.

How to apply

Applications are ongoing. To apply please [click this link](#) and complete the application form and email any accompanying files to info@wellspringproject.org.uk. All applicants will be interviewed.

We won't be able to accept everyone who applies to the role.

If you would prefer a word version, or if you have any questions, please contact us

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