FLOURISH MENTORS

Position available: Youth Trustee (Young Women's Voice)
Location: Brighton and Hove
Type: Trustee

Are you passionate about supporting the wellbeing of young women? We're seeking a dedicated individual to join our Board of Trustees as our Youth Trustee.

We are looking for one or two young women to join our board of trustees as Youth Trustees, starting in the new year 2027. Our board is strong, and we want it to be even better at reflecting the people we exist to serve. As a Youth Trustee you will bring the perspective of young women today, helping us make decisions that are grounded in real experience of life in Brighton and Hove.

This is a full trustee role, not an observer seat. You will have a voice and a vote, and you will be supported every step of the way and this is a brilliant opportunity to contribute your expertise to support our charity's mission.

About Flourish Mentors:
We are a small charity with a big mission: building a community that stands alongside young women as they step into adulthood in Brighton and Hove, East Sussex. We have no thresholds or 'criteria': Any young woman aged 16-25 is welcome. Our aim is to ensure no young woman is invisible.

What we offer

- Free 1-1 mentoring: in-person, fortnightly wellbeing mentoring for up to two years
- Free mental health workshops: co-created with young people and offered to local schools, hubs and community groups

To date, around 700+ young women have taken part in our expert-led co-created mental health workshops and we are currently supporting 150+ mentors and mentees partnerships in our community. All our interventions aim to help young women increase their confidence and self-awareness, decrease their anxiety, and focus on fulfilling their dreams.

For more information about our work, visit www.flourishmentors.com.

Responsibilities (What you will do):
As a trustee you share legal responsibility with the other trustees for the charity's governance. In practice this means you will:

- Attend and take part in board meetings, and read papers beforehand
- Help set the charity's direction, priorities and strategy.

- Bring the voice of young women to discussions and decisions.
- Help make sure the charity is well run, financially secure and complies with the law and its governing document.
- Help safeguard the young people and volunteers we work with.
- Act in the best interests of the charity at all times and declare any conflicts of interest.
- Support the charity's work and reputation in the community, for example by attending the occasional event.

Time Commitment:

- Board meetings: 4 meetings per year, lasting around two hours, held mostly in person in Brighton and Hove.
- Preparation time: about two hours before each meeting
- Term of office: Three years with the possibility of renewal
- Occasional extra involvement, for example a working group or event

Person specification (Who are we looking for):
Essential

- Aged 18 or over.
- A young woman living in, or with strong connections to, Brighton and Hove.
- Has never been paid by Flourish Mentors, as an employee or in any other paid capacity.
- Willing to share her views honestly and listen to others.
- Has the ability to work collaboratively with diverse stakeholders, building trust and rapport.
- Committed to the aims and values of Flourish Mentors.

Preferred

- Has been a mentee, with us or elsewhere, and can draw on that experience.
- Has lived experience that helps her understand the challenges young women face today.

You do not need previous board or trustee experience, formal qualifications or a professional background. We will give you the induction, guidance and support you need. What matters most is your perspective, curiosity and commitment.

We want this to be a positive experience. We will make meetings accessible and welcoming, explain jargon, hold meetings at times that work for people with study, work or caring commitments where possible, and make reasonable adjustments if you need them. We welcome applications from young women of all backgrounds and particularly encourage those from groups that are underrepresented on boards.

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As the role involves working with young people, an enhanced DBS check (we will provide this) and references will be required. All trustees must also be eligible under charity law, which we will talk through with you.

Benefits (What you will get):

- **Real experience** of charity governance, decision-making and leadership, which is valuable on a CV, university or job application.
- **Skills development** in areas such as strategic thinking, budgeting, safeguarding, communication and teamwork.
- **A named buddy or mentor** on the board to help you settle in.
- **A full induction** to the charity and to the role of a trustee.
- **A real voice** in shaping a charity that supports young women.
- **A reference** from the charity on completion of your term.

Please note: Trustee roles are voluntary and unpaid. Reasonable out-of-pocket expenses, such as travel and childcare, will be reimbursed.

If you have the passion, drive, and skills we need then we'd love to hear from you! Join us in creating brighter futures for the young women of Brighton and Hove.

How to apply:
To find out more or have an informal chat before applying, contact Shwezin Win at shwezin@winatlife.uk

To apply, please send a short statement, a CV, or a short video or voice note, whichever you prefer telling us:

1. Why you would like to be a Youth Trustee
2. What perspective or experience you would bring
3. Anything you hope to gain from the role

Send to: trustees.flourishmentors@gmail.com

Closing date: 29th November

Informal chats / interviews: Dec 2026/Jan 2027

Expected start: January/April

Accessibility:
If you need any adjustments to the application process, or would like to submit your application in an alternative format such as an audio or video submission, please let us know by emailing trustees.flourishmentors@gmail.com, or by calling or texting 07415 099899. We will work closely with you to ensure your application experience is equitable and inclusive.

Flourish Mentors is a registered charity, number 1197095