

# TRUSTEE RECRUITMENT

Somerset & Wessex Eating Disorders Association, better known as SWEDA, is a regional charity supporting people affected by eating disorders across Somerset and the surrounding area. New services have recently been established in Bristol.

Set up in 1992 by a group of sufferers and carers, SWEDA has since provided a range of services for people struggling with anorexia, bulimia, binge eating and compulsive overeating.

**Over the past few years, we have strengthened our board and want to attract further key members, particularly with legal and charity finance backgrounds, to advance and enhance our work.**



Our services also provide support to family members and friends engaged in the difficult task of supporting someone close to them. SWEDA is a Pro-Recovery organisation based on the principles of Self-Help. We believe in enabling and empowering individuals who choose to use our service to aid their recoveries and to live as satisfying a quality of life as possible. We are motivated by the importance of honesty, openness and trust in relationships with all users of the service.

**We wish to ensure we reflect the communities we serve as well as inform ourselves and meet the diverse needs of different ethnic and minority communities. One step is to ensure the Board of Trustees is diverse and inclusive and we would particularly welcome individuals from Black, Asian and minority communities.**



The trustees hold five meetings per year with specific sub-committees outside of this time, which meet four times per year. We appreciate staff members having access to Trustees' skills and knowledge and, therefore, they may be called upon, depending on the specialism, for ad hoc advice and support throughout the year.

**Charity trustees are the people who share ultimate responsibility for governing a charity and directing how it is managed and run.**

If this sounds like something you would like to get involved in or have any questions, please do get in touch by contacting Paula Blight - CEO at [paula@swedauk.org](mailto:paula@swedauk.org)

THE COACH HOUSE • HARVEST COURT • SHEPTON MALLET BA4 5BS • 01749 343344 • [WWW.SWEDAUK.ORG](http://WWW.SWEDAUK.ORG)



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