



**Trustee
Recruitment Pack**

Welcome note from Russell Muirhead, Chair

Dear Applicant,

Thank you for your interest in becoming a board member at Health Exchange incorporating Living Well Taking Control. I am delighted that you are considering joining us at such a pivotal time for the charity.

With the growing focus on health prevention and tackling health inequalities, this is a critical time to strengthen local leadership. I encourage those who want to make a lasting difference across our communities to consider joining our board.

Health Exchange's mission to educate, motivate, and help people make changes which enable them to live healthier lives couldn't be more relevant in tackling health inequalities across Birmingham and the West Midlands.

We hope this board recruitment pack is helpful and informative. As a charity, we aspire to be an outstanding provider of health and wellbeing services. To help us achieve our goals we are now seeking additional board members to join our existing board.

Rooted in the Birmingham and West Midlands region, we provide a wide range of local and national services offering face-to-face support, health coaching and group workshops for patients living with type 2 diabetes, weight management, long term conditions and social prescribing services helping to address health inequalities by providing information, choice, and power.

Our organisational culture consists of a deep passion for the charity, a cultural diversity that is second to none, a high level of integrity and trust, plus a commitment to our people's development and the development of all our services.

If you can support Health Exchange as a board member, have the skills needed, share our values and our ambitions, do apply. It would be great if you were to become part of it.

Thank you for your interest in becoming a board member at Health Exchange.

Russell Muirhead
Chairman
February 2026

Trustees' Impact

"I have been a trustee with Health Exchange for over two years now, having worked both within the NHS and independent sector for over 40 years. I can honestly say that I feel privileged to work with colleagues who are some of the most dedicated, innovative, supportive and experienced individuals I have known.

Empowering people to take control over their lives and make healthier choices through community engagement is at the heart of Health Exchange and the organisation has a track record of enabling positive change through evidenced-based interventions delivered within people's local community settings. Moreover, many of the organisation's service users are from hard-to-reach communities who would have struggled to access the care and support they desperately need.

Health Exchange is at the forefront of delivering person-centred services which drive ill health prevention whilst providing support to people's mental health and social needs. There are great opportunities for experienced, motivated, and skilled people to continue to drive innovation and excellence as trustees and to help make a significant difference to the lives of many people who represent a diverse range of ethnic backgrounds and needs."

Dr Andrew Papadopoulos
Clinical Psychologist



About Health Exchange

We are Health Exchange incorporating Living Well Taking Control. We were established as a Community Interest Company in 2006 to develop new approaches for the promotion of health and to improve access to preventive health and social care services by disadvantaged communities. In 2019, we were incorporated as a charity, further solidifying our commitment to serving the community and advancing our mission.

The services we provide underpin our core ethos of enabling individuals and families to improve their health and wellbeing through access to resources and support in whatever format they need i.e., mental health interventions, access to housing support, foodbanks, educational resources, and structured lifestyle programmes.

The Health Exchange mission is to educate, motivate and help people make changes which enable them to live healthier lives.

Why should I be a trustee?

-  **Influence:** As a trustee, your insights and ideas will have a direct impact on the direction of Health Exchange. Use your experience to help us continue our vital work and shape the future of health prevention and wellbeing.
-  **Engagement:** This role provides an unparalleled opportunity to connect with people from diverse backgrounds. You'll engage in rich, meaningful discussions that can broaden your perspectives and boost your professional growth.
-  **Skills development and experience:** We offer a fantastic platform to enhance your leadership, decision-making, and strategic planning skills. It's an ideal environment for those looking to step into leadership roles or people with specific subject knowledge seeking a new challenge.
-  **Personal satisfaction:** There is nothing more rewarding than knowing your efforts are directly contributing to the health and wellbeing of your community. Through your role as a trustee, you'll be able to witness and drive real, impactful change.

Our strategic objectives

- 1** To work with and alongside individuals to enable them to adopt healthy lifestyles.
- 2** To deliver an evidence-based approach to promoting sustained changes in behaviours and the self-management of chronic diseases.
- 3** To reduce inequalities in health literacy amongst vulnerable people and disadvantaged communities and build capacity of community-led interventions for improving health.
- 4** To expand our position as an agile, innovative, and effective provider of choice for local and national public health programmes.
- 5** To ensure the values, culture, approach and staffing of our organisation reflect the communities we serve.

To achieve our mission, we rely on our core values.



Investing in our people by recruiting local people and helping them to develop their skills and knowledge.



Being the best at providing services that meet the needs of every individual, commissioner, or buyer of our services.



Creating social value by spending money in a way that benefits our local communities.



Innovation by creating new ways of working which continue to make our services more efficient and engaging.



Empowerment by supporting patients to develop the knowledge, skills, and confidence to become active participants in achieving their health and wellbeing goals.

Our governance and team

Health Exchange is led by a Board of Trustees with a rich multidisciplinary experience of service provision in Birmingham and the West Midlands, including NHS, Public Health, Education, and Local Councils.

Dr Russell Muirhead	Former GP and Chair of Shropshire Doctors Cooperative, Integrated Governance Lead.
Dr Jacky Chambers	Former Director of Public Health, North Warwickshire Borough Councillor.
Sir David Winkley	Honorary Fellow of Wadham College, Oxford, Honorary/Visiting Professor at the Universities of Birmingham, Warwick (Business School) and Huddersfield. Former Head of Grove School, Handsworth.
Dr Andrew Papadopoulos	BSc, MSc, PhD, AFBPsS, former Clinical Psychologist, Lead Psychologist Recovery and Wellbeing Programme - Birmingham and Solihull Mental Health NHS Foundation Trust.
Dr Andrew Kemp	JP, RGN, PhD, FBICSc, L/RAMC, CEO and Principal Scientific Officer - Professional scientist, Board Director, Head of Scientific Advisory Board, Justice of the Peace (JP).
Stacey Taylor	Accountant, Head of Finance, Deputy CEO - Tamworth Cooperative Society - PLC and PE backed environments.

Senior management team

of Health Exchange, and its subsidiary, Living Well Taking Control.

- **Alan Weinstock**, Chief Executive Officer
- **Rachel Georgiou**, Head of Prevention Services
- **Rebecca Hennessey**, Head of Finance
- **Julie Orrey**, Head of Growth, Innovation and Strategic Partnerships



Our commitment to equality, diversity and inclusion

Health Exchange is a charity 'for everyone' and the board is particularly interested in welcoming applications from people who are currently underrepresented on our board and/or can show significant achievement and impact in promoting diversity and inclusion.

We are committed to increasing diversity and inclusion within our board. This means reflecting critically on issues of diversity and inclusion within all that we do, identifying and taking appropriate actions to reduce inequality, and welcoming challenge.



Role profile

Role title: Trustee

Role type: Governance and leadership

Salary: Voluntary, unremunerated (reasonable expenses paid)

Term: Fixed term for 3 years with the option to extend for further 3 years

Time commitment: Attendance at 4-6 meetings per year, at offices in Birmingham/virtual

Role purpose

- Is a trustee and a director of Health Exchange incorporating Living Well Taking Control (a charitable company limited by guarantee).
- Works in partnership with the Chair, Trustees, the Chief Executive, and the Management Team to ensure that the charity is effectively managed, accountable to its stakeholders, and achieves its strategic goals and objectives.

Core responsibilities and expectations

- Be personally motivated by the work we do at Health Exchange with the time required to devote to the role.
- Ensure that Health Exchange complies with its governing document (its Articles), charity law, company law, and any other relevant legislation or regulations.
- Contribute actively to the Board of Trustees' role in providing strategic direction to Health Exchange: setting overall policy, defining goals and setting targets, evaluating performance, and ensuring Health Exchange pursues its strategic objectives.
- Manage Health Exchange's resources responsibly and contribute to ensuring the sustainability of the charity.
- Act at all times in Health Exchange's best interests and follow the standards for public life – selflessness, integrity, objectivity, accountability, openness, honesty, and leadership.

Essential criteria - Person specification

- Able to demonstrate tact and diplomacy, with the ability to listen and engage effectively.
- Sound judgement and ability to think corporately and strategically; ability to handle competing priorities and make informed decisions.
- Leadership skills, able to build consensus whilst balancing the need for full debate acting as critical friend.
- Well-connected in your professional field and/or community and willing to act as an advocate for Health Exchange.
- A local connection to Birmingham and the West Midlands community is desirable.

Subject-specific knowledge and skills

We are seeking trustees who can bring strategic expertise, local insight, and strong networks to support Health Exchange through its next phase of growth and development.

We are looking for individuals who can demonstrate experience in one or more of the following areas:

Prevention and early intervention

Children, young people, and education, with experience within schools, colleges, youth or family services, including safeguarding, early help, prevention and an understanding of the challenges facing young people across our diverse communities.

Health and care system leadership

Senior NHS leadership with insight into the changing commissioning environment, Integrated Care Systems, and partnership, working across the local health landscape. Local Authority/Public Health experience, including commissioning, population health, children's services, or wider national context.

Local insight and lived experience

Alongside professional expertise, we particularly welcome trustees who have a connection with Birmingham or the West Midlands.

Profile, influence and engagement

Marketing and communications, strengthening our profile, brand, and engagement with communities, partners, and stakeholders. Community/faith leadership and strong connections within local communities and lived or professional experience that helps ensure our board reflects and represents the diverse populations we serve.

Governance, sustainability and growth

Financial oversight, audit, risk management, or strategic financial planning. National charity leadership with organisational development, strategic positioning, impact, fundraising, or securing grant income.

How to apply

To apply for the trustee role, please provide:

- An up-to-date CV
- A statement on why you wish to become a trustee at Health Exchange
- Please note that this position is subject to an Enhanced DBS check

For an informal conversation about the trustee role, please contact Alan Weinstock, CEO: alan.weinstock@healthexchange.org.uk

To apply, please send your CV and statement to Yasmine Davis: hr@healthexchange.org.uk

Applications will be reviewed around the time they are submitted, and trustee candidate discussions will be conducted on a rolling basis.