



BREATHE
ARTS HEALTH RESEARCH



Recruitment Pack
Board Director

May 2023

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Welcome

I would like to personally thank you for being interested in our work at Breathe Arts Health Research, and taking the time to learn about what we do and how we do it.

We care about supporting every individual we encounter to live their healthiest and most fulfilling life. We know from a decade's worth of research, that creativity can play a unique role in supporting the health and wellbeing of individuals and communities, and we pride ourselves on creating safe and inclusive environments where individuals can thrive. This doesn't just apply to the communities we support, but also to all of those who work at and for Breathe.

Breathe is a values-driven organisation, and we ensure we are led by our values in all we do, and all that we are. We value every individual for the unique contribution they make to the workplace and do all we can to support every person to flourish in their role. At Breathe, you will work alongside those who value kindness, integrity and inclusivity as key drivers. You will also enjoy contributing to an organisation that values both professionalism and fun in equal measure.

I hope that you will find this pack useful and insightful, and even if you don't feel this role is the right fit for you, we always welcome the opportunity to connect with like-minded creative people, so please do feel free to get in touch.



Yvonne Farquharson
Founder and Managing Director



Who we are

Breathe Arts Health Research (Breathe) is a not-for-profit social enterprise, founded in 2012.

We are world leaders in combining creativity and robust scientific research to improve health and wellbeing.

Our vision
is to transform
healthcare, embedding
evidence-based
arts & health into
the mainstream.

We are
connected and
grounded by our values –
to be **pioneering**,
empowering, **collaborative**,
inclusive and to act
with **integrity**.



Breathe has a core team of **14 staff**, over **100 freelance creatives** and **30 volunteers**, supported by a **Board of Directors**, helping to shape and deliver our vision.

We have co-authored medical journals, published books, and contributed to government policies. We are multi-award-winning, receiving accolades and recognition from **NESTA**, **NHS England** and **Royal Society for Public Health**, to name a few.

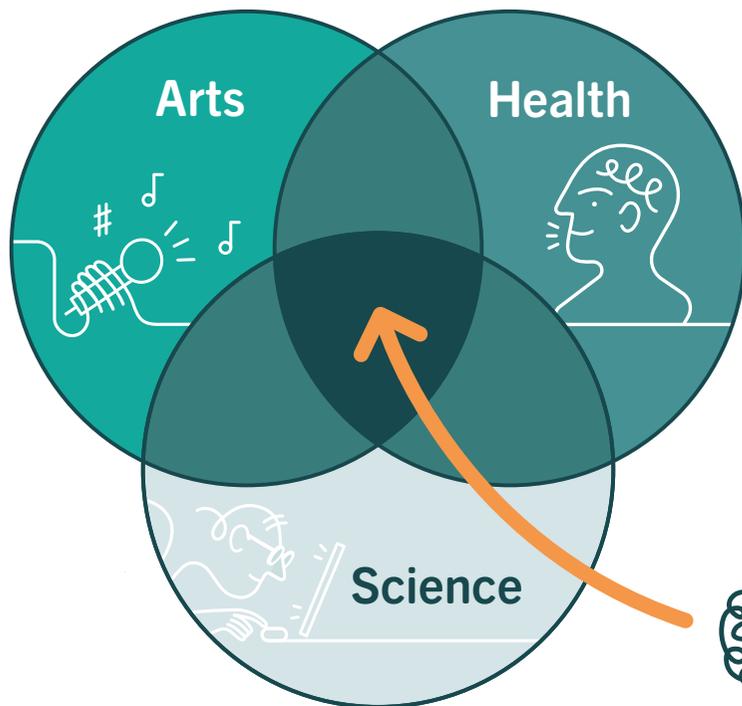


What we do

Collaboration is at the heart of what we do.

Breathe works with healthcare staff, creatives, researchers, academics, patients, and communities locally, nationally and internationally.

We co-design and deliver empowering healthcare programmes, talks and training – ensuring relevancy, inclusivity and impact.



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Key partners include:

World Health Organisation, NHS England, Guy's and St Thomas' Charity, King's College London, Sea Containers London and Wellcome Trust.

Each year, Breathe is proud to deliver **1,800 workshops**, talks and performances, engaging over **64,000 people** nationally and internationally.

Programmes

Our innovative programmes support babies to older adults to live their healthiest lives. We do this through music, dance, magic and more, working with the very best in each field.

Research

Our work is underpinned by rigorous research, ensuring we can measure quality and impact, to always make a meaningful change.

Training

We use our decade of expertise and experience to inform, educate and equip organisations and individuals.

Talks and Advocacy

We provide major contributions to the national advocacy of arts and health, helping to drive the sector forward and build communities of practice.



Context

Board Director

**Breathe is a C.I.C (Community Interest Company), limited by shares and asset-locked.
Company number 08132323**

Breathe is very fortunate to have Board Directors who have worked with us diligently and faithfully for a number of years, bringing insights and a history to the organisation that has enabled us to stay true to our objectives, values and founding principles. We are now seeking to appoint up to three additional Directors to enable a wider range of skillsets and experience to be represented at Board level.



Key responsibilities

Board Director

As a member of the Board of Directors, you will be responsible for supporting the Managing Director and Senior Management Team to set and execute the strategic aims, objectives and direction of the organisation.

You will use your knowledge, skills and experience to ensure Breathe flourishes, connect Breathe with a wider range of stakeholders and act as an advocate for the organisation.

Key responsibilities include:

- Set and maintain the vision, mission and values
- Attending and engaging in Breathe events and seeing work in practise
- Ensure Breathe is efficiently governed and complies at all times with relevant legislation or regulations
- Maintain a clear financial oversight of the company
- Support the Managing Director and Senior Management Team
- Maintain effective Board performance
- Promote and act in the best interests of Breathe at all times

This role will involve reading and reflecting on Board papers, leading discussions, focusing on key issues and risks for the company, and providing advice and guidance.

General

- Contribute to Board meetings and company-wide initiatives
- Attend sector events to represent Breathe
- Carry out all duties with an understanding of and commitment to equal opportunities, equality, diversity and inclusivity

This is intended as an outline of the general areas of activity and will be amended in the light of the changing needs of the organisation.

Person specification

The Board is looking to appoint up to three additional Board Directors.

Whilst we welcome applications from all, based on a recent audit of our current Board we are particularly interested in applications from people who have experience in one or more of the following areas of knowledge and expertise;

- Communications / Marketing / PR
- Human Resources
- Clinical / Healthcare delivery
- Scale-up / Business Development
- Research / Academia
- Artistic Voice / Producing

In addition to sharing the company values, we are seeking individuals who feel they align with the below traits;

- Dynamic
- Enterprising
- Creative
- Rigorous
- Professional
- Well-connected

It's important to us that our Board reflects the diversity of those we support. We recognise that diverse teams improve the quality and richness of our work, and that diverse connections are essential for creating lasting change.

Our Board is currently under-representative of some communities and characteristics, and so, whilst being keen to hear from all potentially suitable applicants, we are particularly interested in applications from:

- People with lived experience of the issues we seek to address
- Individuals who identify as deaf and / or disabled, people of colour and all under-represented groups
- Previous participants / NHS staff who have first-hand experience of Breathe's work



Key details

Board Director

Fee: The role of Board Director is unpaid, although reasonable expenses, including relevant access costs as required, will be reimbursed. (In individual circumstances, we may consider a limited fee if this would be a barrier to committing to the role.)

Time commitment: Four-six Board meetings per year, plus additional meetings/phone calls may be required year-round to support the Managing Director and Senior Management Team. Attending and engaging in Breathe events and seeing work in practice.

Location: All Board meetings take place in-person in London, usually at the Breathe Offices (SE1 6FE). One Board away day, which is hosted in London, is scheduled per year.

Terms: Board Directors serve an initial three-year term and are eligible for re-appointment for an additional consecutive term of three years. In appropriate circumstances or when particular skills are an ongoing requirement, this may be longer.



How to apply

Breathe Arts Health Research is an equal opportunities employer, and we embrace diversity.

We positively welcome applications from individuals who identify as deaf and/or disabled, people of colour and all under-represented groups.



1. If you would like to be considered to join the Breathe Board please:

- Send a copy of your CV
- One page email / letter email outlining why you're interested in becoming a Board Director, highlighting how your qualities, experiences and skills fit with the requirement of the role. Please use no more than 500 words / 1 A4 page.

2. Complete our [Equal Opportunities form here](#) (this is for monitoring only and will be separated from your application)

Applications should be submitted to Yvonne Farquharson, Founder and Managing Director (yvonne@breatheahr.org) and Claire Austen, PA to the Managing Director (clairea@breatheahr.org) using the subject heading **Application: Board Director**

If you have further questions, or would like to discuss the role before applying, please feel free to contact us using the emails above. We would welcome the opportunity to chat with you.

Deadline for applications: Friday 30 June, 5pm.

Shortlisted applicants will be invited to attend an initial discussion with Breathe's Managing Director and Chairman.

Interviews: July 2023.

Interview location: Breathe's office, SE1 6FE.



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breatheahr.org