



# Solace is looking for trustees with lived experience of the asylum process or being a refugee or people who would like to help shape and develop our services.

Would you like to support Solace to fulfil their mission to improve the lives of our clients through the provision of therapies to alleviate suffering and improve emotional wellbeing?

We are looking for people who would like to be on the trustee board to support the development of our work.

Solace provides a range of therapies to refugees and asylum seekers across Yorkshire and the Humber area. Across the region we work with individuals, families and children who have faced persecution, and many of whom have witnessed or experienced violence or torture. As well as talking therapy, we provide group stress management sessions and a programme of pain management. In recent years, we have provided over 3,000 hours of therapy to more than 250 people year on year. Here's what a client said about us in our feedback survey last year:

*"[When I] Suffered from depression the therapist stood by me and supported me as a human being. I was always keen and could not wait to attend my sessions with the therapist to talk about what's inside me. Solace is where you can be listened to, supported. Solace changed my attitude towards my life."* **Asmaa 2020\***

we are looking to recruit new volunteer trustees, with at least two having experience of the asylum process or being a refugee or migrant to become part of our trustee board. We are looking forward to learning about work or life experience and skills that you can bring to the Solace board. Over the next few years we want to transform the way we work by ensuring people with lived experience inform how we develop our services and organisation. We are committed to this improvement in how we work, and to supporting our new trustees to become part of Solace.

Trustees can be based anywhere in Yorkshire and the Humber region as most of our meetings will be held on zoom. We will hold occasional meetings face to face in Leeds, and travel expenses will be paid for this.

## Time commitment

As a minimum you would be expected to attend and participate in four meetings per year. There will be some preparation needed beforehand so you are able to share your views and actively participate in discussions. There would also be opportunities to contribute to other pieces of work in between the Trustees meetings if you would like to get involved.

We are committed to supporting you, and offering you a warm welcome. We would spend time with you to understand your skills and aspirations, and would be very happy to talk about any support that would be helpful for you. We will provide a full induction, and offering ongoing mentoring and support if this would be useful.

If you are interested in becoming a trustee and would like to talk to someone about it - please email Jo Habib - Chair of Trustees [Jo@solace-uk.org.uk](mailto:Jo@solace-uk.org.uk)

Solace staff, volunteers and clients 2121



\*clients name changed for privacy