



Frome Birth Talk

Trustee Application Pack

2026



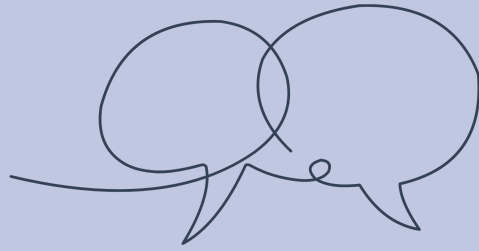
“Becoming a parent, whether it’s for the first time or not, can be so exhausting and so overwhelming. I have two boys, and when they were tiny I really benefitted from Frome Birth Talk’s free groups. I’m now a volunteer trustee for the charity!”



98% said the counselling **made a difference** to their lives



94% of clients told us they were **‘very satisfied’** with the service they received



Established in 2017, Frome Birth Talk offers **the only free and low-cost counselling service** in the Frome area dedicated to supporting the mental health of pregnant and new parents. It also runs several drop-in support groups.

Our vision

Better mental health for everyone throughout pregnancy, birth, and early parenthood.

Our mission

To provide accessible therapeutic support for people living in the Frome area who are pregnant or have recently had or lost a baby.

Our values

We are **respectful**: We treat everyone with respect and dignity

We are **sustainable**: We work in ways that are sustainable for individuals, our organisation, our community, and our planet

We are **connected**: We remain rooted in our community whilst reaching out to individuals, organisations, and communities who share our passion

We are **safe**: We create safe spaces, where everyone is protected from harm and enabled to thrive

We are **courageous**: We honour the courage of people who reach out for help, and we are never afraid of rising to new challenges

Our counselling service

We have a team of 11 counsellors, four of which are trainees completing a placement with us. We offer counselling in-person across Frome, as well as remotely.

Our counselling service is free for anyone facing hardship, and by donation for those who can afford it. You can read more about our [suggested donation amounts here](#).

To be eligible for our service, clients must be:

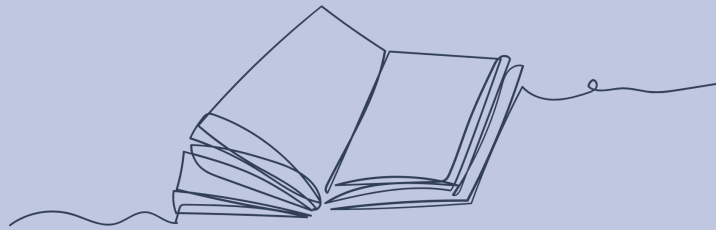
- Pregnant OR have had OR lost a baby within the last two years
- Living within Frome or the surrounding area
- Having their care (or would have had their care) with Frome Birth Centre midwives

Anyone can self-refer for counselling via an online form on our website. Our waiting list averages two to four weeks, in contrast to NHS perinatal mental health times of around sixteen weeks.

Our drop-in support groups

We run several drop-in support groups to support people at all stages of pregnancy, parenting and loss. Our groups include:

- **Tiny Hearts**, a group for children aged 0-5 and their carers. Mondays and Thursdays at The Good Heart Cafe.
- **Bump to Baby**, a group for parents in pregnancy and with pre-crawling babies. Wednesdays at Frome Community Hospital.
- **Toddler Group**, a group in a larger space for children aged 0-5 and their carers. Snacks and activities are provided for little ones. Fridays at Trinity Church Hall.
- **Baby Loss Support Group**, a supportive monthly space for anyone affected by baby loss. First Wednesday of the month at The Good Heart Cafe.
- **Tiny Rainbow Hearts**, a social group for LGBTQ+ families and their allies. Second Sunday of the month at The Good Heart Cafe.



BACKGROUND: What we are looking for

During 2025-2026, we aim to recruit three trustees to boost a balanced Board that reflects our activities and the community we operate in, and enrich the range of skills and experience necessary for the effective running of the organisation.

We are keen to recruit individuals with knowledge of **midwifery, data analysis, communications/PR or perinatal mental health**.

We want people who can demonstrate real enthusiasm and passion for what we do, and a desire to make a difference to parents in Frome.

We want a Board that is representative of our local community, so we encourage applications from candidates from traditionally underrepresented groups who have the right level of skills and experience, including lived experience, but not necessarily at Board level. We welcome applicants from younger parents, and people from minoritised ethnic backgrounds

Candidates should be aware that trustee roles are subject to meeting Charity Commission eligibility criteria. Individuals should not apply to a trustee position or serve in that position if they do not meet the criteria or have been disqualified. More information on Charity Commission auto-disqualification is available through the [gov.uk](https://www.gov.uk) website.



Further information

2024-2025 Annual Report

Read our Annual Report for the 2024-2025 financial year.

[Download now](#)



Meet the Trustees

Read more about the current Board of Trustees.

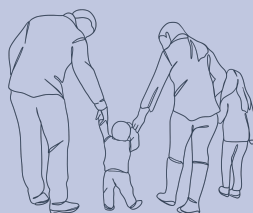
[Read now](#)



About Us

Explore our website to read more about our services.

[Visit now](#)



Role description

Role title: Trustee

Hours: Approximately 5 hours per month

Rate of pay: Voluntary

Accountable to: Chair and Board of Trustees

Contract: Trustees are elected for a four-year term

Location: Home working with some meetings in Frome

Main Duties

The statutory duties of a Trustee are:

- To ensure that Frome Birth Talk complies with its governing document, charity law, company law and any other relevant legislation or regulations
- To ensure that Frome Birth Talk pursues its objects as defined in its governing document
- To ensure the Frome Birth Talk uses its resources exclusively in pursuance of its objects: the organisation must not spend money on activities which are not included in its own objects, no matter how worthwhile or charitable those activities are
- To contribute actively to the Board of Trustees' role in giving firm strategic direction to the organisation, setting overall policy, defining goals and setting targets and evaluating performance against agreed targets
- To safeguard the good name and values of Frome Birth Talk
- To ensure the effective and efficient administration of Frome Birth Talk
- To ensure the financial stability of Frome Birth Talk
- To protect and manage the property of the charity and to ensure

the proper investment of the charity's funds

- To appoint the director and monitor his/her performance

Other duties

In addition to the above statutory duties, each Trustee should use any specific skills, knowledge or experience they have to help the Board of Trustees reach sound decisions. This may involve:

- Scrutinising board papers
- Leading discussions
- Focusing on key issues
- Providing guidance on new initiatives
- Other issues in which the trustee has special expertise

Flexibility

Due to the nature of the organisation and our strong reliance on volunteers, it would be helpful if the Trustee were able to work in a flexible manner, often outside of office hours.

Confidentiality

The Trustee will be expected to abide by Frome Birth Talk's Confidentiality Policy at all times.

Equal Opportunities

The Trustee will be expected to implement Frome Birth Talk's Equal Opportunities Policy in all aspects of their work.

Safeguarding

Prior to joining the board, Trustees are required to undertake safeguarding training and submit to a DBS check, both of which will be regularly renewed.

PERSON SPECIFICATION

Trustees should have the following qualities:

- A commitment to the purpose, objects and values of Frome Birth Talk
- The ability to be constructive about other Trustees' opinions in discussions, and in response to staff members' contributions at meetings
- The ability to act reasonably and responsibly when undertaking such duties and performing tasks
- The ability to maintain confidentiality on sensitive and confidential information
- Support for the values (and ethics) of Frome Birth Talk
- An understanding of the importance and purpose of meetings, and a commitment to preparing for them adequately and attending regularly
- The ability to analyse information and challenge if necessary
- The ability to make collective decisions and stand by them
- The ability to respect boundaries between executive and governance functions
- An understanding and acceptance of legal duties
- Eligibility to serve as a Charity Trustee
- A willingness to express their own opinion
- An ability to work in a team
- A willingness to be available to staff for advice and enquiries on an ad hoc basis
- A willingness to meet the minimum time requirement

Other specialist skills

- Knowledge of our field
- Hands on experience
- Personal perspective

**For an application form, please email
info@fromebirthtalk.org.uk**

**Thank you for your interest in Frome
Birth Talk!**



**Free and low-cost counselling, support groups and
community for new, expectant and bereaved parents.**

www.fromebirthtalk.org.uk