



BECOME A VALLEY LEISURE TRUSTEE

Move More – Feel Better



“Valley Leisure is not just two words on a piece of paper, it is a group of people who are dedicated to doing one thing: helping people.”

-Peter Horne, Chairman

1) Hello

An introduction to the charity

2) Our services

Riverside Bowl, The I Can Therapy Centre & I Can Connect

3) Looking ahead

Future proofing the charity

4) The role of a trustee

All you need to know about the role

5) Supporting new trustees

How you'll be supported

6) How to apply

Further information and contact details





...move more...

hello...

Thank you for your interest in Valley Leisure and joining our mission to help people **'move more and feel better'**. We're looking for people aged 18 and over to join our team of trustees and help us help others get the most from life.

Moving more through everyday movement, leisure, physical activity, exercise or sport is fun and enjoyable and serves to prevent and protect against ill-health. Doctors and medical scientists tell us that movement is the closest thing we have to a magic pill and it's never too late to start moving more.

Helping people to move more has been the key ambition of the charity for over 30 years having been established in 1987. From then up until 2017, we managed the leisure contract in Test Valley.

Having exited the leisure contract in 2017, we established two new services in the town, Riverside Bowl and I Can Therapy Centre. We have now, in 2023, launched a third service brand called I Can Connect.



Our Services

Riverside Bowl is an exciting family orientated leisure entertainment venue in the heart of Andover generating an average of 70,000 visits per year into the town centre.

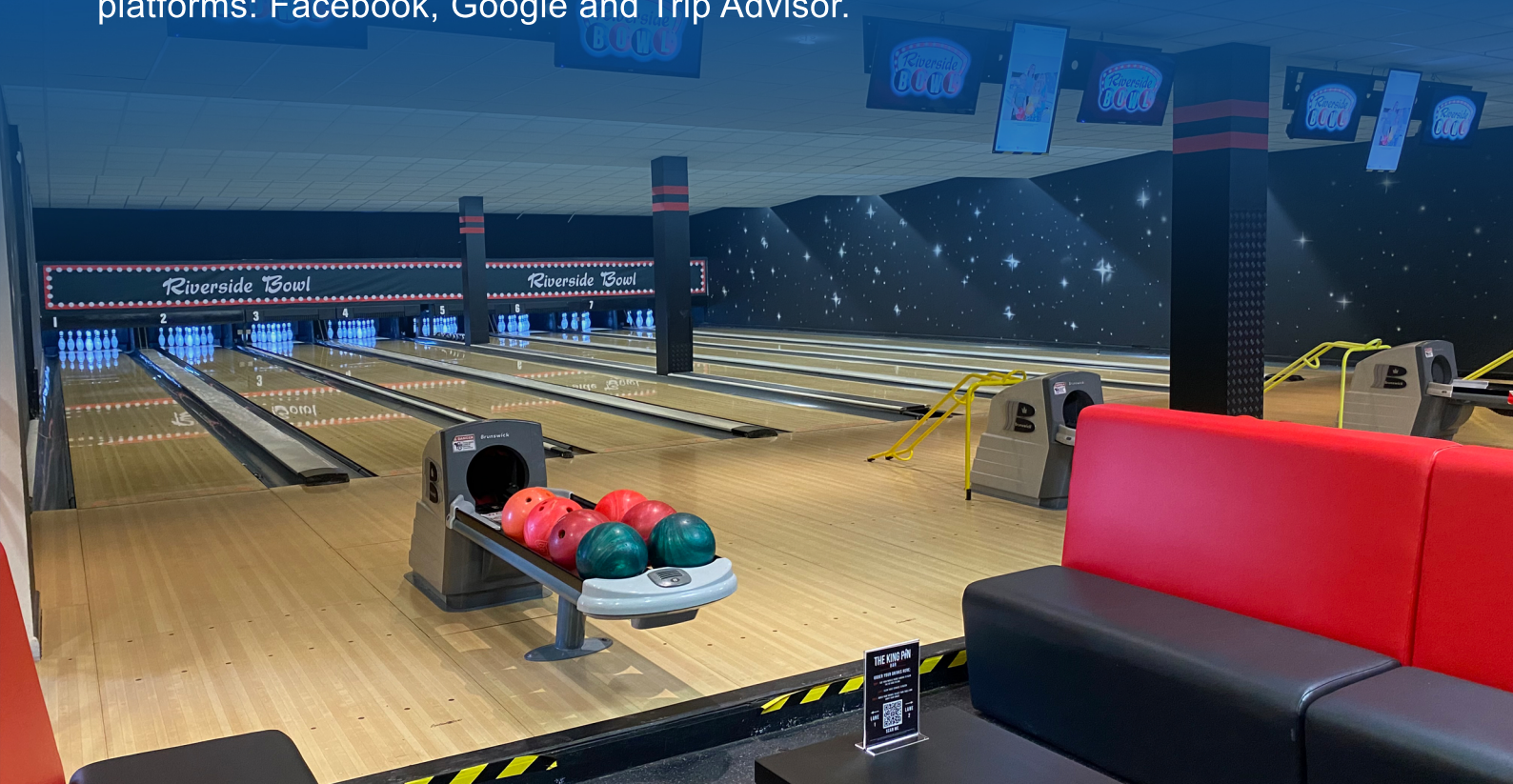
Offering a diverse and social experience, the recently upgraded 8-lanes of ten-pin bowling is accompanied by a unique indoor Glo-Golf experience. The site also offers a unique change for families and adult groups to participate in socially competitive activities. The includes two augmented reality dart boards and a shuffleboard.

With investment from the charity and the Community Asset Fund from Test Valley Borough Council new Pins-on-Strings technology and a new digital scoring system will modernise and improve the game play experience.

Harnessing the latest in digital technology, augmented reality darts is a game changer. With all game-play graphics being projected onto the dart board itself and awe-inspiring sound effects, it provides the most immersive darts experience.

Further family fun and enjoyment is gained from the extensive range of Sega arcade games including air hockey and shoot the hoop; a pool table and function rooms are also available.

Excellent customer service is at the forefront of the Riverside Bowl operation, which is reflected in our high scores achieved through our social media platforms: Facebook, Google and Trip Advisor.



I Can Therapy Centre is a warm and welcoming place in which people can move more. Using inclusive and adaptable power assisted exercise equipment, customers are enabled to move their joints and muscles through natural range of movement. Our customer base at I Can are older and managing multiple long-term health conditions which affect their daily routines and activities.

Outstanding customer service combined with a safe and effective experience keeps customers coming back. This is evidenced by the large number of referrals we receive by our current customer base to their friends and families. The service is supported by the delivery of steady and strong classes. Our instructors offer this invaluable class with the aim of preventing falls by focusing on increasing the strength and balance of older adults.

“Friendly staff who are always there with any extra equipment necessary; everyone is always helpful.”

Research has shown that people of all ages can improve their health and quality of life by incorporating more movement into their everyday lives. The I Can Therapy Centre offers a positive movement experience to improve health and feelings of wellbeing with the intention of reducing dependence upon the already stretched health and social care system.

We know Andover is not alone relative to it's ageing demographics and more people living in poor health for longer. We have great aspirations to scale-up the I Can offer. We know the strength of the service lies in the founding principles of safety, effectiveness and impact. We want to take these key principles, our understanding and the 'magic' of the service to new markets, to expand our reach, stabilise the charity and help more people, move more and feel better.



Launched in April 2023, **I Can Connect** is an exciting development for the Charity. With the realisations that post Covid we needed to diversify our delivery mechanisms we embarked on a comprehensive project to bring a concept, through to a full production interactive web based service.

I Can Connect offers our community an alternative approach to better health and wellbeing. Our online service is available to all abilities, with a warm and friendly community at your fingertips. Packed full of guided activities, tips and professional support, all in the name of empowering you to move more. We want our community to feel confident and in control of their health I Can Connect puts you in charge of your progress and empowers you to live healthier and happier. Our team of coaches will help and guide you to achieving your goals.

I Can Connect is in infancy stages and there is real opportunity for Trustees to help shape and guide the future of this service. There are a number of ways end users and organisations could engage with I Can Connect and over the coming years we have ambitious plans to explore them further.





...feel better...

Looking ahead...

To achieve our aspirations, support our strategy and journey we need a board of trustees who are as diverse as the people we are trying to help and a skill set to challenge and further our advancement.

We are looking for people with the skills to;

- Ensure the continued safe and effective delivery of our services;
- Safeguard the charity's finances and assets;
- Further the charity's fundraising potential;
- Inform the direction of the charity and its service provision using wider policy;
- Shape the development of the charity by harnessing digital technology;
- Influence current and secure new partner organisations;
- Promote the charity and its services expanding the reach and profile;
- Ensure our team of staff and volunteers experience a good working environment.

Your passion to help people could come from lived experience or professional interest. If the role and person description resonate with you we encourage you to apply. You could play a vital role in guiding our future strategy and helping more people, move more and feel better.

Role & Person Specification

Role: Voluntary Trustee

Remuneration: Unpaid

Time commitment: Up to half a day per month, including bi-monthly board meetings.

Location: Board meetings take place in person at either Riverside Bowl or the I Can Therapy Centre (Andover). There is an option to join virtually.

The Board's collective responsibilities are:

- To provide effective leadership and governance
- To review and approve the strategic direction and objectives of the charity
- To ensure strong organisational oversight and financial management
- To advocate and help build relationships for Valley Leisure
- To provide constructive challenge

Essential duties:

- To ensure that Valley Leisure complies with its governing documents, charity law, company law and other relevant legislation and regulations
- To ensure that Valley Leisure pursues its charitable objectives as defined in its governing document
- To attend and fully participate in Board meetings bi-monthly
- To support the Chair of the Board in the management of the Chief Executive, including monitoring their performance and remuneration
- To contribute actively to the Board's role in giving strong strategic direction, reviewing policy, and evaluating Business plans
- To safeguard the good name and values of the organisation
- To ensure the management and administration of the organisation is delivered effectively and efficiently, making best use of the charity's resources
- To ensure the financial stability of the organisation and oversee management of risk
- To act as an advocate for the organisation and assist in communications with stakeholders and potential partners

A Trustee's individual responsibilities are:

- To be guided by and believe in the values of Valley Leisure
- Innovative, Purposeful and Respectful in every aspect of their role
- To know the organisation's vision, mission, values, activities and needs
- To read and make every effort to understand all board papers and ask questions if anything is unclear
- To prepare for, attend and actively participate in board meetings
- To advocate for the organisation and its work
- To use existing networks and connections to open networks and resources to help the charity achieve its mission

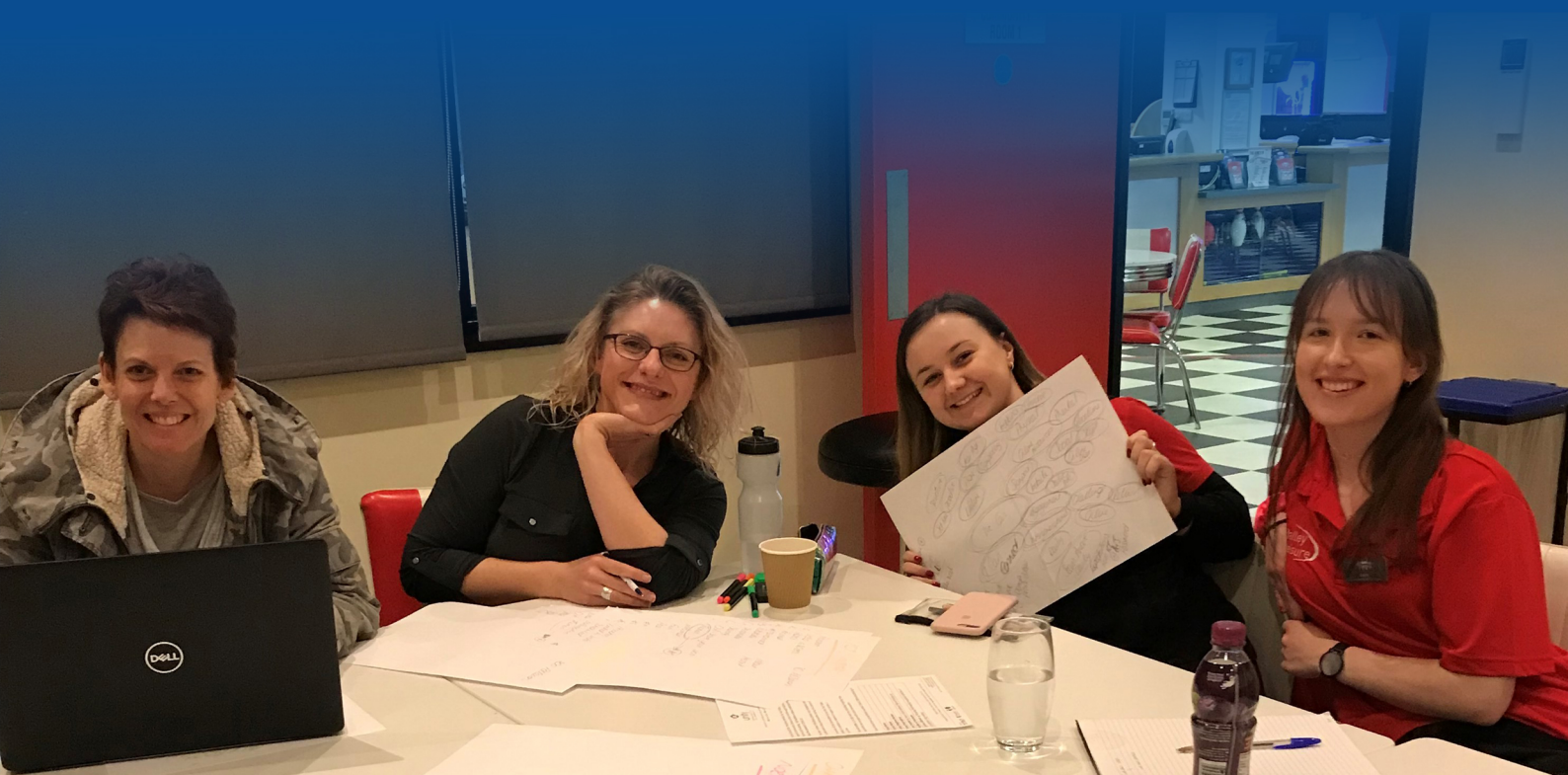
Person specification:

We are looking for trustees who demonstrate these qualities and skills:

- Good independent judgement and willingness to speak their mind
- Impartiality, fairness and confidentiality
- Strategic and/or creative thinker
- Excellent communicator with strong interpersonal skills
- Understanding of the legal duties, responsibilities and liabilities of trusteeship

We are looking for trustees with skills/experience in at least one of the following:

- Supporting people with long-term health conditions
- Charity leadership and/or campaigning
- Monitoring and evaluating social and/or economic impact
- Expertise in behaviour change or innovation in a health context
- Marketing, including digital and social media
- Legal and law
- Finance and accounting
- Human resources



Supporting New Trustees

Our aspiration is to have a diverse group of Trustees, that best represent our Charity and its ambitions. Embedded within the Charity is a unique ethos, and our Trustees should believe in this ethos. It means that even if you haven't been a Trustee before, but have the skills and experience outlined in this pack, then you should consider applying and not be put off.

We are seeking new perspectives and voices and will support new Trustees in any adjustments we need to make to allow a diverse range of applicants and a smooth transition into the role. As a charity that focuses on enabling people, we have the ability to be dynamic and proactive.

What does being a Trustee mean?

You will have a legal responsibility and eligibility criteria. Both of which can be found here from the Charity Commission website. As a Trustee you will help lead the Charity deliver its evolving strategy and direction. You will ensure that decisions are aligned to our mission and purpose. Its anticipated that you may on occasion have a differing view or opinion, and you might have a different approach or solution. This is an asset as a Trustee.

What would I do?

We meet every other month, currently virtually, but we have the intention of getting this back to in person meetings. A full board pack is sent out one week prior to the meeting, you are expected to read them in full and come prepared to the meeting. Between meetings you are expected to be advocate and promoter of the Charity and be proud of what we achieve. You may also be asked to be involved in a specific project due to your experience and skillset or be present at a meeting, accepting that we work around your availability and external commitments.

Induction

Initially you will meet with the CEO of VLL, Chris Attrill. This meeting will help induct you into the role and learn more about the organisations. We can further this support by meeting other Trustees and if needed other member of the VLL senior management team.



How to apply:

Thank you for your interest in becoming a Valley Leisure trustee.

If you would like an informal chat about the role, please contact Mr Chris Attrill, CEO using the email below, or explore www.valleyleisure.co.uk to find out more about our organisation. To apply, please submit a CV and short covering letter or a video application, explaining:

- Why you are interested in becoming a trustee of Valley Leisure.
- How you meet the criteria set out in the role and person specification.

Please send your application to: cattrill@valleyleisure.com

Your personal information will be stored securely, in line with our Privacy Policy, and only used in order to communicate with you regarding your application.