

Cumbria Yoga Foundation

Trustee Role Description

About Cumbria Yoga Foundation

Cumbria Yoga Foundation is a charity working to improve physical and emotional wellbeing through accessible, inclusive and community-based yoga. We believe yoga should be available to everyone, regardless of age, background, income, health or circumstance.

We support projects, partnerships and teaching that bring yoga into communities across Cumbria - particularly where people may face barriers to accessing wellbeing support.

Our values are Kindness, Quality, Connection and Respect, grounded in the principles of yoga.

About the Role

Trustees play a vital role in guiding and supporting the work of Cumbria Yoga Foundation. As a trustee, you will help shape the charity's future, ensure it is well governed and financially sustainable, and support us to deliver meaningful impact across Cumbria.

Trustees share collective responsibility for the governance and strategic direction of the charity. This means trustees always act together as a Board, rather than individually.

We are particularly keen to welcome people who bring different perspectives, lived experience, professional skills, community connections or fresh ways of thinking. You do not need previous trustee experience to apply. We will provide induction, support and training.

What Trustees Do

Trustees are responsible for ensuring the charity:

- Works in line with its charitable purposes, values and vision
- Uses its resources responsibly and sustainably
- Complies with charity law and other relevant regulations
- Makes decisions in the best interests of the charity and the communities it serves
- Has appropriate policies, systems and oversight in place
- Develops clear strategy and priorities for the future

Trustees also:

- Contribute to strategic discussions and decision-making
- Review and approve budgets, financial reports and annual accounts
- Monitor progress, impact and organisational risks
- Support and constructively challenge the leadership of the organisation
- Act as ambassadors for the charity where appropriate
- Contribute skills, experience, ideas and networks to support the organisation's development
- Participate in regular reviews of governance and board effectiveness

As a small and developing charity, trustees may occasionally contribute beyond board meetings through working groups, project support, fundraising, partnerships or specialist advice.

Who We Are Looking For

We are looking for people who care about community wellbeing and want to help strengthen and develop a growing charity.

We welcome applications from people of all backgrounds and levels of experience, including those who may not have considered being a trustee before.

We are particularly interested in hearing from people with experience, skills or lived experience in areas such as:

- Finance or accounting
- Governance or legal knowledge
- Fundraising
- Equality, diversity and inclusion
- HR and organisational development
- Community development
- Health and wellbeing
- Mental health
- Working with underserved or marginalised communities
- Public sector or NHS partnerships

However, enthusiasm, commitment and alignment with our values are just as important as professional experience.

Personal Qualities

We are looking for trustees who are:

- Committed to the aims and values of Cumbria Yoga Foundation
- Willing to contribute positively and collaboratively as part of a board
- Able to think strategically and exercise good judgement
- Open to listening, learning and considering different perspectives
- Supportive, constructive and respectful in discussion
- Committed to equality, diversity and inclusion
- Willing to uphold the Nolan Principles of Public Life: selflessness, integrity, objectivity, accountability, openness, honesty and leadership

Time Commitment

The time commitment varies throughout the year and may increase around funding deadlines, reporting periods and major organisational developments. Trustees should anticipate a commitment of several hours per month, broken down to at least 1-2 hours per week

Trustees are expected to:

- Attend approximately 4 board meetings each year
- Read papers and prepare for meetings
- Regularly reading and replying to emails from other trustees, the chair and project coordinators

- Occasionally contribute to working groups, projects or additional meetings where possible
- Meetings are currently held online and at locations across Cumbria.

Terms of Appointment

- Trustees are appointed for an initial term of 2 years
- Trustees may be reappointed for up to 3 further terms, to a maximum of 8 years in total
- Trustee roles are voluntary, but reasonable expenses can be reimbursed

What You Will Gain

Being a trustee is an opportunity to:

- Support meaningful community wellbeing work across Cumbria
- Develop governance and leadership experience
- Contribute your skills and experience to a growing organisation
- Learn alongside a supportive and values-led board
- Help shape the future of accessible yoga in local communities

Equality, Diversity and Inclusion

Cumbria Yoga Foundation is committed to building a diverse and inclusive board that reflects the communities we serve.

We actively encourage applications from people who are currently underrepresented in charity governance, including people from ethnically diverse backgrounds, people living with disability, LGBTQ+ people, younger adults, people with lived experience of health inequalities, and people from a wide range of socio-economic backgrounds.

How to Apply

To apply, please send:

- A copy of your CV or a short summary of your relevant experience
- A brief covering letter or expression of interest explaining why you would like to join the Board of Trustees

We welcome applications from both experienced trustees and people who are new to governance roles.

If you would like an informal conversation about the role before applying, we would be very happy to hear from you.

Please send applications and enquiries to:

jobs@cumbriayogafoundation.org

Closing date: Friday 31st July 2026