



Volunteers' Week

1-7 June

Spotlight on
volunteer

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Glasgow



In March 2017 I was appointed a trustee of Life Changes Trust and a Director of Life Changes Trustee Limited.

The Life Changes Trust is a charity that invests in and supports the empowerment and inclusion of three groups: young people with experience of being in care, people living with dementia and unpaid carers of those with dementia.

Charity trustees are responsible for looking after a charity's assets and ensuring the charity fulfils its charitable purpose. In carrying out these duties you must comply with certain legal duties and responsibilities.

This can put some people off becoming a trustee and there is a perception that being a trustee is a position held only by older people. However there is a real need for a diverse range of people to get involved in charities.

I was the youngest trustee on the board of trustees at Life Changes Trust and at first was intimidated by my fellow trustees, some of who were particularly prominent individuals recognised within their respective fields.

However, it became clear to me very quickly that they valued the diversity I was able to bring to the role.

My fellow trustees were committed to supporting me in the role. They spent time helping me to understand some of the more complex elements of being a trustee and through this I developed knowledge about finances and assets which I would not have developed otherwise.

I was also able to further develop my decision making skills, as in my role I was required to make decisions with fellow trustees on recommendations made to us in relation to funding streams.

It was a privilege to be able to play a role within a charity which has supported so many young people with care experience.

Whilst being a trustee does have challenges, it is a position that can support your development, but most importantly is extremely rewarding and so I would strongly encourage anyone who is considering applying for a role as a trustee to do so.

SCRA's Volunteering Policy specifically includes being on a board or being a trustee of a charity as one of the types of volunteering roles that the organisation may be able to support you to do so.

#VolunteersWeek

