



**MYPAS**

# **MYPAS Board Recruitment Pack**

enquiries@mypas.co.uk  
0131 454 0757

# Dear Candidate,

Dear prospective Board member,

Firstly, let me thank you for taking the time to consider joining the Board of MYPAS.

As you will be aware modern life, plus the continuing impact of the Covid pandemic, is having a huge impact on the health and wellbeing of our children and young people, who face challenges unknown to previous generations.

We are an established, award winning, experienced charity which has been working to improve young people's lives for the past 25 years, originally in Midlothian, which is how we got our full name. Since 2020 we have expanded our work into East Lothian and recently we have piloted work in adjoining areas.

MYPAS provides free and confidential services for children and young people aged 10-21 years old across Midlothian and East Lothian, currently focusing on the key areas of mental health, substance use harm reduction and LGBT+ support. Demand for these services is high and increasing. If you'd like to help the organisation and its staff provide our much needed services then please read on for how you might fit in and what you could bring. I look forward to receiving your note of interest.

Dave Evans, Chief Executive



Dave Evans  
Chief Executive

# WHO WE ARE

## ABOUT US

**Our mission:** To improve the health and wellbeing of young people across Midlothian and East Lothian

**Our vision:** To ensure that young people receive the right support at the right time to improve their health and wellbeing.

We do this through being:

- Creative
- Collaborative
- Working in Partnership
- Involving young people in the services they receive

## OUR SERVICES

**Counselling** – MYPAS provides confidential individual support for young people in community settings where they can explore experiences, thoughts and feelings in a safe space without judgement. MYPAS is also the sole provider of School Counselling across Midlothian and East Lothian.

**Art Therapy** – Art Therapy offers young people an alternative to “talking therapy” by providing a safe space where they can develop a positive relationship with the therapist and use art work to express emotions, thoughts and feelings.

**Drugs and Alcohol service** – one to one support for young people about drugs and alcohol use. We also offer information, advice and group work sessions around harm reduction for young people and families.

**LGBT+ Support service** – weekly safe and inclusive social groups as well as one to one support for LGBT+ young people.



# WHAT WE ARE LOOKING FOR



**We are currently looking for enthusiastic individuals to join our Board. Previous experience of being a Board member is not essential as training and mentoring will be available to the successful candidate to develop their skills if necessary.**

We are particularly interested in people who have knowledge and experience in the following areas:

- Education
- Business
- Fundraising
- Public Sector
- Charitable Sector
- Planning and project development
- Leadership and change management

You will also share our values of treating young people and their families with respect, being non-judgemental, maintaining confidentiality and you should believe passionately in supporting vulnerable young people to overcome inequalities to improve their health and wellbeing.

We are keen to increase our representation of Board members who live in East Lothian now that a large part of our work takes place there.

If your experience looks a little different, but you think you can bring value to our board, we'd like to learn more about you.



# TIME COMMITMENT

As a Board member you'd be committing to:

- Attendance at 5 Board meetings a year. Each meeting is usually 2 hours long.
- Attendance at the Annual General Meeting (AGM)
- Between meetings, contributing to conversations that may arise from time to time
- Contributing to the work of any time limited working groups or relevant standing groups
- Occasionally, between meetings, phone calls, discussions or decisions with the Chief Executive where specific/specialist advice is needed.

# HOW TO APPLY

If you are interested, we would love to hear from you.

Please send us a short statement of interest that includes:

- a brief outline of your background, including areas of skills/expertise/knowledge etc. you feel is relevant
- your main reasons for wishing to join the Board at MYPAS
- the strengths and skills you feel you will bring to the Board

Alternatively, you may send a cv and covering letter if you wish

Please send it to: [dave.evans@mypas.co.uk](mailto:dave.evans@mypas.co.uk)

Informal enquiries can be made, and are welcome, to Dave Evans  
0131 454 0757

# myPAS

Promoting the **health** and **wellbeing**  
of young people in East Lothian  
and Midlothian

## Contact us:

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Winner

