

Lived Experience/Service User Trustee: Role Description

Parents 1st UK

About Us

Parents 1st UK is a national charity dedicated to providing perinatal peer support to families during pregnancy, birth and beyond. Our support is delivered through person-to-person relationships and strengthened by an innovative digital platform.

Effective peer support plays a vital role in nurturing the emotional wellbeing of mothers, fathers, partners and babies, while building stronger, more resilient communities. Alongside our direct services, we support commissioning organisations with the design, implementation and evaluation of peer support programmes.

Having delivered award-winning services since 2005, we are now in year two of our ambitious Five Year Strategy, focused on:

- Our People
- Growth
- Innovation
- Research and Education
- Governance

Our vision is simple: *parents are supported to give their babies the best possible start in life.*

About the Role

We are seeking a passionate and committed Lived Experience / Service User Trustee to join the Board of Parents 1st UK. This is an exciting opportunity to help shape the future of our organisation by ensuring the voices, experiences and perspectives of parents who have accessed our support remain at the heart of our strategy, priorities and decision-making.

We would welcome applications from individuals who have previously received one-to-one or group support from Parents 1st UK to support their mental health during pregnancy and/or within the first two years of their child's life.

You do not need previous trustee experience to apply. We are committed to supporting and developing new trustees and will provide induction, guidance and ongoing support to help you succeed in the role.

About Our Board

Our Board is friendly, engaged and collaborative. Meetings are purposeful, productive and supportive, with every Trustee playing an important and valued role. Trustees work together with a strong sense of shared purpose and mutual respect.

As a Trustee, you will feel connected to the organisation through regular opportunities to engage with staff, understand our programmes, and see the impact of our work first-hand.

You will also work closely with the CEO and Programme Leads, providing guidance, constructive challenge and strategic insight to support the continued growth and effectiveness of Parents 1st UK.

Key Responsibilities

As a Trustee, you will:

- Help ensure Parents 1st UK remains true to its mission and values
- Bring a lived experience perspective to Board discussions and strategic decisions
- Support the Board in understanding the needs and experiences of parents accessing services
- Contribute to the development of strategy, policies and organisational priorities
- Actively participate in Board meetings and discussions
- Work collaboratively with fellow Trustees, staff and volunteers
- Support good governance and ensure the charity operates responsibly and effectively
- Act as an ambassador for Parents 1st UK and its work

What We Are Looking For

We are looking for someone who:

- Has lived experience of accessing Parents 1st UK support services
- Is passionate about improving outcomes for parents, babies and families
- Can reflect on and share their experiences in a constructive and supportive way
- Is willing to contribute ideas, ask questions and participate in discussions
- Values inclusion, compassion and collaboration
- Is committed to the aims and values of Parents 1st UK

Previous governance or Board experience is not required.

Time Commitment

- Board Meetings: 6 per year (approx. 2 hours, held virtually)
- Away Days: 2 per year (in person in London, 10:00–16:00)
- Preparation: Reading papers and reports in advance
- Additional: Occasional strategy or planning sessions

Estimated total commitment: approximately 4–6 hours per month

Remuneration

This is a voluntary role and is not remunerated.

Reasonable travel expenses for in-person meetings will be reimbursed, and lunch is provided for in-person meetings.

Eligibility & Safeguarding

Trustees must:

- Be at least 18 years old
- Not be disqualified under the Charities Act

Parents 1st UK is committed to safeguarding and promoting the welfare of families. All Trustees are required to undergo an enhanced DBS check and appropriate due diligence.

Diversity & Inclusion

We are committed to building a diverse and inclusive Board. We actively welcome applications from people of all backgrounds, particularly those currently underrepresented in charity governance, including people from Black, Asian and minority ethnic communities, disabled people, and those with lived experience of the services we provide.

Terms of Appointment

- Initial term of 3 years
- Eligible for reappointment for one further term (maximum 6 years)

Application Process

To apply, please send:

- Your CV
- A covering letter outlining your interest and how you meet the role criteria

Email: recruitment@parents1st.org.uk

Deadline: 12 noon, Friday 7th August 2026

If you would like an informal conversation about the role, please contact Tim Taylor via email tim@parents1st.org.uk or mobile on 07586 118985.