

***Thank you for your interest in joining the CAUSE Board.***

*As Chair, I am proud to support an organisation deeply committed to ensuring that unpaid carers, those supporting loved ones with serious mental illness, are heard, supported, and empowered to understand how they can influence decision-making around their caring responsibilities and their loved one’s care.*

*This advocacy focus sets CAUSE apart from more general carer support initiatives, ensuring carers receive dedicated, informed, and independent guidance, particularly where care systems are complex or stretched.*

*We are at a pivotal moment in our growth and influence, as critical changes unfold across our mental health care and support systems through the implementation of the Department of Health’s 10-Year Mental Health Strategy.*

*We’re looking for individuals who share our passion and values, and who are ready to contribute their skills and lived experience to help shape the future of CAUSE.*

*We hope you’ll consider joining us in this important work.*

Gerry Maguire, *Chair*

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*At CAUSE, we exist because carers matter. Their experiences, voices, and needs deserve recognition and respect. Every day, we stand beside families and friends who care for loved ones facing the challenges of serious mental illness.*

*As we look ahead, we’re excited to welcome new trustees who share our commitment to mental health, carer empowerment, and strong governance. If you care deeply and want to help us, make a difference, we’d love to hear from you.*

Emma O’Neill, *Chief Executive*

**About CAUSE**

CAUSE is Northern Ireland’s only peer-lead, independent advocacy organisation dedicated to supporting families, partners, and friends who care for someone living with serious mental illness.

**We offer:**

* One-to-one independent carer advocacy
* Peer support groups
* Psychosocial educational training and support
* Policy development

Everything we do is designed to improve the lives of unpaid carers, ensuring their voices are heard, their experiences respected, and that they feel supported and empowered to continue caring, advocate for appropriate treatment for their loved one and recognise their own strength and value.

### **CAUSE's Impact:**

* Supported over 1000 carers annually through individual advocacy
* Delivered 100+ peer support groups and short breaks per year
* Consistent engagement with strategy, policy and practice development
* Organised 20+ wellbeing activities and events annually
* ******89% of carers report feeling more confident and less isolated  
  after accessing our services

### **Who we are looking for:**

To best support our work, we have identified a range of backgrounds, skills, and experiences that we believe can contribute meaningfully to CAUSE’s development and the families we support.

We particularly encourage applications from:

* **Human Resources** – including HR policies, organisational development, and workplace culture
* **Legal or Compliance** – such as charity law, risk management, and regulatory frameworks
* **Leadership & Strategy** – particularly within health, social care, or the voluntary/community sectors
* **Fundraising** – including work with trusts and foundations, individual donors, or corporate partnerships
* **Mental Health Care Professionals** – individuals with experience supporting families affected by serious mental illness, whether in statutory, community, or voluntary settings.
* **Academic, Policy, or Research** – especially relating to mental health, families, or social care.
* **People with Lived Experience** – especially those who have cared for someone living with serious mental illness. This remains central to our governance model, with a commitment that at least 60% of our Board is made up of people with lived experience.

We recognise that the best Boards are made up of diverse voices and experiences. You do not need to have served on a board before, what matters most is your perspective, commitment, and willingness to contribute. If your background doesn’t exactly match the areas above but you feel you have something to offer, we would still love to hear from you.

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### **Equality, Diversity & Inclusion**

At CAUSE, we are committed to creating a welcoming and respectful environment where everyone feels valued. We recognise the strength that comes from a wide range of perspectives and life experiences, and we are committed to building a Board that reflects the richness and diversity of the communities we support across Northern Ireland.

We warmly welcome applications from individuals of all backgrounds and life journeys. Your voice matters, and we believe that inclusive leadership is essential to delivering meaningful support to families affected by serious mental illness.

We also encourage applications from individuals with lived experience of caring for someone with serious mental illness. In line with our mandate, 60% of our Board will have lived experience.

**The role of a trustee:**

As a Board Member, you will:

* Help shape and guide CAUSE’s strategic direction
* Uphold governance and support effective risk management
* Act as an ambassador for CAUSE
* Support and advise the CEO and team
* Contribute to meaningful, values-driven discussions and decisions

### **Commitment & support:**

* Board meetings take place every two months
* Meetings are in Belfast, with hybrid attendance available
* Trustees may join sub-committees or task groups
* The role is voluntary; reasonable expenses (e.g. travel) are reimbursed
* ******We offer a comprehensive induction and ongoing governance support

### **How to apply:**

To express your interest, please complete and submit the ‘short expression of Interest’ attached by **Friday 27th June at 3pm**.

If you’d like an informal chat before applying, you’re very welcome to get in touch:

Emma O’Neill, Chief Executive  
 📧 [*emma@cause.org.uk*](mailto:emma@cause.org.uk)

****We look forward to hearing from you.