



MOVE
AGAINST
CANCER.

TRUSTEE RECRUITMENT PACK

Join our board and help inspire, support and empower people to move against cancer – because movement matters.

Application Deadline: Friday 15th May 2026

Contact: David Henderson, CEO -
david.henderson@movecharity.org

www.moveagainstcancer.org

Welcome from the Chair

Thank you for your interest in becoming a trustee of MOVE Against Cancer. We are delighted that you are considering joining our board, and we hope this recruitment pack gives you a clear picture of who we are, what we do, and what we are looking for in our next trustees.

MOVE Against Cancer is a growing charity with an ambitious vision: for every person impacted by cancer to feel supported and empowered to live an active, fulfilling life.

We believe every individual impacted by cancer should receive the necessary resources and information to engage in and maintain an active lifestyle. Our programmes support people before, during, and after cancer treatment, helping them to rebuild confidence, improve their physical and mental health, and connect with others who understand their journey.

As we enter our next phase of growth, we need trustees who can bring fresh perspectives, specialist expertise, and a genuine commitment to our mission. Whether you have experience in fundraising and funding, organisational development, HR, legal and governance, marketing and communications, health and fitness, or another area entirely, we want to hear from you.

Being a trustee is both a privilege and a responsibility. It offers the chance to shape the strategic direction of a charity that is making a real difference in people's lives. I look forward to the possibility of welcoming you to our board.

*Claire O'Rourke,
Chair of Trustees, MOVE Against Cancer*



About MOVE Against Cancer

At MOVE Against Cancer our mission is to support and empower everyone impacted by cancer to be more active because movement matters. Exercise – in fact, all movement – is one of the most important things anyone diagnosed with cancer can do to enhance wellbeing and improve health outcomes both during and after treatment.

Our vision is for every single person impacted by cancer to be able to live an active and fulfilling life. We are informed and led by people with cancer – including our founder, many of our volunteer ambassadors and some of our team – and we have healthcare professionals involved across the country. We're one of the largest providers of movement based cancer support groups in the UK. We are unique in using group work, one-to-one sessions, community engagement and peer support, underpinned by the necessary expert knowledge and information to do so.

Our Values

- Care – We treat all participants, colleagues, volunteers, and community members with dignity and respect, recognising their unique experiences.
- Communication – We communicate openly and respectfully, ensuring clear and timely information. We practice active listening and give feedback constructively for growth.
- Passion and Pride – We work enthusiastically to support those affected by cancer, taking pride in our impact and celebrating successes.
- Community – We collaborate, knowing we are stronger together through shared ideas and support. We promote inclusivity by respecting diversity and supporting people from all backgrounds.
- Reach and Value – We proactively extend MOVE Against Cancer's programmes by connecting with new communities and partners to maximise impact.
- Innovation and Creativity – We work enthusiastically and commit to our mission, driven by our passion for supporting those affected by cancer.

Our Growth

MOVE Against Cancer has experienced significant growth in recent years and continues to expand its reach and programme of support. As we scale, we are strengthening our governance to ensure we have the leadership, expertise, and strategic oversight needed to deliver on our ambitions sustainably and responsibly.

The Opportunity: Becoming a Trustee

We are currently seeking new trustees to join our board. We are especially keen to welcome individuals with expertise in the following areas:

- **Fundraising and income generation**
- **Organisational growth, strategy and business development**
- **HR policy, people management and employment law**
- **Marketing and communications**
- **Diversity and inclusion**

We also welcome applications from individuals with other relevant skills and experience. If you are passionate about our mission and want to contribute, we encourage you to apply.

Board Roles and Responsibilities

As a trustee, you will join a committed board comprising professionals from diverse backgrounds, including healthcare, academia, finance, and business sectors. Our trustees generously volunteer their time to provide strategic guidance and ensure the charity operates effectively and in line with its charitable objectives.

What Trustees Do

- Attend quarterly board meetings, having reviewed relevant papers and the agenda in advance.
- Collaborate with the CEO and fellow trustees to set and review the charity's strategic direction.
- Take on individual tasks and responsibilities between meetings to support ongoing progress.
- Participate in sub-committee meetings, occasional recruitment panels, and, where necessary, disciplinary hearings.
- Act as ambassadors for MOVE Against Cancer, supporting fundraising and income generation efforts, and attending charity events where possible.
- Offer specialist guidance and expertise within their area of knowledge to help inform board decisions.
- Monitor the charity's financial health and ensure resources are used effectively and in pursuit of its charitable purposes.

Time Commitment

We understand that our trustees generously give their time on a voluntary basis. We aim to be respectful of that time while ensuring the board can function effectively.

Board Meetings	Quarterly (attend a minimum of 3 out of 4 per year) – 90-minute virtual meetings, 1 meeting in person where possible
Meeting preparation Sub-committee meetings	Review documents and agenda ahead of each meeting Quarterly or every 6 months, as relevant to your role – virtual meetings
Individual tasks between meetings	Variable; approximately 1 day per month overall
Fundraising and events	As available; attendance encouraged but flexible
Ad hoc responsibilities	Occasional recruitment panels or disciplinary hearings

If you are unable to attend a meeting, we ask that you review the papers and provide any feedback in advance so that your views can be represented.

Duties of a Trustee

All trustees share collective responsibility for the governance and strategic direction of MOVE Against Cancer. The core duties of a trustee are:

- To ensure that MOVE Against Cancer complies with its governing document (the Constitution), charity law, company law, and any other relevant legislation or regulations.
- To ensure that the charity pursues its charitable objectives as defined in its governing document.
- To ensure that the charity's resources are used exclusively in pursuance of its objectives and for the benefit of its beneficiaries.
- To contribute actively to the board's role in setting strategic direction, reviewing policies and goals, and evaluating performance against agreed objectives.
- To safeguard the good name, reputation, and values of MOVE Against Cancer.
- To ensure the effective and efficient administration of the charity, including proper risk management.
- To ensure the charity's financial stability, approving budgets and accounts, and ensuring that appropriate financial controls are in place.
- To protect and manage any property belonging to the charity and to ensure the proper investment of the charity's funds.
- To act in the best interests of the charity at all times, exercising independent judgement and avoiding conflicts of interest.
- To uphold the charity's commitment to equality, diversity, and inclusion in all aspects of its work.

Person Specification

We are looking for individuals who bring a combination of the skills, experience, and personal qualities set out below. No single candidate needs to meet every criterion – we are building a board with complementary strengths.

Strategic vision and the ability to think creatively about the charity's future	Skills & Abilities	Essential
Integrity, good independent judgement, and a commitment to accountability	Personal Qualities	Essential
Strong communication and interpersonal skills	Skills & Abilities	Essential
Impartiality, fairness, and the ability to respect confidences	Personal Qualities	Essential
Willingness to devote the necessary time and effort	Commitment	Essential
Tact and diplomacy in working collaboratively with others	Personal Qualities	Essential
Understanding of the legal duties, responsibilities, and liabilities of trusteeship	Knowledge	Essential
Experience in fundraising, income generation, or funding applications	Experience	Desirable
Experience of volunteer management and ambassador programmes	Experience	Desirable
Experience of organisational growth, change management, or strategic planning	Experience	Desirable
Knowledge of HR policy, employment law, or people management	Experience	Desirable
Experience of committee or board-level work	Experience	Desirable
Knowledge of charity law, governance, and regulatory requirements	Knowledge	Desirable
Experience of financial management, budgeting, or audit	Experience	Desirable
Lived experience of cancer or caring for someone affected by cancer	Experience	Desirable
Experience in marketing, communications, or digital strategy	Experience	Desirable

What We Offer Our Trustees

While trusteeship is a voluntary and unremunerated role, we are committed to supporting our trustees and ensuring the experience is rewarding and fulfilling. As a trustee of MOVE Against Cancer, you will receive:

- A comprehensive induction programme to help you understand the charity, your responsibilities, and how the board operates.
- Ongoing training and development opportunities, including access to governance resources and sector events.
- Reimbursement of reasonable expenses incurred in the course of your trustee duties.
- The opportunity to make a tangible difference to the lives of people affected by cancer.
- The chance to work alongside a passionate, skilled, and diverse group of fellow trustees and staff.
- Experience in charity governance and strategic leadership that can enhance your personal and professional development.

How to Apply

We want to make the application process as straightforward and welcoming as possible. If you are interested in joining our board, please follow the steps below.

Step 1: Submit Your Application

Please send the following to recruitment@movecharity.org by Friday 15th May:

- A current CV or brief summary of your professional background.
- A cover letter of no more than 300 words explaining why you would like to join the MOVE Against Cancer board of trustees and what skills, experience, and perspectives you would bring to the role.

If you are open to being considered for more than one trustee role or area of responsibility, please indicate this in your application.

Step 2: Informal Conversation

Shortlisted candidates will be invited to an informal conversation with members of the board and the CEO. This is an opportunity for us to get to know each other and for you to ask any questions about the role, the charity, or the board. These conversations will take place in the weeks commencing 18 and 25 May.

Step 3: Appointment

Following the informal conversations, the board will make its decision and successful candidates will be notified promptly. All candidates will receive a response, regardless of the outcome.

New trustees will be appointed in accordance with MOVE Against Cancer's governing documents and will undergo appropriate due diligence checks, including confirmation of eligibility to act as a charity trustee.

Contact Us

If you have any questions about this recruitment pack, the role, or the application process, please do not hesitate to get in touch. We are happy to arrange an informal, no-obligation conversation before you apply.

Email for more information: David Henderson, CEO –
david.henderson@movecharity.org

Website: www.moveagainstcancer.org

*We welcome applications from all sections of the community and are committed to building a diverse and inclusive board.
Thank you for your interest in MOVE Against Cancer.*