

NUTRITIONAL WELLBEING FOUNDATION

Information for Trustee Candidates

About The Nutritional Wellbeing Foundation

The Nutritional Wellbeing Foundation (NWF) is a new Foundation that has grown out of a family foundation, [the AIM Foundation](#). (Registered Charity Number: 1203987) Since 2017 the AIM Foundation had a focus area within its grant making on nutritional wellbeing. The work was funded almost exclusively from dividends received from a company called Cytoplan Limited the shares in which were wholly owned by AIM. In July 2023 NWF was registered as a wholly separate charity from the AIM Foundation to continue this work.

By the end of 2023 NWF will be the sole shareholder of the shares in [Cytoplan Limited](#), (a values-driven and science-based supplement company supplying the needs of health care professionals and their patients.) NWF will derive its income for future grant making primarily from the dividends it receives from Cytoplan. In 2022/23, the dividend income available to AIM for grant giving was £450,000.

NWF has a key focus area - the importance of nutrition for health. Malnutrition from poor diets, shortfalls of essential micronutrients and essential fatty acids is on the rise in the UK making nutritional education more essential than ever. The charitable purposes of NWF are set out in full in its governing document on the NWF website. Initially, NWF will be funding the charitable activity of UK-based charities and social enterprises, who are:

- A. Increasing the understanding of the importance of good nutrition in disease prevention and health amongst medical doctors and other health practitioners.
- B. Improving the health and wellbeing of the population through increased knowledge and understanding of food and nutrition and improved access to healthy food and good nutrition.

The current grant commitments within the Nutritional Wellbeing programme of The AIM Foundation will continue to be funded. These include:

[Culinary Medicine UK](#) - £120,000 over 3 years to deliver online and in-person training in culinary medicine for health professionals.

[The Food Foundation](#) - £25,000 to conduct an in-depth study on breast feeding to investigate how the food system and food policy contribute to the high levels of overweight and obesity in early childhood, and to identify what policy action is needed to address this.

[Sustain](#) - £94,998 over 3 years to co-ordinate and continue the campaign for universal free school meals in England.

These grants will be managed by NWF from January 2024. A strategic review will be undertaken by the new Trustee board in summer 2024, which will inform future grant-making.

Trustee Role

NWF was set up with three founding Trustees: Caroline Marks is Chair of the AIM Foundation and brings her experience to help set up the new NWF; Nigel Arnold brings his experience of governance and grant making; and Caroline Lamb adds her business skills. We are now seeking to recruit three or more new Trustees to increase the diversity, collective skills, knowledge, and experience of the Board. This is an exciting time to be joining NWF as we develop our strategy and discover how we can best contribute our resources to improve the nutrition and health of people in the UK.

The main duties of the Trustees of NWF are to:

- ensure that NWF complies with its governing document, charity law, company law and any other relevant legislation or regulations
- help shape the strategic direction of NWF
- act as an advocate for NWF and those we fund
- ensure the good financial management of NWF funds and the performance of its investments.

The legal duties of Trustees are set out in the [Charity Commission's publication CC3: The essential Trustee: what you need to know, what you need to do.](#)

We are keen to hear from candidates who have expertise in these areas:

- **Grant making**, especially in the field of **health inequalities**
- **Medicine**, especially doctors who take an integrated approach
- **Nutritional Therapy**
- **Business** and/or **Finance**
- **Research**

Please note: due to potential conflicts of interest, it is unlikely that we would consider anyone who works in the pharmaceutical industry or is employed by or paid fees by Cytoplan.

Alongside this we are looking for Trustees who will relish getting involved with NWF from the start and who have:

- a commitment to the aims of NWF
- an ability to work effectively as a member of a team and to take decisions for the good of NWF and those we seek to support
- demonstrate [Nolan's seven principles of public life](#), namely: selflessness, integrity, objectivity, accountability, openness, honesty and leadership
- good, independent judgement
- financial acumen
- an ability to think strategically
- a willingness to speak their mind and appropriately challenge other Trustees
- an understanding and acceptance of the legal duties, responsibilities and liabilities of trusteeship
- a willingness to meet the minimum time requirement.

We welcome applications from anyone regardless of their age, disability, ethnicity, heritage, sexuality, gender, and socio-economic background.

Commitment

We expect Trustees to attend strategy development meetings and other Board meetings. In the first year there are likely to be 4 meetings in person. The location will depend on the location of newly appointed Trustees but may well be in Bristol or Worcester. Trustees will also be expected to support the Foundation between meetings, for example, reading grant proposals, visiting or meeting virtually the organisations we fund and meetings with experts in the field. We estimate the commitment to require around a day each month.

The new Trustees appointed are expected to start in April 2024 for a three-year term, in the first instance.



The post is voluntary and unremunerated. Reasonable expenses will be paid including travel costs to attend meetings if from locations in the UK.

How to Apply

If you would like to put yourself forward as a potential Trustee, please send a current CV and a covering letter of no more than two sides of A4 outlining how your skills and experience relate to the role and what you would bring as a Trustee. Please submit your application to emma@emmabeeston.co.uk **by 5 p.m. Friday 26th January 2024**. Successful candidates will be invited for an interview in March 2024.

If you have questions or would like to discuss the role before applying, then please contact Caroline Marks by email: caroline@nutritionalwellbeingfoundation.org.uk

Further information about NWF can be found at:

www.nutritionalwellbeingfoundation.org.uk

<https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5210965>

and further guidance on being a Trustee and Foundation governance can be found here:

<https://www.gov.uk/guidance/charity-trustee-whats-involved>

https://www.acf.org.uk/common/Uploaded%20files/Research%20and%20resources/Stronger%20foundations/Strategy_and_Governance_Pillars_of_Stronger_Foundation_Practice.pdf

<https://www.charitygovernancecode.org/en/front-page>