



Becoming a trustee of BAMT

Being a trustee can be deeply rewarding. People are motivated to give their time, expertise and knowledge for a range of reasons, including to:

- Give something back to a cause of organisation they are passionate about
- Work with others to make decision that will have a positive impact
- Support an organisation to develop and grow
- Share knowledge and develop their own skills
- Volunteer without giving up too much spare time
- Make new connections
- Learn and develop both professionally and personally
- Enhance their CV, potential opening doors to other opportunities.

Being a trust offers many benefits:

- Working with others to help shape the direction of music therapy in the UK
- Opportunities to learn about charity governance, strategy and management
- Using and sharing skills, knowledge and expertise to the benefit of others
- Supports personal CPD
- Music therapists who become trustees can share clinical experience and skills
- Music therapy educator and research can offer specific support in these areas, and ensure BAMT remains up-to-date with current academic and research developments
- Non-music therapists can offer skills and knowledge from their fields, such as legal or financial

What level time commitment is required to be a BAMT Trustee?

- The board of trustee meets bi-monthly between 6-8pm on alternating evenings. Attendance is expected at a minimum of 6 meetings per year
- All trustees are expected to participate in e-discussion and debate in response to a weekly e-digest
- All trustees are expected to be active members of at least one sub-group
- In addition, trustees may be contacted by the core team for support in their specific area of expertise

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For full details of the requirements of a Trustee, please see the [BAMT guidelines](#) and the Charity Commission '[The essential trustee: what you need to know, what you need to do](#)'