

Be the Voice That Makes a Healthier and Brighter Future for Women

At HSTAR Scotland we are passionate about making trauma and abuse recovery possible, effective and long lasting. Over the past five years we have walked alongside more than four thousand women, helping them to be heard, healed and empowered. Each story is unique, and every woman's journey matters to us.

Our trustees play a vital role in shaping this work. They guide strategy, safeguard our values and help us reach more survivors who need compassionate, trauma-informed support.

We are now inviting new trustees to join our board. There are six vacancies across the Central Belt with a main focus on Forth Valley, including two places for women with lived experience of trauma. We welcome people from all walks of life and aim for a board that reflects the diversity of the communities we serve.

Skills that would be especially helpful include finance, management (ideally with NHS experience), therapy or counselling, and human resources. By sharing your expertise you can help more women move from survival to strength and ensure that HSTAR remains a safe and hopeful place for years to come.

Applicants will be invited to interview and if successful, will be co-opted onto the board. Up to three trustees can be co-opted before the AGM. All trustees, including those co-opted, will step down at the AGM and be eligible for re-election.

To apply, please send your CV and a brief cover letter to traumarecovery@hstar-scotland.org.

Cover letter may include:

- Why you'd like to be a trustee at HSTAR
- Relevant skills or experience
- Approximate availability

Nominations and enquiries are open now until **31 October 2025**, with the election results to be announced at our AGM planned for January 2026.