

Get on Board

Board Member Carrie Pooler blogs about her experiences of working with mental health charity Second Step



I have been on the Board of Second Step for eight years now and would highly recommend it! It feels good to be part of a charitable organisation which makes such a difference to the lives of so many people. Second Step has been putting mental health first for decades, and delivering much needed services in the region.

As a board member, I feel a sense of pride of being part of its governance, development and inspired by its commitment to meeting peoples' needs. The [peer support approach](#) and [Golden Key](#) initiatives are really inspiring.

I have also learnt a lot personally from being a board member - not just about mental health, organisational development, finance and governance, but also about leadership, constructive challenge, accountability and particularly working collectively.

The board has a fantastic range of understanding, knowledge and skills, with everyone bringing their different points of view. Our Chair is skilled in bringing out these different perspectives so that we reach deeper understanding and can offer together strong and constructive support, challenge and strategic leadership.

Our meetings usually include some humour, quite often some passion and always some debate and interesting insights. It is invigorating, engaging and often even fun!

The Board provides a really important function. Sometimes the responsibilities of the Board are tricky in the current climate of an ever changing and challenging environment and increased demand and complexity of issues. However, there is good knowledge, trust, respect and a shared commitment to making the best impact and a sense of common purpose that helps us deal with difficult issues positively and collectively. It is really rewarding to feel that this also makes a positive difference to the way people ultimately receive the support they need.