



Miscarriage UK

Because every
loss matters



Trustee Candidate Pack

Introduction from our Chair of Trustees, Amy Braier

“Being a trustee is an immensely rewarding way to help shape meaningful work and create positive impact.”

Thank you for your interest in becoming a trustee of Miscarriage UK. We believe that every miscarriage matters. Every loss is real, and every feeling is valid. That might be grief, but it can also be distress, anger, shame, guilt, fear or love.

Pregnancy loss is painfully common, affecting more than 1 in 5 pregnancies in the UK. But all too often what follows is not compassion and conversation, but silence and isolation. Care can sometimes fall short, but support from society can be equally lacking – people don't know what to say and words that are supposed to comfort can cause harm instead.

Miscarriage UK exists to change that.

And as one of our new trustees, you'll be playing a key role in helping us create a world where there is no hierarchy of grief, where every loss is acknowledged and no one is left to experience it alone.

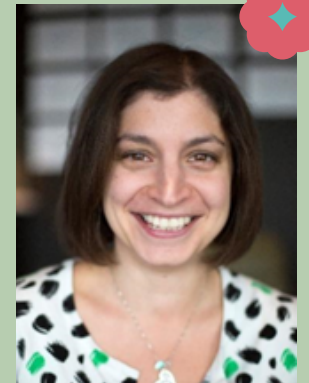
You'll also be joining us at a pivotal point in our history, as we continue to deliver our ambitious new three-year strategy, focused on growth and renewal. A key part of this includes the recent unveiling of our bold new brand identity, building on our 43-year legacy, established under our previous name, the Miscarriage Association.

I joined the board after experiencing three miscarriages, and have been the charity's Chair of trustees since 2021. I am one of ten board members who are responsible for setting the organisation's strategic direction and ensuring we have strong governance and effective financial management. We leave day-to-day operations to the experienced and dedicated staff team, but we provide important oversight and critical challenge, wherever necessary.

Each board member brings different perspectives, knowledge and skills, but everyone's contribution is valued equally. We want to add to our collective expertise further still in 2026, with the appointment of three new trustees.

We are particularly looking for people with knowledge of digital marketing, digital technology (including AI, IT and cyber security) or HR and employment law.

However, we'd love to hear from anyone who feels passionately about the cause and believes their knowledge and skills will bring benefit to the board and the charity. It doesn't matter whether you have previous trustee experience or are considering it for the first time. What is most important is a shared commitment to creating meaningful change for people at one of the most difficult times of their lives.



About us



Founded in 1983, we are the UK's leading charity dedicated to miscarriage, ectopic and molar pregnancy.



With empathy and accuracy, we provide trusted information and support for everyone affected, equip healthcare professionals with resources and training, and advocate for wider recognition and change.



From providing comfort at the first experience of loss to improving the systems that shape care and support, we're here for every miscarriage journey.



We run a staffed helpline, with telephone, live chat and direct messaging, and offer online and in-person peer support groups. These services complement our comprehensive website which is visited almost 1.5 million times a year.



We collaborate with expert clinicians to create and distribute tens of thousands of free patient information leaflets, getting information directly into the hands of people when they need it most.



We also work to improve care from the outset, working with health professionals to promote best practice and offering free resources and training for those working in early pregnancy care. Additionally, we carry out and contribute to research, from understanding pregnancy loss experiences, to causes and interventions.



We offer guidance, training and resources for employers to improve support and implement policies in the workplace.



And we advocate for better awareness of the impact of pregnancy loss and campaign for change across healthcare, society and employment, as evidenced by our recent successful Leave for Every Loss campaign which saw the updating of employment laws and pregnancy loss legally acknowledged as the bereavement it is for many who experience it.



We firmly believe no one should go through pregnancy loss alone, and that together we can change the way miscarriage is understood, from healthcare to workplaces, from families to society.

Because every loss matters.

Our vision:

A society where every miscarriage is recognised and met with knowledge, compassion, and understanding. Where no one has to go through it alone, and no one faces it in silence.

Our mission:

Our mission is to guide people through pregnancy loss with the information and support they need – for themselves, for their patients, and for a society that must do better.



Our values:



Integrity

We tell the truth with grace and share knowledge people can depend on.



Empathy

We understand the feelings that come with the experience and respond with compassion.



Inclusivity

We believe every loss matters and all experiences belong.



Advocacy

We use our influence to speak up, to ensure our community's voices are heard to effect change across healthcare, employment and wider society.

Our strategy:

Our 2025-2028 strategy focuses on 5 key aims:

Provide more people experiencing pregnancy loss with the support and information they need, when, and how they need it.

Through training, guidance, and resources, enable more health professionals to provide the best possible patient care from the outset.

Ensure pregnancy loss and its impact is more widely acknowledged and the feelings of people affected are recognised across society.

Advocate for changes to law, regulation and practice so that pregnancy loss is included in relevant policies from healthcare to employment.

Position ourselves as a strategy driven, operationally effective, collaborative, and inclusive charity.



Our impact:



In 2025-26 we:

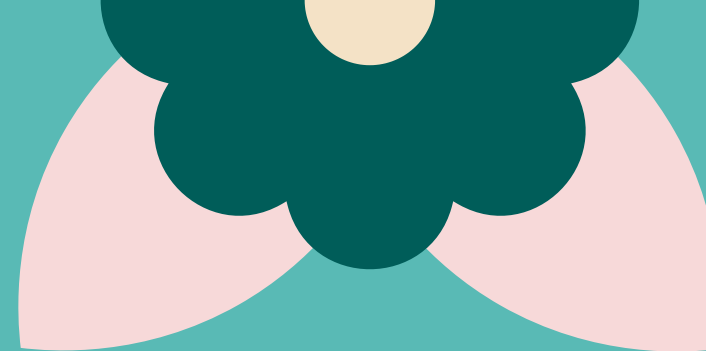
- Changed the law to recognise pregnancy loss as a bereavement
- Amplified over 1,000 stories through our Miscarriage in the UK state of the nation report
- Received over 7.9m impressions on our social media content
- Had 1,435,630 visits to our website
- Featured in the 1,175 times, including BBC Breakfast, ITV News and Radio 5 Live
- Had 1.44m employees covered by our Pregnancy Loss Pledge
- Responded to 4,532 direct contacts for support

Our impact:



- Introduced new spoken language and BSL translation services and provided support in Punjabi, Vietnamese, Arabic and Farsi.
- Facilitated 103 support groups with almost 1,200 people registering to attend.
- Launched a new specialist counselling directory
- Distributed 144,226 leaflets and 22,561 contact cards to hospitals, clinics and GP practices throughout the UK.
- Trained 537 health professionals in compassionate care
- Gave evidence given to the National Maternity and Neonatal Investigation
- Signed new ambassadors to amplify our work, including Sarah Owen MP and broadcaster and author Elizabeth Day.
- Co-produced the Wales National Bereavement Care Pathway for Miscarriage, Ectopic Pregnancy and Molar Pregnancy.

Role description:



Our Trustees are vital to ensuring we achieve our mission. They oversee the governance of the charity and lead on our strategic direction – and measure our performance against our aims. They are ‘critical friends’ to our senior leadership team, providing expertise, insight and support, but also challenge, where needed.

We would love to hear from anyone who has a passion for our cause and believes they can bring benefits to our board and charity. However, we are especially keen to hear from people with experience of digital marketing, including social media strategy, audience engagement, digital campaigns, and analytics to help us strengthen our reach, grow awareness and connect more people with the support and information they need.

We are also keen to hear from people with skills and experience in digital technology, including areas such as IT infrastructure, digital transformation, cyber security, data protection and the responsible use of AI. As a growing charity with ambitious plans, insight in these areas will help ensure our systems, services and ways of working remain secure, effective and fit for purpose, while enabling us to innovate and reach more people.

Finally, we would welcome applications from people with skills and experience in HR and/or employment law, including organisational development, people management, employee wellbeing, equality, diversity and inclusion or employment policy. As we continue to grow and evolve as an organisation, this expertise will help support a positive, inclusive and values-led culture, internally and externally, and help to inform our work with employers.

You do not need previous experience of being a trustee; training and an induction will be provided.

Trustee Responsibilities



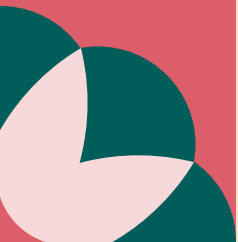
While each Trustee brings their own skill set, board members have a collective responsibility. This means that Trustees always act as a group and not as individuals.

Trustees are expected to:

- Guide the strategic direction, mission, vision and values of Miscarriage UK, ensuring the charity stays focussed on its objects and purpose
- Approve operational strategies and policies
- Provide support and challenge to the charity's Chief Executive and senior leadership team
- Oversee and authorise budgets and financial plans and performance
- Ensure the effective and efficient administration of the charity
- Ensure key risks are identified, monitored and controlled effectively
- Review and approve the charity's financial statements
- Stay alert to changes in Miscarriage UK's sector and operating environment
- Attend meetings in person and online, prepared to contribute to discussions and decision making
- Regularly review their own governance and performance
- Undertake training, where necessary

Desired personal skills & qualities

- An understanding of the diverse impact of pregnancy loss and a commitment to Miscarriage UK's values and vision
- Willingness and ability to understand and accept your responsibilities and liabilities as a Trustee and to act in the best interests of the organisation
- The ability to think creatively and strategically, exercise good, independent judgement and work effectively and respectfully as a Board member
- Effective communication skills and willingness to participate actively in discussion



Role requirements

Time commitment

- We estimate the time commitment to be 1 day a month but there may be periods of more and less intensive involvement.
- You will need to be able to attend quarterly board meetings. These are currently held in March, June, September and December. The Spring and Autumn meetings are usually held in person in London and the Summer and Winter meetings are usually held online.
- In person meetings usually run from 11am to 4pm on Saturdays and the online meetings are usually from 7.30pm to 9.30pm on weekday evenings.
- You will also be required to prepare for these meetings by reading board papers and other documents.
- Most trustees also serve on a working group or a committee, which meet on an occasional basis, usually not more than bi-monthly. You will also need to be willing to be available for ad hoc calls and emails as necessary to the effective running of the charity. There may also be the opportunity to represent the charity at external events or meetings as appropriate.



Length of service

You will be appointed for an initial three-year term, which subject to agreement of all parties, may be extended for a further two terms, for a maximum of nine years. There is no obligation to serve more than one term, but we do expect trustees to serve a full term unless there are exceptional circumstances.

Remuneration

This is an unpaid volunteer role, but expenses will be paid.



Is the role of Trustee right for you?

If you have not been a trustee previously, we would encourage you to take the time to understand the role – and ensure it is right for you – before applying.

This might be especially important if you have lived experience of pregnancy loss – you will be close to regular discussions around pregnancy loss, and it is important that you consider how you will navigate this while protecting your own wellbeing.

Understanding your responsibilities

The [Charity Commission's guidance](#) is a good place to start to understand the role and responsibilities.

The [National Council for Voluntary Organisations \(NCVO\)](#) also has useful information on understanding charity governance.

The [Institute of Chartered Accountants in England and Wales \(ICAEW\)](#) offers free trustee training modules.

Bringing lived experience to a trustee role



Our Governing Document (the set of rules that explains our structure and purpose and how our charity is run) requires that at least half of our Board of Trustees have personal experience of pregnancy loss.

Becoming a trustee can be an empowering way to make meaning from a painful time in your life and contribute to creating lasting change for all those who may experience loss in the future.

At the same time, we want to look after the wellbeing of everyone involved, including you. We would gently encourage you to take a little time to reflect on whether this is the right role for you right now, and consider the following questions.

How might joining Miscarriage UK affect your emotional wellbeing?

Your experiences are part of your identity, but do you feel you have enough distance from them to take part in discussions without feeling overwhelmed?

At a Miscarriage UK board meeting, you might hear updates on traumatic miscarriage experiences, the latest research on causes of pregnancy loss or developments in care, such as non-invasive autopsy techniques. We aim to be sensitive to trustee and staff wellbeing, but these conversations can still be difficult. If engaging with these topics still feels very raw, or if your feelings might be hard to put to one side in a governance setting, it may be worth giving yourself a little more time before applying for a role like this.

Are you able to make decisions that are right for the charity and all the people we serve, even when they may not reflect what you personally would have wanted or prioritised?

Our Board includes people with lived experience, alongside those with clinical, academic and professional expertise. There is no hierarchy, and each perspective plays an important role in shaping our approach and aims.

Is trusteeship the right way for you to contribute?

Trusteeship is about governance and strategy. We have a professional staff team who decide how to turn this into operational plans. If you are passionate about using your experience to make a difference, you might find it frustrating to be discussing risk management, budgets and safeguarding, but these are essential to helping us achieve our purpose. We look forward to receiving your application, but if this doesn't feel like a good fit there are many other ways to get involved and make a meaningful contribution. We would love to have you with us in a way that feels right for you.



How to apply

Please complete our short application form, giving examples to support your answers. Send this, along with a copy of your CV or a brief summary of your relevant experience, to our Chief Executive Vicki Robinson vicki@miscarriageuk.org. If you would like an informal chat to discuss the role before applying, also get in touch.

We will be reviewing applications and recruiting on a rolling basis, so please do not delay your application.

Shortlisted candidates will be interviewed by our Nominations Committee, made up of our Chair and two other board members. If successful after this stage, you will be invited to attend a board meeting to get a better understanding of the role and how we work – and to check we are the right fit for each other.

Our Chair will meet with you following this and, if we are both in agreement, you will be formally appointed at the subsequent meeting.

Adjustments and support

We want you to have every opportunity to demonstrate your skills, ability and potential; please contact us via vicki@miscarriageuk.org if you require any assistance or adjustments to participate in the application process.