

Trustee

Candidate Pack & Role Pack

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Hello and welcome

Professor Gavin Perkins

President, Resuscitation Council UK



Dr James Cant

CEO, Resuscitation Council UK

Cardiac Arrest is a major cause of death in all developed western countries. Looking at the UK figures for both in and out-of-hospital cardiac arrests, we see the following:

- There are about 34,000 cardiac arrests a year outside of hospital where emergency medical services attempt to resuscitate the person who has collapsed and stopped breathing normally. However, the survival rate is dismal – fewer than one in ten people survive to be discharged from hospital.
- In 2021/22 over 12,500 patients had a cardiac arrest while they were in hospital, equating to around 1 in every 1,000 hospital admissions. Survival to discharge home rate for this group was around 22%.

Cardiac Arrest can happen anywhere to anyone. Although the chances of survival are greater when it happens in hospital rather than out, there's been no significant improvement for many years, particularly in the out-of-hospital setting. Some patients also receive cardiopulmonary resuscitation (CPR) when they shouldn't - either because it's against their wishes or when there would be no benefit to the patient and could cause more harm.

What are we doing about all this?

We want to improve people's chance of survival from a cardiac arrest wherever they are – whether that's in a hospital bed, at home or walking in the park. And we want to ensure that CPR is only attempted when appropriate. Our training courses and scientific evidence-based guidelines are designed to help not just all types of healthcare professional, but members of the public too. Because everyone should have the skills to try to save a life.

Why join us?

You would be joining us at an exciting time for the organisation. We have an impressive range of engagement and policy campaigns, as we seek to strengthen the first links in the Chain of Survival by building upon the increased levels of public awareness of cardiac arrest and CPR. 2025 is also set to be an impactful year as we release the new Resuscitation Council UK Guidelines which set the gold-standard for resuscitation practice. Last year over 172,000 candidates participated in RCUK training courses. Taken together, this wide range of activities will give people their best chance of successful outcomes from cardiac arrest or improve patient and family experience in conversations, decisions and planning for end-of-life care.

Our Vision



Saving lives underpins everything we do.

Sudden death from a cardiac arrest is one of the leading causes of death in the UK and it can strike anyone, at any time, anywhere.

To combat this, we're educating the public and healthcare professionals in all aspects of cardiopulmonary resuscitation (CPR).

ⁱ Based on University of Warwick Out-Of-Hospital Cardiac Arrest 2021 data for England

ⁱⁱ Based on key statistics from the national in-hospital cardiac arrest audit (NCAA) for 2021/2022. (173 participating hospitals). These incidents are defined as any resuscitation event commencing in hospital where an individual receives chest compression(s) and / or defibrillation and is attended by the hospital-based resuscitation team (or equivalent) in response to a 2222 call.

We have set out four goals that we are determined to achieve in partnership with the resuscitation community:

- Everyone should receive appropriate cardiopulmonary resuscitation (CPR) treatment in clinical, community and care settings, underpinned by the comprehensive availability of evidence-based clinical guidelines, training and life-long learning.
- Survival rates for out of hospital cardiac arrest match world-leading comparators.
- Everyone affected by involvement in a Cardiac Arrest (CA) and the provision of cardiopulmonary resuscitation receives appropriate, personalised support.
- Cardiopulmonary resuscitation has become a mechanism to reduce social inequalities, not another measure of them.

Our people are our strength

Our members and volunteer Instructors include doctors, nurses, resuscitation officers, paramedics, other healthcare professionals and non-clinical members of the public.

They are experts in a wide range of clinical settings including primary care (general practice), ambulance services, emergency and acute hospital medicine, intensive care and anaesthesia, cardiology, and end-of-life care.



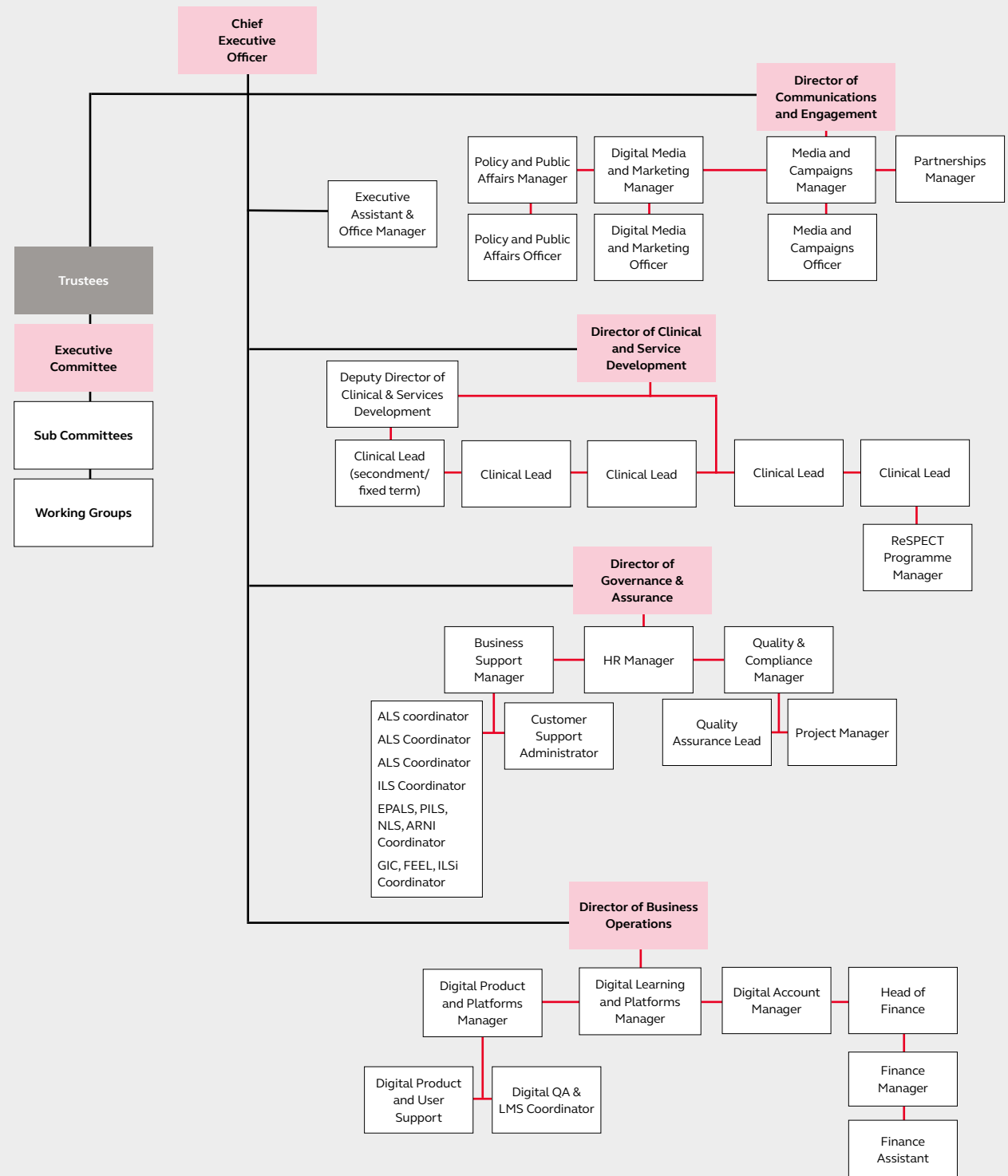
Who we are

RCUK is led by our Chief Executive Officer and senior leadership team on behalf of the Trustees, by whom we're governed.

Our seven Trustees include the President, Vice-President, Honorary Treasurer and Honorary Secretary. The CEO and the Board of Trustees are advised by a 25-person Executive Committee, 12 of whom are elected from, and by, RCUK Full members.

Members of our Subcommittees and Executive Committee are part of the national and international community of resuscitation practice. Experts are involved in national groups and organisations such as the International Liaison Committee on Resuscitation (ILCOR), Out-of-Hospital Cardiac Arrest Expert Advisory Group (NHS England and Improvement), National Cardiac Arrest Audit (NCAA), and National Confidential Enquiry into Patient Outcome and Death (NCEPOD).

Many of these experts are influential not only in Europe as Members or Chairs of committees within the European Resuscitation Council (ERC), but also within the International Liaison Committee on Resuscitation (ILCOR) community.



What we do.

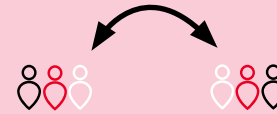
The more people we educate, the more people will survive cardiac arrests in the future.

In 2024/25, 25,000 RCUK Instructors trained over 202,000 healthcare professionals, including doctors, nurses, paramedics and other allied healthcare professionals.



We create guidelines

Based on the best available evidence, we create guidelines for healthcare professionals, health service managers, patients, their families and carers, and members of the public involved in resuscitation. We will soon begin the planning process for Resuscitation Council UK (RCUK) Guidelines 2025. RCUK Guidelines provide the gold standard best practice and clinical excellence in resuscitation across the UK.



Working in partnership to effect change

We enjoy an enviable position as the acknowledged expert organisation in the field of resuscitation. We also work closely with charities and other professional organisations including the Royal Colleges to develop Quality Standards for CPR Practice and Training and to ensure their continued provision and delivery as part of statutory training and professional development. We ensure that resuscitation continues to be seen as a priority area for decision-makers in government, the NHS and the wider stakeholder community. We understand that significant improvements in survival will only be achieved by strategic, system-wide developments. That's why we've played an active role in multi-partner campaigns to ensure that school students receive CPR training and that defibrillators are properly mapped. We're proud of our role coordinating Restart a Heart and we are delighted to partner with a number of community-led organisations that can help us reach diverse communities and address the health inequalities that exist around cardiac arrests.



We provide training and training materials

We're respected nationally and internationally for our high quality, evidence-based resuscitation training and training materials. Our courses in adult, paediatric and newborn resuscitation are developed by a number of subcommittees, comprising healthcare professionals and educators representative of the core subject group, and they're delivered by a network of over 20,000 trained Instructors.

What we do continued...



We've developed products that help save lives

Designed to support healthcare professionals, iResus is a free app which enables users to access the latest resuscitation algorithms. We've also developed our Lifesaver portfolio, which allows viewers to step into an emergency situation and learn the crucial skills needed to save a life. Whether you want to offer CPR and choking training to your employees or students, or want to learn yourself, we have an engaging way for you to learn what to do.



Restart a Heart Day

We lead the Restart a Heart campaign, a national collaborative, with the British Heart Foundation, St John Ambulance, British Red Cross and Association of Ambulance Chief Executives. This annual campaign aims to teach vital life-saving cardiopulmonary resuscitation (CPR) skills to as many people as possible.

In 2024/25, iResus had over 9,000 downloads.

And since spring 2013, an estimated 2.5 million people have accessed Lifesaver across all platforms.

During the 2023 Restart a Heart campaign, #RestartAHeart reached over 25.5 million people and our media campaign reached millions of people across broadcast, print and online.

What we do continued...



We're leading the development and UK-wide implementation of ReSPECT, the Recommended Summary Plan for Emergency Care and Treatment, designed to be applicable to all patients in all care settings. ReSPECT encourages an informed and open discussion between the patients and health professionals where the preferences and what is important to the patient are truly reflected upon. ReSPECT is now used across most of England and large parts of Scotland.



Scientific research and financial support

We promote research into all aspects of the science, practice and teaching of resuscitation techniques, and provide financial support for suitable projects through our £150,000 annual research fund.



CPQR Code

We have created the "CPQR code" a heart shaped QR code that directs people to a short video on how to do CPR. Like the pink Ribbon, or the Remembrance Poppy, the CPQR code is an icon that can be used by anyone and everyone who wants to raise awareness for the importance of learning CPR. It's an emblem with a twist: its design holds the information needed to learn and save a life.

Scan it. Learn it. Save a life.



Heart of West London Partnership

We have partnered with Brentford Football club and a number of leading charities to form The Heart of West London (HoWL) partnership. Together, we will use the power of sport and our collective voice to change the game for cardiac health in west London and have recently created a unique CPQR code for the Brentford players shirts.

Research study topics funded over the last few years include AEDs within urban and rural areas, the development of human models for resuscitation chest compressions, the experiences of paramedics taking part in large randomised airway trials and developing a quality of life instrument for survivors.

What our staff say

I love how everyone at RCUK is so passionate about giving people across the UK the CPR skills to save a life. We've launched some very successful campaigns in 2023 and reached audiences we haven't previously been able to. I am really excited to see what 2024 holds.



Stella /
Media & Campaigns Manager

I've worked for the organisation for a few years, and before that on one of the sub-committees. I've watched it grow from strength to strength, maintaining our core mission, where everyone will know how to save a life. It's great working for an organisation where every day, you can see where we are making a difference in hospital care or in the community.

RCUK is a caring organisation where every member of the team has a voice and where each person is supported to deliver their best



Adam /
Deputy Director of Clinical & Services Development

I joined RCUK in July 2022, prior to joining I had worked on a variety of contracts with Not-for-Profit organisations. RCUK is the most authentic, ambitious and purpose driven organisation I have worked for. Words like excellence get thrown around a lot these days but excellence is exactly what you find here and what everyone strives for both internally and externally. RCUK's origins are in clinical excellence, excellence in all that we do is the mindset, leadership approach and culture. They know their strength lies within their people and their community and they are not afraid to empower them.



Sarah /
Quality Assurance Lead



Our commitment to equality, diversity and inclusion

Resuscitation Council UK recognises the importance of diversity, both in our organisation and in wider society.

We understand the value of encouraging and championing diversity among the people involved with our organisation, all of whom bring with them a diversity of thinking, perspective and insight. We welcome applications from anyone regardless of age, disability, ethnicity, race, heritage, gender, sexuality, religion, socio-economic background or other difference.

We are committed to inclusive working practices, and during the application process we commit to:

- Paying for care and childcare whilst you are at interviews.
- Paying for your travel costs to the office and back for interviews if they are held in person.
- Making any reasonable adjustments - for example ensuring we have sign language interpreters organised in advance if you'd like them.
- Providing this document in a Word document format readily available to download.
- We welcome and will accept applications using an alternative process (such as video or audio applications).
- Offering a first stage interview with Inclusive Boards to disabled applicants who meet the minimum criteria for the role.

If there is anything else you're concerned about or think we could provide, please let us know.

The skills and experience we're looking for

Let us tell you more about the opportunity to work with us...

Trustee | Role Profile

Location |

Hybrid remote & face to face
60-62 Margaret Street,
London, W1W 8TF

Trustee | Role Profile

Background

Resuscitation Council UK [RCUK] is a Charitable Trust, established in 1983 by Trust Deed and became a Charitable Incorporated Organisation in 2016. The governing documents of RCUK are the Constitution and Rules. The Elected Trustees of RCUK are the President, Vice President, Honorary Treasurer, and Honorary Secretary who are elected by the membership and Appointed Trustees who are appointed by the Elected Trustees. The Trustees may delegate certain powers to agents or employees of Resuscitation Council UK, but they retain collective responsibility for governing the charity and making decisions on how it is run. In doing so, they must act within their powers, in good faith and only in the interests of the charity.

Appointed Trustees

The Appointed Trustees shall work with the Elected Trustees to manage the affairs of RCUK and may for that purpose exercise all the powers of RCUK. It is the duty of each Trustee:

- To exercise their powers and to perform their functions as a Trustee of RCUK in the way they decide is in good faith would be most likely to further the purposes of RCUK.

- To exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to any special knowledge, experience or professional expertise that they may have.

Appointed Trustees shall hold office for three years from the date of their appointment. A person is eligible for re-appointment save that an Appointed Trustee shall not serve more than nine years in total as a Trustee.

General Duties

- To ensure that RCUK complies with its governing document, charity law, and any other relevant legislation or regulations.
- To ensure charity reports, accounts and annual returns are completed on time.
- To ensure that RCUK pursues its objectives as defined in its governing document.
- To ensure RCUK applies its resources exclusively in pursuance of its objectives i.e. the organisation must not spend money on activities which are not included in its own objectives, no matter how worthwhile or charitable those activities are.

The skills and experience we're looking for

Trustee | Role Profile

- To contribute actively to the committee of Trustees' role in giving firm strategic direction to RCUK, setting overall policy, defining goals, setting targets and evaluating performance against agreed targets.
- To safeguard the good name and values of RCUK and to represent the charity at functions and meetings as appropriate.
- To declare any conflict of interest while carrying out the duties of a Trustee.
- To be collectively responsible for the actions of RCUK and other Trustees.
- To ensure the effective and efficient administration of RCUK.
- To ensure the financial stability of RCUK.
- To ensure the proper investment of the organisation's funds.
- To ensure RCUK is properly insured against all reasonable liabilities
- To attend meetings, and to read papers in advance of meetings.
- To participate in other tasks as arise from time to time, such as interviewing new staff.
- To keep informed about the activities of the organisation and wider issues which affect its work.
- To act with integrity and avoid conflicts of interest and misuse of charity assets/funds.
- To demonstrate a commitment to diversity and inclusion in all aspects of RCUK activity.

In addition to the above duties, all Trustees shall use any specific knowledge or experience they have to help the other Trustees and members of the Executive reach sound decisions. This may involve, but not limited to: scrutinising board papers, leading discussions, focusing on key issues and providing advice and guidance requested by the board on new initiatives, or other issues relevant to the area of the organisation's work in which the Trustee has special expertise.

The skills and experience we're looking for

Trustee | Role Profile

Person Specification

You don't need experience of sitting on a board to be one of our Trustees - we simply want interest, commitment and the expertise that you can bring to the table.

Everyone applying to be a trustee at Resuscitation Council UK (RCUK) should meet the following criteria:

- Be able to act as an energetic and informed advocate for RCUK's work – you share our energy and positivity.
- Can devote time, enthusiasm and effort to the duties and responsibilities of being a Trustee.
- Have great strategic insight.
- Independent judgement and willingness to challenge.
- Commitment to the ethos and values of the organisation.
- Have the ability to powerfully articulate the importance of RCUK's work.

We're especially keen to recruit a Trustee with specific expertise in digital / health tech, and Not For Profit (NFP) income generation – someone who can advise and challenge us in relation to how we may diversify our income and transform the delivery of our services.

RCUK is an equal opportunities employer committed to equal opportunities policies. We welcome applicants from all backgrounds so that our board mirrors the community we serve. We welcome applicants from anyone regardless of their disability, ethnicity, heritage, gender, sexuality, religion, socio-economic background and political beliefs.

This role will be subject to a standard DBS check.

References

It's your decision: charity trustees and decision making

<https://www.gov.uk/government/publications/its-your-decision-charity-trustees-and-decision-making/its-your-decision-charity-trustees-and-decision-making>

The Essential Trustee – What you need to know

<https://www.gov.uk/government/publications/the-essential-trustee-what-you-need-to-know-cc3>

Terms of Reference

Trustee | Terms of Reference

Purpose

The purpose of the Board of Trustees is to manage the strategic affairs of RCUK. It may exercise all the powers of the organisation to carry out this duty.

Role

The Board of Trustees is responsible for:

- providing the strategic steer for the organisation
- approving the strategic plan
- managing the financial affairs of the organisation
- supporting the CEO and senior management team to manage the day to day affairs of the organisation
- providing the strategic steer to the Executive Committee and Subcommittees in order that these groups can continue to develop their areas of expertise
- the continuing development of the Executive Committee and Subcommittees
- supporting the work of the Executive Committee and Subcommittees to meet the charity objectives

- delegating responsibility to the Executive Committee and Subcommittees for updating and implementing guidelines and the publication of appropriate materials

- delegating responsibility to the Subcommittees to undertake such projects that meet the charity objects

- exploring relationships outwith RCUK to further its strategic aims.

Membership

There will be up to four Trustees who are elected by the membership. These Elected Trustees are the President, Vice-President, Honorary Treasurer and Honorary Secretary. There will be up to three Trustees who are appointed by the Elected Trustees. These Trustees will be appointed for their particular expertise according to identified need.

Conflict of Interest

All Trustees will be required to declare any conflict of interest (COI) and comply with the RCUK COI policy.

Terms of Reference

Trustee | Terms of Reference

Frequency and location of meetings

Meetings will be held approximately four times a year. Where possible these will be face to face meetings but may on occasion include telephone conferencing or web-based meetings. Face-to-face meetings will normally be held in London. Two of these meetings will include reports from the auditor and the investment portfolio managers.

Quorum

The quorum for the formal Trustee meetings will comprise three Trustees with two being elected Trustees. No decision shall be taken at a Trustee meeting unless quorate at the time when the decision is taken. Decisions at a Trustee meeting will be decided by a majority of those eligible to vote. In the case of an equality of votes, the Chair shall have the casting vote.

How to join us

To apply for this exciting role, please supply the following by 11.59pm on 20/07/2025:

- An updated version of your CV.
- A supporting statement, of no more than two sides, highlighting your suitability for the role and how you meet the person specification.
- Details of two professional referees. Referees will not be contacted without your prior consent.



The recruitment process is being undertaken by Inclusive Boards on behalf of Resuscitation Council UK.

If you need any assistance with the application process, adaptations or modifications for interview, please let us know.

We welcome and will accept applications using an alternative process (such as video or audio applications). Please contact us on email or by phone to discuss this prior to submitting your application.

If you have further questions after reading this pack, please email resus@inclusiveboards.co.uk or call 0207 267 8369.

Please visit www.inclusiveboards.co.uk to apply online or send your CV and supporting statement to resus@inclusiveboards.co.uk