

We need you

to help us develop services for the future

What does being a Member mean?

The way you want to be involved will be determined by you. Take a look at some of our opportunities:

Having your say

- Have the opportunity to make positive and constructive suggestions about our services.
- Be made aware of Trust events and opportunities to attend and influence future planning.
- Participating in improving and developing services within the Trust.

Recruitment

- You could help us by being part of our recruitment panels
- Take part in an activity such as a group discussion with the applicants

Volunteering

- Use your valuable skills, knowledge and life experience to enhance our services.
- Improve your own health and wellbeing through helping others.
- Receive training and develop new skills.

Vote for or stand as a Governor in elections

Choose a governor to represent your area.

Sharing your story

- Have your say - your story is a very valuable learning tool for us.
- Your story could prove a good support tool for others in similar situations.
- Share positive or negative experiences to help drive improvement in the organisation.
- Have the opportunity to make positive and constructive suggestions about our services.
 - If you have experience as a service user or carer you can join our Patient & Carer Experience Forums to help raise the profile in our services and have the opportunity to make positive and constructive suggestions about our services.
- Make suggestions about our services.

Health Stars Charity

Health Stars contributes to a thriving healthcare environment for NHS teams and their patients. In order to enhance service user and carer experience Health Stars provide what core services do not, through the investment in people; environments; resources; training and research.

Research

- There may be opportunities to help guide new research ideas
- You could help us try out new treatments, complete questionnaires or provide samples for genetic testing.
- You might even want to consider becoming a Research Ambassador and help us promote research across our Trust and community.

Recovery College

- Become a member of our team and utilise your lived experience in a supportive peer volunteer role.
- Share knowledge, skills and lived experience as a volunteer guest tutor by developing and delivering a course.
- Take control of your own mental wellbeing and develop new skills by enrolling onto our workshops and courses yourself!



Want to learn more?

Being a member of our Trust gives you the opportunity to become involved and have a say in how our services are developed. Membership is free and you can be involved as much or as little as you would like.

If you are interested in knowing more about being a Trust member please contact the membership office.

Email: hnf-tr.members@nhs.net

Tel: 01482 389132