



# We need you

to help us develop services for the future

**EAST RIDING OF YORKSHIRE**

Information on what you can expect from becoming a member of Humber Teaching NHS Foundation Trust

## What does being a Member mean?

Being a member of our Trust gives you the opportunity to become involved and influence how our services are developed. You will join other motivated members who have a vested interest in changing services for the better. 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 on [hnf-tr.members@nhs.net](mailto:hnf-tr.members@nhs.net) or 01482 389132.

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

Membership Opportunities	
<b>Have your say</b>	<ul style="list-style-type: none"><li>☑ Have the opportunity to make positive and constructive suggestions about our services.</li><li>☑ Be made aware of Trust events and opportunities to attend and influence future planning.</li><li>☑ Participating in improving and developing services within the Trust.</li></ul>
<b>Sharing your story</b>	<ul style="list-style-type: none"><li>☑ Share positive or negative experiences to help drive improvement in the organisation.</li><li>☑ Your story is a very valuable learning tool for us and could prove a good support tool for others in similar situations.</li><li>☑ If you have experience as a service user or carer you can join our Patient &amp; Carer Experience Forums to help raise the profile in our services and have the opportunity to make positive and constructive suggestions about our services.</li></ul>

<p><b>Research</b></p>	<ul style="list-style-type: none"> <li>☑ There may be opportunities to help guide new research ideas.</li> <li>☑ You might want to help us by completing questionnaires or try out new treatments.</li> <li>☑ You might even want to consider becoming a Research Ambassador and help us promote research across our Trust and community.</li> </ul>
<p><b>Recruitment</b></p>	<p>You could help us by being part of our recruitment panels when we are interviewing staff.</p>
<p><b>Recovery College</b></p>	<ul style="list-style-type: none"> <li>☑ You may choose to become a member of our team in a supportive peer volunteer role and use your lived experience.</li> <li>☑ Embrace the opportunity to take control of your own mental wellbeing and develop new skills by enrolling onto our workshops and courses yourself.</li> </ul>
<p><b>Volunteering</b></p>	<ul style="list-style-type: none"> <li>☑ Use your valuable skills, knowledge and life experience to enhance our services.</li> <li>☑ Improve your own health and wellbeing through helping others.</li> <li>☑ Receive training and develop new skills.</li> </ul>
<p><b>Our Charity - Health Stars</b></p>	<p>Health Stars contributes to a thriving healthcare environment. The Circle of Wishes is the place where you can tell us about the things you feel would make a real difference to Trust services. The things that would bring real “sparkle” to our services our patients and the wider community.</p>

## Vote for, or stand as a Governor in Elections

Public Governors are elected by our members to work as part of our Council of Governors with our Directors to influence strategy and patient services.

**Still not sure?** Take a look at our members stories to find out how they feel about changing and shaping our services for the future.

Find members' stories at [humber.nhs.uk/members-stories](https://humber.nhs.uk/members-stories)

**View our Trust map of areas and services we cover** by visiting [humber.nhs.uk/our-map](https://humber.nhs.uk/our-map)

## Your Governor

Governors are elected to help you have your say.

If you want to contact the governor in your area to discuss any opportunities for involvement in the Trust, or to share your experiences to help shape the future of the Trust please contact the membership office who will put you in touch with your Governor.

## Further Information

If you would like to speak to someone for more information about becoming a member of our Trust you can call or email using the details below:



01482 389132



[hnf-tr.members@nhs.net](mailto:hnf-tr.members@nhs.net)

Our website also provides further information on being a member [www.humber.nhs.uk](https://www.humber.nhs.uk)

