

## **Manchester Mental Health and Social Care Trust News - Autumn 2011**

### **Becoming a Governor**

These are exciting times for mental health and well being services in Manchester as we continue to improve quality of care and make the changes necessary to become one of the best providers of healthcare in the country.

To continue this progress we need passionate and committed people to help shape the future by becoming a Governor. Being a Governor enables you to express your views and represent your area, service users and carers and be the mouthpiece of the people who use our services, listening to their concerns and sharing them with the Trust.

As one of 14 elected Public Governors, you will sit on the Council of Governors (CoG) alongside elected staff governors and appointed governors from partner organisations such as Manchester City Council. You will be elected by other members of the Trust and be responsible for holding the Board of Directors accountable and advising them on strategy. Your powers will include appointing the Chair of the Trust and deciding the pay and allowances for the chair and other non-executive directors. The CoG also approves the appointment of the Chief Executive.

Anybody aged 16 or over can become a Governor and the only requirement to stand for election is that you are a member of the Foundation Trust and committed to our values. We are particularly keen for service users and carers to stand for election and all who decide to stand will be offered all the support they need.

### **Members Day 2011**

**Date: Tuesday 11 October 2011**

**Time: 12pm to 4pm**

**Venue: Wythenshawe Forum, Forum Square, Manchester, M22 5RT**

Following on from the resounding success of Rhythm in Mind, the Trust's first ever member's event in September last year at Gorton Monastery, this year's event will build on the theme of physical activity but with a slightly different twist. The Trust's Members Day 2011 is a free, fun and accessible TRY-athlon!

The event is a chance for our members to meet up and try different exercises including rowing machines,

**Together we are better**



Nordic Walking, static cycling and much more. There will be dance exhibitions, a free raffle and hopefully a mass participation Zumba dance! Attendees will also be given a week's free gym pass to any Manchester City Council gym so that you can find an activity that you like and keep doing it. And don't worry if you don't want to get involved with the activities as there is plenty more to keep you occupied including a healthy free lunch, Wii Fit exercise and lots of interactive health and wellbeing stalls.

If you are a member already then you will receive an invitation shortly. If you're not a member but would like to register your interest in attending then please contact Laura Knobbs, FT Project Administrator by e-mailing [laura.knobbs@mhsc.nhs.uk](mailto:laura.knobbs@mhsc.nhs.uk) or calling 0161 277 1222.

### **Annual General Meeting**

**Date: Thursday 29th September 2011**

**Venue: Ferguson Suite, Premier Inn, Waters Reach, Old Trafford, M17 1WS**

**Formal Session: 14:00 – 15:15**

The AGM is an opportunity for the Trust to share the work undertaken during 2010–11 and outline our plans for the future. In addition there will be a number of information stands showcasing Trust services and those of our partners that will be available to view from 1.30pm and again following the end of the formal AGM until 4pm. Light refreshments will be available on arrival. All are welcome.

Anyone who wishes to attend should contact Jo Gorton in the Communications Team by e-mailing [joanne.gorton@mhsc.nhs.uk](mailto:joanne.gorton@mhsc.nhs.uk) or calling 0161 882 1124.

### **Snowdon Seven**

Seven Trust staff are climbing the second highest mountain in Britain - and setting staff and the general public an unusual challenge of their own. Instead of asking for financial sponsorship, the Snowdon Seven are urging people to match their efforts by making a wellbeing pledge. The pledges have to fit in to the Ways to Wellbeing; Connect, Be Active, Take Notice, Learn, Give, Nutrition and Nature.

The group are taking on the challenge on 10 September and want as many people as possible to make a well being pledge. Your pledge can be as imaginative as you like and so far include; eating more fruit (Nutrition), trying harder to stay in touch with a friend (Connect) and going to the gym and attempting at least 30 minutes of exercise rather than just hitting the coffee bar.

You can pledge on Twitter by Tweeting your pledge and writing #SnowdonPledge afterward, by e-mailing your pledge to [snowdonseven@mhsc.nhs.uk](mailto:snowdonseven@mhsc.nhs.uk) or by using the online pledge form at [www.mhsc.nhs.uk/pledge-form](http://www.mhsc.nhs.uk/pledge-form). You can also pledge using the I Can Doo It Facebook application at [www.icandooit.com](http://www.icandooit.com).