



## Your Membership Card

Congratulations on joining NCH&C as a Member and welcome on board. Included in this pack, you'll find your membership card. This card is unique to you and includes your own personal membership number.

Now that you've received your card:

- Detach your membership card from the postcard
- Sign your name on the signature strip on the back
- Keep your new membership card safe
- Bring your membership card to NCH&C events
- Pass on your postcard to encourage your friends and family to come on board too



## Membership is what you make it

At NCH&C we know that different things suit different people. We've come up with three 'types' of membership, so you can decide how actively involved you'd like to be in our Trust.

You will already have indicated your initial preference when filling in your membership form, but you can change your option at any time. Just contact us on 0800 731 0319 or email [nchandcmembership@nhs.net](mailto:nchandcmembership@nhs.net)



### Community Friends

As a 'Friend', we'll keep you in the loop. We'll send you occasional news and information via newsletters or email updates. We will also encourage you to vote in our Governor elections in the future, and we will let you know about events which might interest you.

### Community Champions

As a 'Champion', you'll have more of a chance to get involved and you may be willing to donate your time or skills. You will still receive news and updates from our Trust, but you may also be invited to take part in surveys from time to time, or to share your views on plans to develop services.

You will also be invited to come along to any Members' events or open days taking place within our Trust.



### Community Pioneers

Our 'Pioneers' are Members who have more time and energy to spare and want to be even more actively involved in our Trust. Pioneers will get involved in all kinds of activities; attending meetings or taking part in discussion groups, recruiting new Members for our Trust and even fundraising.

Some Pioneers may also want to stand for election to become a Governor and represent their constituency on the Council of Governors.

### Keep your card safe

You'll need your membership card whenever you attend an NCH&C event, such as our Annual General Meetings.

By showing your card when you attend we will learn about the types of events our Members find most useful, and we can more easily ask for your feedback on what you heard, learned, or discussed. It will also give us more of an idea about what interests you, which will help us provide you with more tailored information in future.

If you lose your membership card, please let us know by emailing [nchandcmembership@nhs.net](mailto:nchandcmembership@nhs.net) or calling 0800 731 0319.

### Benefits for all of our Members

Whether a Friend, a Champion or a Pioneer, all of our Members can enjoy benefits:

- A greater say in how we develop our local community based NHS health and care services
- A vote in Governors' Elections
- Access to NHS Discounts

### Start saving with NHS Discounts!

As a Member of our Trust, you now have free access to NHS Discounts, a website crammed full of money-saving offers for high street stores, supermarkets, holiday companies, restaurants and online retailers.

These savings are exclusive to either NHS staff or Trust Members.

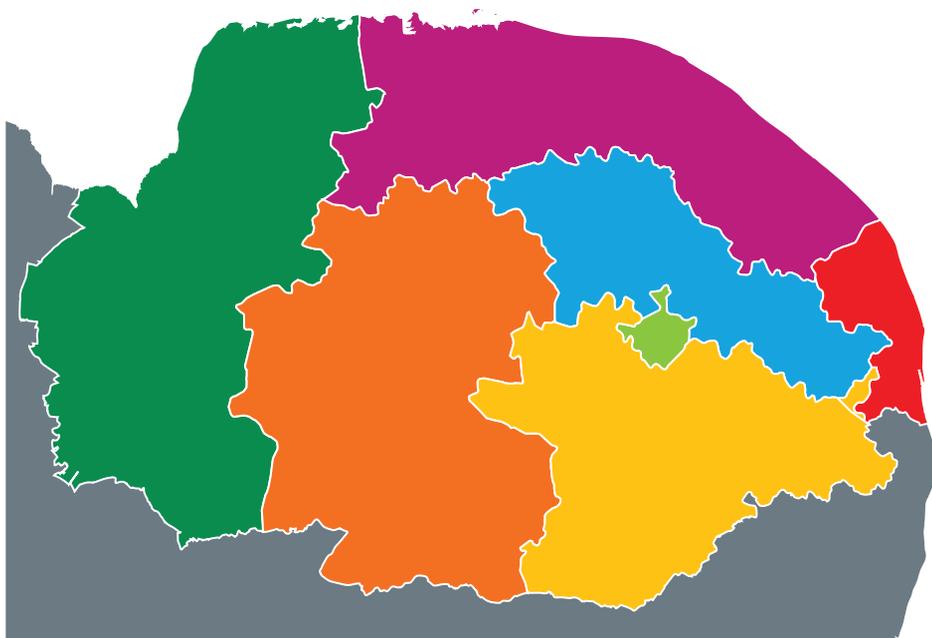
Visit [www.nhsdiscounts.com](http://www.nhsdiscounts.com) and click 'Register Now' to start saving.

To register you'll need to enter a few details like your preferred email address and password, and simply select 'NHS Foundation Trust Member' from the drop down list when prompted.

**NHSdiscounts.com**

## Our constituencies

- Breckland
- Broadland
- Great Yarmouth
- King's Lynn and West Norfolk
- North Norfolk
- Norwich
- South Norfolk
- Outside Norfolk



## Becoming a Governor

We are pleased to say that we have already heard from some Members who are interested in running for election, when we hold our Council of Governor elections.

The first Governor elections are held towards the latter stages of the journey a Trust takes towards becoming an FT and so this is not something we will be doing for some time yet. But don't fear, your interest has been noted and, when we are further along the path towards becoming an FT we will be in touch with you.

Having a fully engaged Council of Governors, with good public representation, is key to any Trust being approved as an FT.

We will run independent elections for our Governors and every Member gets the opportunity to vote for a Governor to represent them in their constituency. Governors will be elected for a three-year term.

Any Member over the age of 16 can run for election as a Governor, as long as they fulfil the rules set out in NCH&C's Constitution. Overall, 16 public Governors will be elected by our Members, so that each of our local constituencies is represented by two local people.

Our constituencies are:

- Breckland • Broadland • Norwich
- North Norfolk • South Norfolk
- King's Lynn and West Norfolk
- Great Yarmouth • Outside Norfolk

Our public Governors will sit on the Council of Governors, alongside five staff Governors and 10 partner Governors, who will represent key organisations we tend to work closely with in providing our NHS health and care services.

If you would like to let us know that you may want to consider running as a Governor, we'd be happy to hear from you now or in the future (email [nchandcmembership@nhs.net](mailto:nchandcmembership@nhs.net)) and we'll be keeping Members up to date when we are ready to launch our elections.



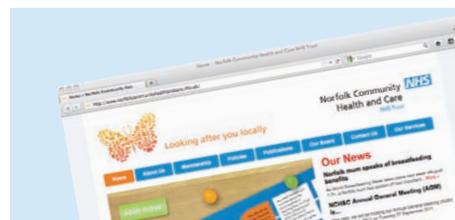
## Come along to our Public Board Meetings

As an NCH&C Member, we'd like to invite you to attend our regular public Board meetings. These meetings take place once a month, at locations across Norfolk. Our Board meetings are open to the public, staff and the media.

Our meetings normally last 2-3 hours and by coming along, you'll have the opportunity to hear about the work being undertaken within our Trust and hear decisions being made about the important issues at NCH&C.

Board papers are made publicly available before every meeting, so you can see what matters are due to be discussed.

Visit our website: [www.norfolkcommunityhealthandcare.nhs.uk/our-board](http://www.norfolkcommunityhealthandcare.nhs.uk/our-board) for up-to-date information including times and venues. You can also access board papers for the next Board meeting as well as an archive of papers dating back to November 2011.



## Get in touch!

If you have any questions about Membership, contact our Membership Office by calling **0800 731 0319** or emailing [nchandcmembership@nhs.net](mailto:nchandcmembership@nhs.net)

We'd particularly like to hear from Members who have ideas or suggestions about what you'd like to see in future issues of 'Community Chat'.

You can also visit our website to find out more about NCH&C and the work that we do across Norfolk [www.norfolkcommunityhealthandcare.nhs.uk](http://www.norfolkcommunityhealthandcare.nhs.uk)

