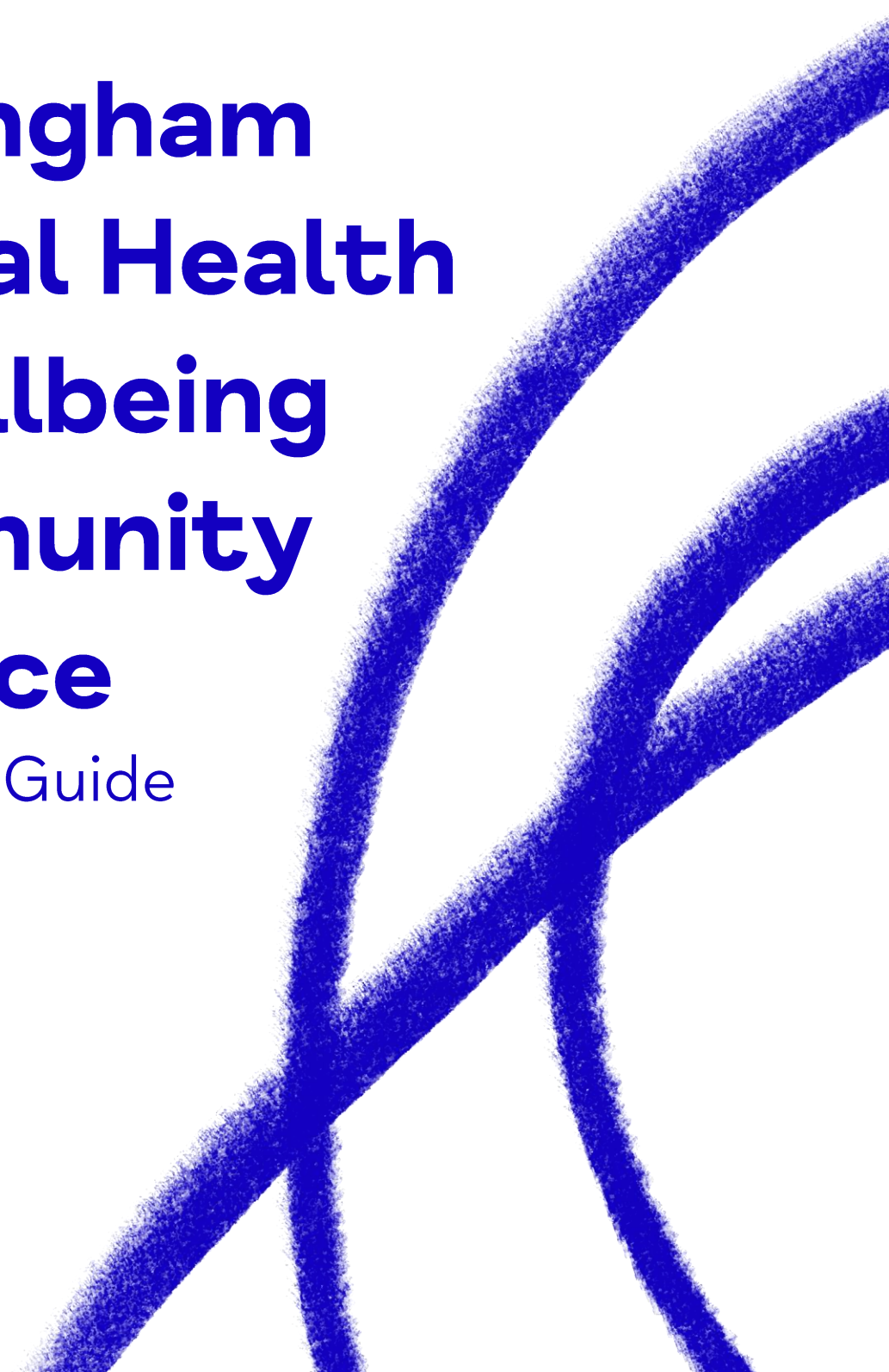


Wokingham Mental Health & Wellbeing Community Alliance

Members' Guide



Purpose

To help develop and integrate the local Voluntary and Community Sector (VCS) offer for mental health and wellbeing provision in Wokingham. The ultimate aim of the Alliance is to improve the experience of people accessing mental health and wellbeing support - through responding collaboratively to identified needs in the community.

Membership

All VCS organisations, groups and services with an interest in supporting Wokingham residents with their mental health and wellbeing are welcome! Each group is to send no more than **one** representative to each Alliance meeting. This representative can change each time – groups may wish to nominate staff or volunteers with expertise or interest relating to the proposed agenda.

Meeting structure

- Bi-monthly meeting – options for in-person and virtual events.
- 90 minutes, including a 5-minute break.
- Practical focus on the sharing of recent challenges, successes and trends.
- Flexible agenda – opportunities for guest speakers, service/group updates and input from service users/residents.

Involvement & responsibilities

Mind in Berkshire will organise and facilitate in person and virtual Alliance meetings – ensuring attendees have access to the agenda, and any other useful information, in advance of each meeting.

Mind in Berkshire are committed to facilitating an Alliance which is shaped and led from within and encourage active participation and collaboration from all. Ideas for speakers, agenda items and discussion points are welcome!

Mind in Berkshire will record and share meeting notes where appropriate, and feed-back themes, challenges and successes identified to key health and social care partners and commissioners.

Values

Attendees are encouraged to be mindful of their own and others' wellbeing. Due to the potentially emotive or difficult nature of topics discussed, protecting some space following the meeting to talk to someone, or have a quiet cuppa, may be helpful.

Attendees are expected to treat each other with respect and dignity. Any personal stories shared are to be treated with the strictest of confidentiality, and service users discussed are not to be described in a way which could identify them.

In order to facilitate honest and open conversations in a safe and relaxed space, Alliance meetings will not be recorded.



WOKINGHAM
BOROUGH COUNCIL

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