



**Carers Advisory Board**

**Expression of Interest**

**About this form**

The information you give in this Expression of Interest form will help us find out more about you and why you want to get involved in the work of the Carers Advisory Board (CAB) and what you can bring to CAB.

We know that completing written forms is not easy for everyone, so if you do need support please contact the Involvement Team at Rethink Mental Illness by email: **involvement@rethink.org** or Text/Call on: **07469685452****.**

**The closing date for expressions of interest for this round of recruitment is 26th April 2024.**

**1. Your contact details**

|  |  |  |  |
| --- | --- | --- | --- |
| **Title:** | Click or tap here to enter text. | **Pronouns:** | Click or tap here to enter text. |
| **First Name:** | Click or tap here to enter text. | **Surname:** | Click or tap here to enter text. |
| **Address:** | Click or tap here to enter text. |
| **Postcode:** | Click or tap here to enter text. | **Phone Number:** | Click or tap here to enter text. |
| **Email:** | Click or tap here to enter text. |

**Please select how you would like us to contact you:**

|  |  |  |
| --- | --- | --- |
| [ ]  Email |  [ ]  Phone call  | [ ]  Text message |
| [ ]  Post | [ ]  Microsoft Teams | [ ]  Zoom |

**2. Your areas of interest**

**Please tick any of the following Rethink Mental Illness work areas that interest you.**

As a CAB member you will need to participate in meetings online via Microsoft Teams or Zoom and be able to use email. We can provide you with training and support to use these online platforms.

|  |  |  |
| --- | --- | --- |
| [ ]  Campaigning |  [ ]  Helping to shape  our services  | [ ]  Involvement and  Co-production |
| [ ]  Diversity, Equity and Inclusion  | [ ]  Policy and Influencing | [ ]  Fundraising |
| [ ]  Mental health services at a local level | [ ]  Research and  Evaluation | [ ]  Volunteering |
| [ ]  Carers Groups and Services | [ ]  Media | [ ]  Any other interest areas, please describe: Click or tap here to enter text. |

**Please confirm you are able to use Microsoft Teams and/or Zoom and email.**

|  |  |
| --- | --- |
| [ ]  Yes, I **can** use MS Teams, Zoom and email. |  [ ]  No, I **cannot** use MS Teams, Zoom and email. |
| [ ]  Yes, I **could** use MS Teams, Zoom and email but would need some support/ training. |

**3. Tell us about yourself**

Please tell us about your caring experience, skills and background, and anything else you think would be relevant. We would love to get to know a bit more about you, what skills and experiences you feel you would bring to the Carers Advisory Board and why you would like to get involved.

**Please use the space below (no more than 250 words).** We’ve included some prompts, but these are just a guide to give you some ideas:

* Why would you like to join the Carers Advisory Boards?
* What do you think you will bring to the Carers Advisory Board?

|  |
| --- |
| Click or tap here to enter text. |

* What would you gain from becoming a member of the Carers Advisory Board?
* Is there anything else that you think is relevant to the Carers Advisory Board?

**How did you hear about the opportunity to join the Carers Advisory Board?**

|  |
| --- |
| Click or tap here to enter text. |

**4. Support**

**Please let us know about any support needs you may have and how we can support you with these:**

|  |
| --- |
| Click or tap here to enter text. |

 **5. Availability**

**Generally speaking, when are you available to get involved with Carers Advisory Board activities?** Please note that Carers Advisory Board meetings tend to take place on weekdays.

**Monday Tuesday Wednesday Thursday Friday Saturday Sunday**

am [ ]  am [ ]  am [ ]  am [ ]  am [ ]  am [ ]  am [ ]

pm [ ]  pm [ ]  pm [ ]  pm [ ]  pm [ ]  pm [ ]  pm [x]

**Alternatively, if there are specific days and times you are able to be involved, please
specify here:**

|  |
| --- |
| Click or tap here to enter text. |

**6. How we will handle your personal information**

Rethink Mental Illness will use the personal information you provide in this form for the purposes of administering your expression of interest to become a Carers Advisory Board member.

If you become a Carers Advisory Board member, this form will be kept on file throughout the time that you are a member and for six years after the end of your being a member. If you do not become a member of the Carers Advisory Board, this form will be kept on file for six months and then be deleted. If you do not become a member of the Carers Advisory Board, but want to be involved in other ways, then we will keep your information on file until you tell us you no longer want to hear from us.

**The information you give will not be shared with any other organisations; it will be held by the Rethink Mental Illness Involvement Team.**

For more information on how we handle your personal information, please see our privacy policy at: [**https://www.rethink.org/privacy/**](https://www.rethink.org/privacy/).

|  |
| --- |
| [ ]  I consent for Rethink Mental Illness to share and store my personal information in accordance with the provisions of the General Data Protection Regulation\*. |
| [ ]  As part of the recruitment process, we will share your application information with Carers Advisory Board members and Rethink Mental Illness staff involved in the recruitment process. Please tick to give your consent to sharing the information you give with Carers Advisory Board members and Rethink Mental Illness staff involved in this recruitment process.  |
| [ ]  I consent for Rethink Mental Illness to share and store my personal information to keep in touch with me about any other involvement opportunities that might be of interest to me if I do not become a member of Carers Advisory Board. You can withdraw your consent at any time by contacting **involvement@rethink.org**.  |

If you have any questions about issues about the handling of your personal data, you can contact Rethink Mental Illness at: **involvement@rethink.org**

**Please submit your completed form to:**

**Email:** **Involvement@rethink.org**

**Post: Laura Abbott, Head of Involvement**
Rethink Mental Illness, 28 Albert Embankment, London, SE1 7GR

\* The General Data Protection Regulation is a piece of European law that protects personal information. We need laws like the GDPR because people have the right to know about and have some control over what information gets collected about them and how it’s used and shared.

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