

Public health involvement

April/May 2022

Prevention & wellbeing



Passionate
about
community
wellbeing?

Would you like to be part of developing options that help people in Norfolk and Waveney to build mental wellness and balance, and to manage times of worry, mood changes and life stresses?

Covid has had an impact on our mental wellbeing but there are other things cause stress in all our lives too. Worries about money, housing, work, health challenges, or families and relationships can all cause stress in our lives. Do you have first-hand experience of what helps or doesn't help?

The NHS, working with Norfolk County Council and other organisations, are looking for two members of the public to help us identify and plan the best ways of ensuring that options for addressing life stressors, are as available, helpful and easy to access, as possible.

We would love to hear from you if you'd like to be involved, bringing your own experience of what works and doesn't work for you, and possibly for others you know.

What's involved?

Join monthly meetings (2 hours every month) to consider wellbeing issues for people in Norfolk and Waveney, ideas for developing resources, and contribute to the discussion.

These meetings are organised by Norfolk County Council. They include people from the NHS and local organisations. You would be a public member of these meetings.

There will also be opportunities for discussion with the organisers outside the main monthly meeting, and opportunities to gather views and ideas from other residents.

What's involved

Will there be support?

Yes, you will be supported with background information and any needs you may have to be involved.

These meetings are currently held via the internet, using MS Teams. It may be possible to provide equipment to help you join the meetings.

Do I need to have experience of taking part in public health meetings?

It could be helpful if you've enjoyed being part of community or civic discussion meetings, for example faith group meetings, school meetings, social action meetings.

The key thing is that you are keen to share your views and ideas for change for the better to make a difference.

Is this a paid role?

There is payment of £100 per day available, to include preparation time for the monthly meeting, and associated preparation and your time to connect with community groups if you would like to do that.

Receiving payment is not compulsory and you can be involved on a voluntary basis if you prefer.

How do I get more details?

We would love to hear from you if you are interested in finding out more about this role.

Please email Gaby Hasham at:

gabriella.hasham@rethink.org

or phone 07483 171437

Who is Rethink?

We are a charity working with Norfolk County Council, Norfolk and Waveney NHS CCG and a range of charities and local groups to involve members of the public in plans about how to improve wellbeing for people living in Norfolk and Waveney.