

Will you become a Governor?

We want our Trust to become one of the best mental health providers in the country with strong accountability and connections to our local population, staff and partners.



We will shortly be opening nominations to our Council of Governors and really need people who care about the quality of mental health to become our Governors, representing the interests of the people who use our services and those who care for them.

The Council of Governors will sit alongside the Trust Board and will be instrumental in determining the strategic direction of the Trust. The Council will have 25 Governors in total, including 14 elected public Governors, seven appointed partner Governors and four elected staff Governors.

The position of Governor is interesting and varied. Some responsibilities of a

Governors are statutory including appointing the Chair of the Trust, approving the appointment of the Chief Executive, deciding the pay and allowances for Non-Executive Directors.

Governors can also get involved in other ways according to their interests and availability including determining the strategic direction of the Trust, helping to improve people's mental health through helping at events such as the Members' Day and ensuring we continue to develop local accountability.

It doesn't matter if you have no previous experience in a similar role; all we want is passion and the commitment to make a difference and we will offer anyone who wants to stand for election support throughout the process and plenty of training and assistance for governors once elected.



We are hoping to formally open applications in the next few months and members will receive a letter from the election organiser when the election process starts. It will be marked clearly on the envelope with the NHS logo – so keep an eye out for it!

The Chair of the Trust Wyn Dignan and FT Project Director Jessica Williams will hold informal meetings in the New Year to discuss further the role of a Governor for anyone interested in standing for election. These are likely to be held in the Spring of 2011. All are welcome and attendance will not be regarded as an official commitment to standing in the election. Please check our website for details. (www.mhsc.nhs.uk/ft).

Becoming a Governor is a great opportunity for anyone with an interest in mental health to meet new people, learn new skills and most importantly, make a real difference to the future of services in Manchester.

If you would like a more detailed information pack, please either visit our web site, email ftmembership@mhsc.nhs.uk or ring the Foundation Trust direct line 0161 277 1222.

Contact us:

Post: Manchester Mental Health and Social Care Trust Foundation Trust Membership Office, Chorlton House, 70 Manchester Road, Chorlton Cum Hardy, Manchester M21 9UN.

Telephone: 0161 277 1222
E-mail: ftmembership@mhsc.nhs.uk
Website: www.mhsc.nhs.uk/ft

Health Rocks

The Health Rocks exhibition at The Manchester Museum has now kicked off. A partnership project between the Trust's award winning Start arts based service and the Museum, it features a selection of hand-made books and artworks made by participants on a wellbeing course, inspired by objects from The Manchester Museum's collection. For more information contact the Museum on 0161 275 2634.

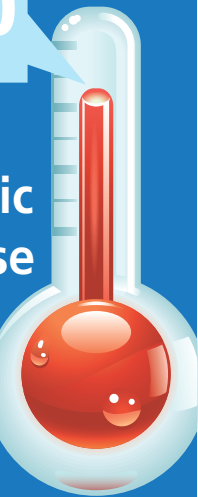
Manchester Mental Health matters

Strictly fun dancing at Rhythm in Mind event!

5,500 members

Fantastic response

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www.mhsc.nhs.uk/ft





Jess Williams Foundation Trust Project Director

Welcome from Jessica Williams

Hello and welcome to the fourth edition of Manchester Mental Health Matters. On the front cover is Zehara, a professional belly dancer snapped wowing our Members at our inaugural Members' Day on 1 September. We called the event "Rhythm in Mind" as we wanted to convey the importance of physical activity in maintaining good mental health in a fun way.

We had an amazing day – our host venue Gorton Monastery looked simply stunning in the gorgeous late summer sun, the dance exhibitions were incredible, our partners brought informative and entertaining stalls and most importantly masses of our members attended and joined in the line and circle dancing.

You can find out more about the day on the opposite page. Thank you to everyone who came to our event - and made it such a success. Bring on next year!

In terms of our Foundation Trust application, we now have over 5,500 members and are still seeing a fantastic response to our request for interested members across the city. We also continue to hit all milestones for our application and so the next big step is the election to our Council Governors.

This newsletter will provide more information about the importance and role and responsibilities of Governors and I really hope you will consider standing for our Council – it will be great to have your dedication and passion for improving mental health services on board to help us become one of the best mental health providers in the country.

Thank you for all your support over the past 12 months and I wish you a prosperous New Year.

**Jessica Williams,
FT Project Director**

More than 300 people shimmied and sashayed the afternoon away at our free inaugural Members' Day, Rhythm in Mind.



Visitor chatting

The afternoon featured exhibitions of belly, salsa and Bollywood dancing and gave attendees the chance to get their dancing shoes on and get involved through workshops and mass dances.



Dancing together

The aim of the day was to show the connection between physical and mental health and in terms of creating a happy mood it certainly hit the spot, as nearly all of those who returned a feedback form said it had lifted their mood*.



Joseph being creative

Most also said the event had encouraged them to take part in some form of physical exercise in future*.

City's Beat the Goalie, free healthy snacks, a pampering corner and good health stalls to highlight the benefits that a healthy lifestyle can have on mental wellbeing.



The smoothie bike

Research has consistently shown that physical activity promotes mental wellbeing and can aid recovery for people with mental health problems like dementia and depression. For example, a number of studies into dementia have highlighted the benefits of ballroom



Bollywood dancer

dancing as it involves precise physical activity, listening to music, remembering dance steps and taking a partner into account.

Rhythm in Mind Member's Day

Though the focus of the event was to get our members together and have fun there was also a serious underlying public health message.



The painting wall workshop

There was something for absolutely everyone as the afternoon also featured a children's games corner, Manchester

***54 out of 56 people who filled in feedback forms said attending the event had lifted their mood, and 48 out of 56 said they would be more likely to take part in physical activity as a result of attending. We look forward to seeing even more members next year.**