

How to be a member of our group



We are looking for people to be members of our **Community Involvement Panel**. Being a member of this group means you will have a say about what happens to patients and people in the community.

Please tell us about yourself



Your name	
-----------	--

Your address	
--------------	--



Your email address if you have one	
------------------------------------	--



Your telephone number if you have one	
---------------------------------------	--



Name and address of 2 referees. A referee is someone who can tell us why you would be a good member of the group

Name of your referee 1	
Address of your referee and their postcode	
Their email address	
Their telephone number	



Referee 2

Name of your referee 2	
Address and postcode	





Email address	
Telephone number	

Things we need members to be able to do



We need people with **skills**. If you do not have all the **skills** this is OK. We can give you training to learn the **skills** you need. Please tell us about what you do now or have done in the past that would make you a good member of the group



1.	<p>Being part of things – tell us when you were part of a group</p>
----	--



2. **Getting ready for and joining in the meetings** – tell us how you would get ready for a meeting.



3. **Being confident** – tell us when you have spoken up in a meeting



4. **Common sense** – tell us what you know about the NHS



5. **Courage** – tell us when you have spoken up about something that no one else has



6. **Be clear** – tell us how you can be clear in what you want to say



7. **Being on a committee** – tell us any other groups or on a **committees that you have been part of**

8.	Being part of your community – tell us what you do in your community. Are you part of other groups?
9.	Please tell us anything else you think we should know



Thank you for giving us your time and filling out this form.

Where to send the form

Please send the form by email to

Laura.mccartney-gray@nhs.net

Or you can post it to this address – you do not need a stamp



Freepost RTJE – GXBZ-CSJR
NHS Norwich CCG
Room 202
City Hall
St Peters Street
Norwich
NR2 1NH



FREEPOST

This leaflet was checked by volunteers from Mencap.

Thank you to Photosymbols for the pictures.

www.photosymbols.com

