

MINUTES
Member Council – meeting 4
Monday 28th March 2022 on Zoom



Who was in the meeting?

- Jonathan
- Nathan
- George
- Zain
- Johanna

Note: A few other members tried to join the meeting, too, but couldn't because of technical problems.



Introductions

Everyone introduced themselves.



Minutes from the previous meeting

Reviewed the minutes – no changes needed.



Code of conduct / member etiquette

People Matters is updating the Members Guide, and wants to add a list of guidelines for all People Matters' members. This is called a code of conduct or member etiquette. Member Council suggested these guidelines:





- Respect each other's opinions and differences
- Help others when needed/work as a team
- Let staff know if you are late or can't attend a session
- Treat each other as equals



Mental Health-leaflet

We will post copies of this MindWell-leaflet to all members:

“Take care of your mind and body” <https://www.mindwell-leeds.org.uk/wp-content/uploads/2021/03/Take-care-of-your-mind-and-body-and-Key-contacts-in-Leeds-Accessible.pdf>

	<p>Mental Health information to a newsletter</p> <p>Member Council wants to share these reminders in People Matters newsletter as part of Mental Health Awareness-week in May:</p> <ul style="list-style-type: none"> - Ask for support if you are going through a difficult time - you could speak to a friend, family member, your GP or support worker - If you are worried about someone else's mental health and not sure how to help, share your concerns with someone you trust - Be kind and encouraging to yourself, too!
	<p>Mental Health Awareness –videos</p> <p>Member Council is aiming to create a few short videos about mental health, for example people’s personal stories. These can be shared on social media during the Mental Health Awareness-week in May.</p> <p>Johanna will arrange the filming with those members who volunteered to be on a video.</p>
	<p>People Matters’ 20th Anniversary is this year</p> <p>Member Council’s ideas for celebrating the anniversary:</p> <ul style="list-style-type: none"> - Video onto social media where e.g. Tina tells how, why and when People Matters started - Having a dress code or dress up theme for the AGM/Christmas party - Having special food at the AGM/Christmas party, like buffet or cake - Organising a raffle or other games
	<p>Next meeting</p> <p>Tuesday 17th May at 5.00pm – place to be confirmed</p>

ACTIONS:

- Share minutes with staff and members – Johanna
- Create Mental Health-videos to social media – by 9th May