

MINUTES
Member Council – meeting 5
Wednesday 25th May 2022



Who was in the meeting?

- Allana
- Maisie
- Robert
- Jonathan
- Johanna



Introductions

Everyone introduced themselves.



Minutes from the previous meeting

Reviewed the minutes – no changes needed.



Mental Health -video

One of the Member Council's projects was to create a video for the Mental Health Awareness Week. Volunteers made a video about loneliness. It was shared on People Matters' social media.

We watched the video. Everyone thought that the video was good, and would like to do something similar again.



Mental Health -information

Another Member Council-project was to share mental health awareness-information with other members. People Matters sent a MindWell-leaflet to members, and included mental health tips in the May newsletter.

Someone said that they hadn't received the newsletter – need to find out why so we can fix it for next time.



Planning new mental health projects

Member Council started planning new mental health projects.

We discussed how we could help other people feel happier or less lonely.

Volunteers thought that sometimes elderly people who live in care homes might feel lonely.

- Project idea: Making cards and then gifting them to people who live in a local care home

Volunteers want to continue talking about mental health awareness with other members.

- Project idea: Member Council volunteers could join People Matters' social groups and organise a mental health activity for the group members, for example arts and crafts mindfulness session

Johanna will speak with other staff about the project ideas, ask for feedback and ask about budget for card making.

We will continue planning the projects in the next meeting.



Summer events

People Matters will have a stall in some summer event.

We talked about who would like to help at the stall.

Members suggested that we could have these games at the stall:

- Guess how many items in a jar
- Pin the tail on a donkey
- Hoop-throwing game



Next meeting

Monday 4th July – place to be confirmed

ACTIONS:

- Share minutes with staff and members - Johanna
- Ask for feedback about the new project ideas - Johanna