

MINUTES  
**Member Council – meeting 6**  
Tuesday 2<sup>nd</sup> August 2022



**Who was in the meeting?**

- Allana
- Maisie
- Robert
- George
- Nathan
- Nicole
- Johanna



**Introductions**

Everyone introduced themselves.



**Minutes from the previous meeting**

Reviewed the minutes – no changes needed.



**Mental health -project**

We started planning new mental health projects in the previous Member Council meeting.

Members would like to arrange an art project that promotes mental health, and then donate the artwork to another organisation.

Nicole Guilliam studies Fine Art and is on work placement at People Matters. She joined the meeting today. She told about an art project that Member Council and Wellbeing groups could organise together.

Members will take photos in a place that makes them happy, or when they are doing an activity that they enjoy. The photos will go on a big frame that members will paint. The photos can inspire other people to try new activities that can help them to feel happier.

We will discuss in the next meeting where members would like to donate the finished artwork.



### **Volunteering video**

Johanna is creating an advert video about volunteering at People Matters.

Members suggested what to mention on the video.

Reasons for volunteering at People Matters:

- People Matters staff are friendly and helpful
- It's a way to go out and be involved in the community
- It's nice to help others
- It's a way to try new things and learn new skills
- It helps you to meet new people and make friends

Johanna will go to film clips from People Matters groups for the video.  
Member council volunteers are happy to speak on the video.



### **Feedback about a health awareness video**

A staff member had asked that Member Council gives feedback about a health awareness video. We watched part of the video.

The members gave feedback about the content and length of the video, and whether it would be useful to share the video with other members.



### **Next meeting**

Monday 5<sup>th</sup> September at 4.00pm

### **ACTIONS:**

- Volunteers: take photos of places or activities that you like
- Johanna: make a list of community centres or mental health organisations for the art project donation
- Johanna: share feedback about the health awareness video with staff