

Why become a foundation trust member of NSFT?

To:

- Attend our member lectures and special events
- Receive information:
 - via email
This is much cheaper and is our preferred way
You will get updates – generally once a month – about activities, events and opportunities to be more involved + notification of when *Insight*, the Trust magazine, is available to read on-line
 - via the post
You will receive *Insight* through the mail
- Vote in our governor elections
- Possibly stand as a governor yourself
- Influence the Trust through our elected governors
- Save money, for example on holidays, mobile phones and fashion, by joining Health Service Discounts
- Actively support a positive attitude to mental health in Norfolk and Suffolk, and help challenge discrimination

Members are involved as little or as much as they like.
Membership is *free*.

Ways to join

complete the form,

email membership@nsft.nhs.uk

or on-line www.nsft.nhs.uk

Trust Membership Application

When completed, please email as an attachment to membership@nsft.nhs.uk (Membership is free)

Last name:	Title:
First name:	Date of birth:
Address:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender Male <input type="checkbox"/> Transgender Female
Postcode:	Email:
Telephone Home: Work: Mobile:	Would you prefer most communications, for example 'Insight' magazine, by email (if possible) or by post? <input type="checkbox"/> Email <input type="checkbox"/> Post <input type="checkbox"/> both

Do you want to join as a service user, carer or interested member of the public?

As a Trust member you will be able to vote for the governor representing your type of membership.

- Service User – if you have used NSFT services within the last three years
- Carer – if you are the carer of an NSFT service user
- Public – (if you are a service user or carer you can choose this option if you prefer)

Are you interested in information about standing as a governor?

Yes

Are you interested in volunteering with the Trust?

Yes

Do you want your name and area of residence **added** to the publicly available register of members?

Yes

How would you describe your ethnicity? (please tick one)	
<input type="checkbox"/> White British <input type="checkbox"/> White Irish <input type="checkbox"/> White Other <input type="checkbox"/> Black or Black British - Caribbean <input type="checkbox"/> Black or Black British - African <input type="checkbox"/> Black or Black British - Other <input type="checkbox"/> Mixed Background - White & Black Caribbean <input type="checkbox"/> Mixed Background - White & Black African <input type="checkbox"/> Asian or Asian British - Indian	<input type="checkbox"/> Asian or Asian British - Pakistani <input type="checkbox"/> Asian or Asian British - Bangladeshi <input type="checkbox"/> Asian or Asian British - Other Asian <input type="checkbox"/> Chinese <input type="checkbox"/> Mixed Background - White & Asian <input type="checkbox"/> Mixed Background - Other Mixed <input type="checkbox"/> Other (please specify) <input type="checkbox"/> Prefer not to say
Religion/Belief: <input type="checkbox"/> Christian <input type="checkbox"/> Muslim <input type="checkbox"/> Hindu <input type="checkbox"/> Jewish <input type="checkbox"/> Atheist <input type="checkbox"/> Other (please specify) <input type="checkbox"/> Prefer not to say	Sexual Orientation: <input type="checkbox"/> Heterosexual <input type="checkbox"/> Gay or Lesbian <input type="checkbox"/> Bisexual <input type="checkbox"/> Prefer not to say Disability: <input type="checkbox"/> Yes <input type="checkbox"/> No
Signed:	Dated:

In accordance with the General Data Protection Regulations (GDPR):

Information will be kept secure, treated confidentially and only used for developing the Foundation Trust. Our main trust wide privacy notice, which sets out in full the Trust's lawful reasons for processing personal data and all your rights under GDPR is available to view and download at www.nsft.nhs.uk