



# Recovery Devon

## Membership form and guidelines

Thank you for your interest in becoming a member of Recovery Devon. You may apply online here, or use this form if you prefer.

Details of what membership means are set out below the form.

There is no membership fee, but we ask that members take an active part in Recovery Devon, such as attending meetings or voting on important matters.

## Membership Form

Name

Address

Phone

Mobile

Email

Why would you like to become a member?

Tick to receive our newsletter

*The following questions are optional. They help us to show that we are open to all and meet our legal obligations. No identifiable information is ever shared with a third party.*

Date of Birth

Gender

Male

Female

Ethnic Origin

Employment

## Membership Details

### What you will get

- You will receive (unless you ask not to) our monthly newsletter by email. This is a summary of the latest news, events and resources from our website.
- You may attend our regular meetings where we decide the direction of travel for Recovery Devon.
- We belong to our members, and you can guide and shape our work by voting on things like new board members, changes of policy, developments for Recovery Devon, which projects we fund and other important decisions.

- You may post messages on our forums which are used as an informal place to signpost useful resources, ask mental-health related questions and share interesting news and events.
- You will add your voice to Recovery Devon and become part of our gentle mission to enable Recovery in all areas of life.

## What we ask

- As a member you should attend at least one meeting a year and our AGM, so that you can stay informed of what we're doing and our future plans.
- You do not need to vote on every matter, but must vote sometimes to show your continued commitment to Recovery Devon.
- You will represent the values of Recovery, outlined below, in anything which you do as a member of Recovery Devon.
- If you do not attend any meetings, fail to vote on any issues, or do not act in accordance with the values of Recovery your membership will be closed.

## Recovery Devon Advocates

For those who show a real commitment by attending meetings, voting and offering ideas there are additional benefits, decided on an individual basis.

- Take part in the Recovery Exchange, where experts through experience discuss developments in mental health services, policy and practice, advances in research and events aimed at a dedicated professional or lived-experience audience.
- Post events or news on the Recovery Devon Blog, submit ideas for Facebook or Twitter posts or become a moderator for our forum and for comments made on the website.
- Bring your own project or event idea to us and we will support you where we can in making it a reality.

## The Values of Recovery

Recovery is about building a meaningful and satisfying life, as defined by the person themselves, whether or not there are ongoing or recurring challenges.

Recovery moves away from "illness, symptoms, doctors, patients" and towards "health, strengths, coaches and partners".

As a members of Recovery Devon we:

- Treat others with respect regardless of their background.
- See mental health challenges as experiences, not as impairments or disabilities.
- Respect the value of lived experience equally with academic or clinical qualifications.
- Seek to provide a community which enables healing, so that no-one need feel alone.
- Understand that every person has unique needs, in treatment and in life.
- Promote and encourage participation, creativity, empowerment, equality and above all things, hope for all.

In essence we aim to live compassionately, aware of the challenges we each face without allowing those challenges to prevent us from living, and enabling others to live, fulfilling lives.

## About Recovery Devon

Recovery Devon believes that people can and do recover from mental health difficulties with the right support and opportunities. With help, people can build meaningful and satisfying lives, whether or not there are ongoing mental health issues.

This is both an aim and an issue of social justice.

Recovery Devon is a partnership of people with direct experience of mental health issues, alongside people who provide mental health services, and family, friends and other supporters. We are passionate about improving knowledge, understanding and experiences around mental health and wellbeing.

We meet at two-monthly intervals and provide a safe space to explore Recovery ideas, focused on hope, inclusion, empowerment and living a meaningful life. Recovery Devon works to directly influence the planning, commissioning and delivery of services. We have a Management Board, which organises Recovery Devon activities.

## Our Constitution

We are a company limited by guarantee. We have Articles (our constitution) which include a set of three Objects (our aims and objectives). They are, in outline:

1. Promote the philosophy of Recovery and the practice of Recovery oriented approaches to mental health and wellbeing.
2. Engage in activities supporting Object 1, including collaborations with other people and organisations, across a range of cultures, as appropriate.
3. Seek members and supporters who endorse and promote Objects 1 and 2.

Further details are on our website here, or you may request copies of our Articles and Objects using the details below.

## Thank you

We really do appreciate your interest in supporting Recovery Devon and hope to see you soon. If you have any questions, feel free to contact us here:

Recovery Devon

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