



# JIGSAW

## Worcestershire Mental Health Relative & Carer's Support Group

Welcome to Jigsaw - Worcestershire Mental Health Relatives and Carers Support Group. We aim to support each other as carers and relatives of people with mental illness, by listening to each other, sharing our experiences, and inviting expert speakers to increase our understanding of mental health, including treatments and services.

### **Ground Rules of Meetings *(these apply to everyone attending the meetings):***

- Please respect confidentiality – nothing said at these meetings should be discussed outside of the meetings, except where individual members choose to meet informally to discuss their own situations.
- **All written records of meetings, and people's contact details, will be kept confidential and not shared without permission of the individual** (as per our Data Protection Policy on website).
- Please listen with respect, and without judgment.
- The group does not offer counselling. Individual members may, however, share their experiences to help others, and may give advice on accessing or dealing with services, in the spirit of mutual support.

I agree to abide by the ground rules of the group

### **Membership**

If you would like to vote on issues affecting the group, propose changes, or stand as a committee member, you will need to become a member of the group. You are welcome to attend as a non-member, but please bear in mind you will not be able to take part in any voting. **Membership is only open to relatives, partners, close friends or carers of a person with mental illness.** Further information is available in our constitution, copies of which are available at meetings or on the website [www.jigsaw.org.uk](http://www.jigsaw.org.uk)

**Please indicate below whether you would like to be a member and/or receive newsletters:**

I wish to become a member

I would like to receive the newsletter

### **Contact details**

Please let us have your contact details if you would like to be a member or receive newsletters, etc.

**Name:** \_\_\_\_\_

**Tel:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Mobile:** \_\_\_\_\_

\_\_\_\_\_

**E-mail** \_\_\_\_\_

\_\_\_\_\_

**Date** \_\_\_\_\_

\_\_\_\_\_

**Signature** \_\_\_\_\_

.....

*Please inform us of any changes in contact details in the future. Thank you.*