Members can get involved in helping us to elect our governors and receive information and attend events to help shape and develop services in the Trust. Anyone aged 11 years old and over who has an interest in the work of CWP can become a member of the Trust.

Having a large and vibrant membership helps us to:

* ensure that there is local involvement in different aspects of service development
* challenge the stigma associated with mental illness, learning disabilities and drug and alcohol problems
* have a bigger ‘voice’ to support further investment in the services we provide

If you become a member of CWP, you are helping to support a wide variety of local services, including Adult Mental Health Services, Substance Misuse Services, Child and Adolescent Mental Health Services (CAMHS), Learning Disability Services and Physical Health Services.

You will have the opportunity to get involved in the decisions we make and to influence the way in which we plan and develop our services. Members can work with us to inform us of their needs and of the services our local communities would like us to deliver.

**How to become a member (header)**

To become a member of CWP, please complete our [online membership form](https://secure.membra.co.uk/cheshirewirralapplicationform/) [LINK].

If you would like to speak to someone about becoming a member, or you need support with completing the form, please call 01244 397389 or email [cwp.membership@nhs.net](mailto:cwp.membership@nhs.net).

You can also [download a membership form](https://webstore.cwp.nhs.uk/involvement/cwpmembershipform.pdf) to complete and return to us.

To learn more about becoming a member, [read our leaflet](https://cwp.nhs.uk/resources/leaflets/become-a-member/).

**What are the benefits of becoming a member? (header)**

There are a range of benefits to becoming a member of CWP. You will be able to:

* Have more of a say in how the Trust is governed
* Help to challenge stigma and discrimination
* Shape the development of high-quality health services for local people
* Take part in a range of events
* Volunteer within the Trust
* Vote in Governor elections
* Stand for election as a governor
* Qualify for NHS Discounts on gym membership, hotel accommodation and more

Members also receive a quarterly newsletter from CWP called Life, which includes information about the work of the Trust, events they can attend and updates on service developments, volunteering opportunities and patient and public involvement.

**How involved can I get? (header)**

We appreciate that all of our members are different and will want to have different levels of involvement with our Trust. How involved you become is completely up to you:

* You can be kept up to date with the latest CWP news and information.
* You can take part in discussions, workshops and focus groups about our services and how they could be developed.
* You can stand for election to sit on our Council of Governors (all of our members can vote in the elections).

Just let us know how involved you would like to be on your membership application form.