

Join us today



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## Members Make a Difference

- ▶ Help shape our services and improve people's lives now
- ▶ Influence the services you may need in the future

For a better life



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## About us

We are leading providers of mental health, drug and alcohol and learning disability services for people of all ages. We provide a broad range of community services, integrated health and social care, early intervention and detection programmes as well as highly specialised therapy and treatment.

As an NHS Foundation Trust, we believe in listening to our communities and involving you in shaping our services and the way they are provided.

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## Why become a member?

You don't have to know about us or have used our services to be a member but becoming one is a great way to participate in our work, influence the way we do things and ensure we do what we say we will.

Perhaps you do use our services, care for someone who does or have a general interest in health care in your area and want to know more about the things we're working on.

Either way, we count on people like you for local knowledge and feedback about what we do. You can get as involved as you like in helping us improve and your input helps shape how our services are run.



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## Member benefits

- ▶ Receive our quarterly newsletter to find out about services, events and developments
- ▶ Take opportunities to make a difference and influence the way we deliver services and learn about mental health, learning disabilities and drug and alcohol addiction
- ▶ Help us understand the needs of people who use services and their families and how to engage with them better
- ▶ Take part in events and debates to help put an end to discrimination
- ▶ Stand for election as a Trust Governor and represent members on our Council of Governors
- ▶ Get discounts and offers from high street retailers through Health Service Discounts



Membership is completely FREE and is open to anyone aged 14 or over living in England. You choose how much to get involved, a little or a lot!

Together, let's get better.

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## Joining is easy

You can complete our online application form at [www.sabp.nhs.uk/members](http://www.sabp.nhs.uk/members). Shortly afterwards you will receive your member's welcome pack.

Please ask you friends and family to join too.

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## For more information

Please contact the Membership team:

Tel: 01372 216158

Email: [engage@sabp.nhs.uk](mailto:engage@sabp.nhs.uk)

If you would like this information in another format or another language:

Call: 01372 216285

Email: [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)

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