

Becoming a CRN Supporter



What is a CRN* Supporter?

Supporters play an important part in promoting the goals of the Collaboration for Mental Wealth in Moray by spreading awareness, sharing information, and engaging with the community to foster mental wealth.

Supporters are a diverse pool of talent from which other roles are recruited, and they can re-engage between activities.

Who Can Be a Supporter?

We welcome supporters of all ages, backgrounds, and experiences. Even if you don't fit these categories exactly, you're encouraged to join.

- **Individuals:**
 - **Citizens:** People with lived experiences of challenges or barriers, and those who support them.
 - **Specialists and Professionals:** Researchers, health and care professionals, creatives.
 - **Community Leaders and Volunteers:** Individuals aiming to improve access to mental wealth activities and projects.
 - **Students:** Including children and young people.
- **Organisations:**
 - **Third Sector:** Charities, social enterprises, unincorporated groups, and trusts.
 - **National Bodies and Policy Makers**
 - **Private Sector:** Any business in Moray.
 - **Statutory Services:** Health, care, housing, policing, and justice.

Why Become a CRN Supporter?

- **Stay Informed:** Access CRN opportunities that benefit you.
- **Collaborate:** Offer skills, resources, and connections.
- **Expand Reach:** Help spread awareness and engage your networks.
- **Make an Impact:** Be part of a transformative initiative to improve mental health and wellbeing.

What does it involve?

Join our mailing list to become a CRN Supporter. There is no time commitment; participate when it suits you or when topics interest you.

Example Activities:

- Share information with your community—families, friends, colleagues, teams.
- Engage with our communications, read newsletters, and follow us on social media.
- Participate in project initiatives.
- Attend events, join working groups, and complete surveys.
- Advocate for the Network, identify opportunities, and share them with CRN.
- Support community activities by:
 - Offering in-kind venues or promotional space.
 - Suggesting new activity ideas.
 - Introducing peer researchers to your community, group, service, or business for data collection.

What support is available?

- Regular updates on project developments.
- Early access to workshops and event opportunities.
- Opportunities to recruit for other CRN roles (working groups, peer researcher training, advisory groups).

The Community Research Network is committed to inclusivity, ensuring that everyone—regardless of digital skills or access—can fully participate.

I'm keen to sign up! What do I do next?

Join the mailing list on the [Collaboration for Mental Wealth Moray website](#).

* *CRN = Community Research Network*