

Get Involved in Chase Meadow Residents' Association

Before going any further to reassure you we are not necessarily looking for a big time commitment (the more people that get involved in a small way, the load can be spread!).

Why get involved?

1. Make a positive contribution to your local community.
2. Get to know more people on Chase Meadow - those already involved are all lovely sociable people who are keen to welcome new people.
3. Have fun!
4. Evidence shows that people who contribute generally have higher levels of wellbeing and happiness

The Association aims to unite the residents of Chase Meadow to create a safer, supportive community, encouraging a culture of respect and co-operation, and to ensure that every resident's voice is heard and that we work together to build a thriving community.

Ways you could get involve include:

1. Volunteer Bank - Examples of volunteering activities might include helping at an event, sourcing tombola prizes, circulating information to residents, litter picking, etc. The idea is that you could contribute as little as an hour and we would let you know about opportunities with no commitment to get involved.

2. Action Sub-groups - CMRA has the following sub-groups actively supporting Chase Meadow:

- a. Events Group - organising various social events and activities.
- b. Zero Waste Group - co-ordinating action on eco issues.
- c. Gardening Group - managing the community garden on The Marish, the Community Centre gardens and other activities.
- d. Health and Wellbeing Group - co-ordinating activities to enhance the health and wellbeing or residents
- e. Liaison and Lobbying Group - working with local statutory and other bodies on relevant issues.

4. Committee Member - join the main CMRA committee which co-ordinates the work of the Association, involves around 3-4 meetings per year with the expectation of you taking an active part in one of the sub-groups.

5. Share a skill, service or product to the benefit of Chase Meadow.

6. Any other ideas - please do put them forward!

If you would like to get involved or just want to find out more email us at chasemeadowra@gmail.com