## Established

Since 2022, Healthy Trajectories has established multiple councils to shape and guide the direction of our work.

## Purpose

The purpose of the Consumer Councils is to:

- inform the research activities of Healthy Trajectories
- actively support and contribute to the connection of researchers, consumer partners and the disability community.

## Meetings

The Consumer Council will meet every 2-3 months. These points will be referred to at the beginning of each meeting. We support you by:

- Respecting you and creating a comfortable space to share your experiences
- Being present and genuinely interested in discussions
- Recognising and appreciating everyone's contributions
- Managing our time and setting clear goals
- Encouraging diversity to enable all voices to be heard
- Communicating openly and be transparently
- Ensuring information shared within the meetings, stays in the meetings, as everyone has a right to privacy and confidentiality
- Obtaining consent before sharing any personal experiences within the Council team.

## Commitment

Members of each Consumer Council will be asked to commit 2 to 4 hours per month for at least 6 months.



