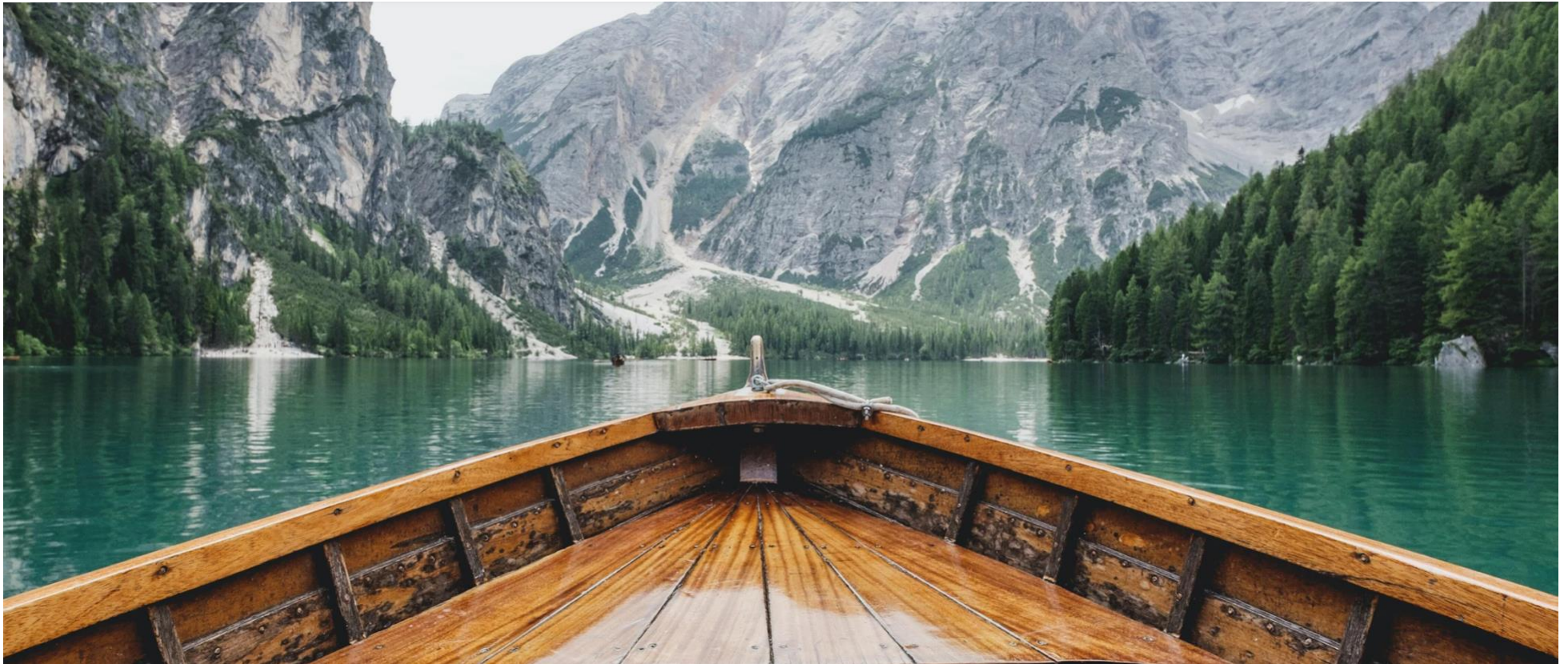




# Your guide to The IFW Community



## Welcome aboard!

We host the IFW Community on Mighty Networks. [You can log in here](#)

New IFW members will receive an invite to join Mighty Networks. If you are a member and have not received your invite, please email us at [members@ifw.org.uk](mailto:members@ifw.org.uk)

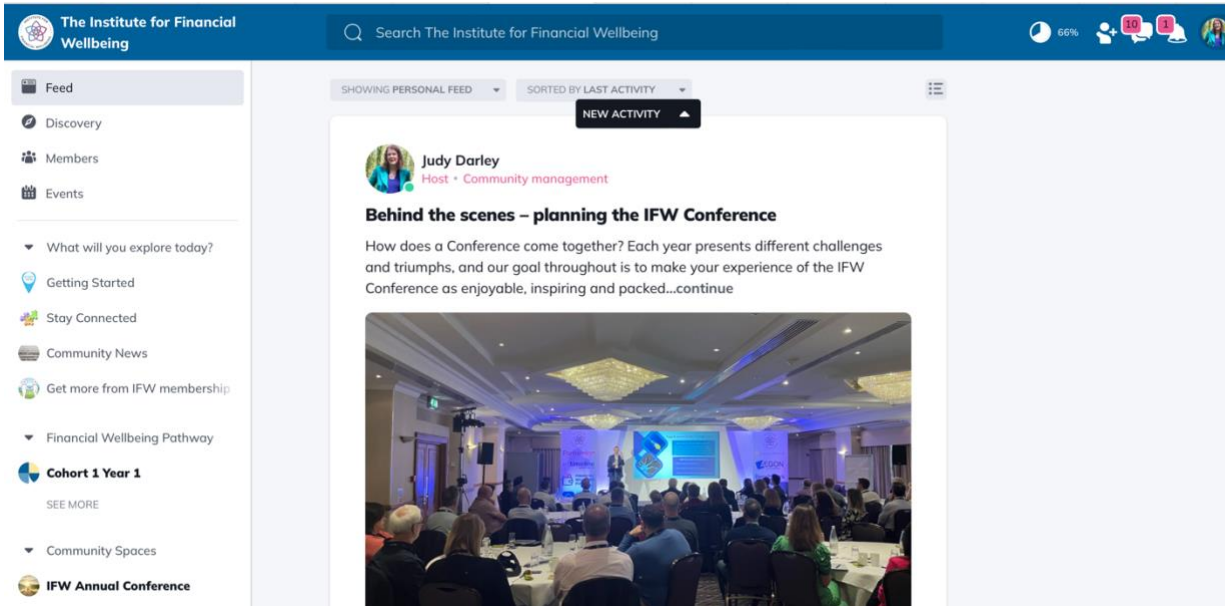
Once signed up, please complete your profile, adding a profile photo and outline description about yourself so other members can start getting to know you.

We've added a range of topics to the network already. These include:

- Get more from IFW membership
- IFW Annual Conference
- Wellbeing Café
- Tools & Tactics
- IFW Showcase
- Resources

There are also links to other IFW online places you will find useful, including the [IFW Events page](#) on the public-facing website, and [your IFW Membership Resources Portal](#).

Community Spaces evolve over time. If you would like to see any specific topics added, please contact us at [members@ifw.org.uk](mailto:members@ifw.org.uk)



Once logged in, you will see a page a bit like this one. On the lefthand side are links to the IFW Community Spaces you can contribute to.

The IFW Community aims to provide a space for conversation, connections and discovery

If you click on 'Members' on the lefthand side, you should be able to see who is active on the site, as well as find members located close to you.

By clicking on the member, you have the option to view their profile and start to chat.

You are welcome to post any questions or comments at any time, whether you're looking for information or help on a particular issue, or if you have something to share that could benefit the membership as a whole.

Please choose a Community Space to include your

comment or query in, or simply place it in 'Feed'.

For example, if you have a podcast, book or article you'd like to recommend, Resources would be a great Space to add it to. Don't forget to include links to help other members source it!

If you are looking for urgent answers, please feel free to email us at [members@ifw.org.uk](mailto:members@ifw.org.uk) so we can help boost the post for you and encourage engagement.



## Stay connected

To make sure you don't miss out on anything, log in to the site, click on your profile picture and go to Personal Settings>Notifications.

Email notifications are switched on by default. The emails will be sent to the email address you used to join the IFW Community (this may be different to the email address you used to sign up to IFW membership).

It's important to allow these emails to remain active, because this is how you'll discover useful information about topics including member benefits, upcoming events and opportunities for IFW members.

You can choose to get emails 'As Activity Happens' or receive just one email daily ('The Daily Digest') with a roundup of anything that's happened on the site in the past 24 hours.

The Daily Digest should arrive in your inbox daily with a summary of your unread notifications.

However, occasionally accounts can be unsubscribed due to email provider flagging, filtering and/or bouncing emails ending in @mn.co because it has misidentified the emails as spam.

To help prevent this, please safelist @mn.co emails within your email provider. You can find out how to do this at <https://thegoodlifepath.org/safelist/>

If you need help resubscribing to IFW Community emails, please tap on the 'Contact Support' button in your notification settings or email the folks who provide the IFW Community site platform at [help@mightynetworks.com](mailto:help@mightynetworks.com). They will get you back on track.

In the meantime, browse topics and start conversations at [the IFW Community site](https://www.ifw.org.uk), and if you have any questions, please let us know.