

Experts by Experience

Interested?

There will be an information session on:

Friday 14th March

2:30—3:30

At

Cam Mind

100 Chesterton Road

Cambridge, CB4 1ER

contacts

IF YOU WOULD LIKE TO KNOW MORE YOU CAN CONTACT

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A Cambridge University Teaching Trust



Jan 2008

An exciting new training programme for mental health service users

Cambridgeshire and Peterborough 

Mental Health Partnership NHS Trust

A Cambridge University Teaching Trust

Experts by Experience



Experts by Experience

Are you an expert by experience?

An expert by experience is someone who is using mental health services now or has done in the past

Are you interested to become actively in the work of the Mental Health Trust and its partners?

Mental health users offer a unique and extremely valuable personal perspective on mental health problems and the services available

Help the services to deliver high quality mental health services that reflect your needs by becoming an Expert by Experience

You could become involved through :

- Participating at meetings
- Recruiting new staff
- Training new staff
- Helping with research

What the project offers

An 8 week training programme on topics such as:

- The history of user involvement in mental health
- Recovery in mental health
- Self management
- Assertiveness and confidence building
- Communication skills
- Presentation skills
- Computer skills

WHATS IN IT FOR YOU?

- The development of new skills
- The opportunity to build confidence in yourself and in your knowledge and skills as an Expert by Experience
- Preparation to represent the views of mental health service users
- Becoming equipped to train staff

YOUR COMMITMENT TO THE PROJECT

If you start the programme we ask you to

- Have a willingness to attend and participate in the training sessions

WHERE WILL IT HAPPEN?

We plan to hold training sessions in:

Cambridge
Huntingdon
Peterborough