

“Coproduction is more about the WAY things are done than WHAT is done”

Coproduction is a coming together of people interested in or affected by a shared issue, to work together as equals in achieving the best shared outcome possible. Coproduction respects, values, and utilises the experience and vision of all involved.

Expressions of interest welcome across our 5 involvement options from ‘occasional email only’ to ‘a more structured weekly programme’. Email or phone to learn more.



What kind of things will I do while in the Programme Pathway?

- Be part of developing services by sharing my experience and insight
- Get experience in real active working groups
- Learn about Southern Trust, Coproduction practice, key Interpersonal skills, Language, Culture, and Recovery principles.
- Learn to direct my passion and to grow as a person, through a mix of 1:1 and group mentoring

This mentorship-based programme is designed and led by people with personal experience of using or working with mental health services.

Are you a mental health service user or carer? (past or present)

Are you currently in a place of good and consistent personal wellness and/or recovery?

Would you like to...

- Be part of culture change?
- Help improve services?
- Commit time to coproduction?
- Direct your passion and experience?
- Commit time in 1:1 mentoring?
- Improve your communication?
- Take personal responsibility?
- Work with peers and others?
- Develop new skills?
- Learn about services?

Contact the Mental Health Forum and find out more

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www.thementalhealthforum.co.uk

Partnering in Coproduction with:

 Southern Health
and Social Care Trust

Quality Care - for you, with you



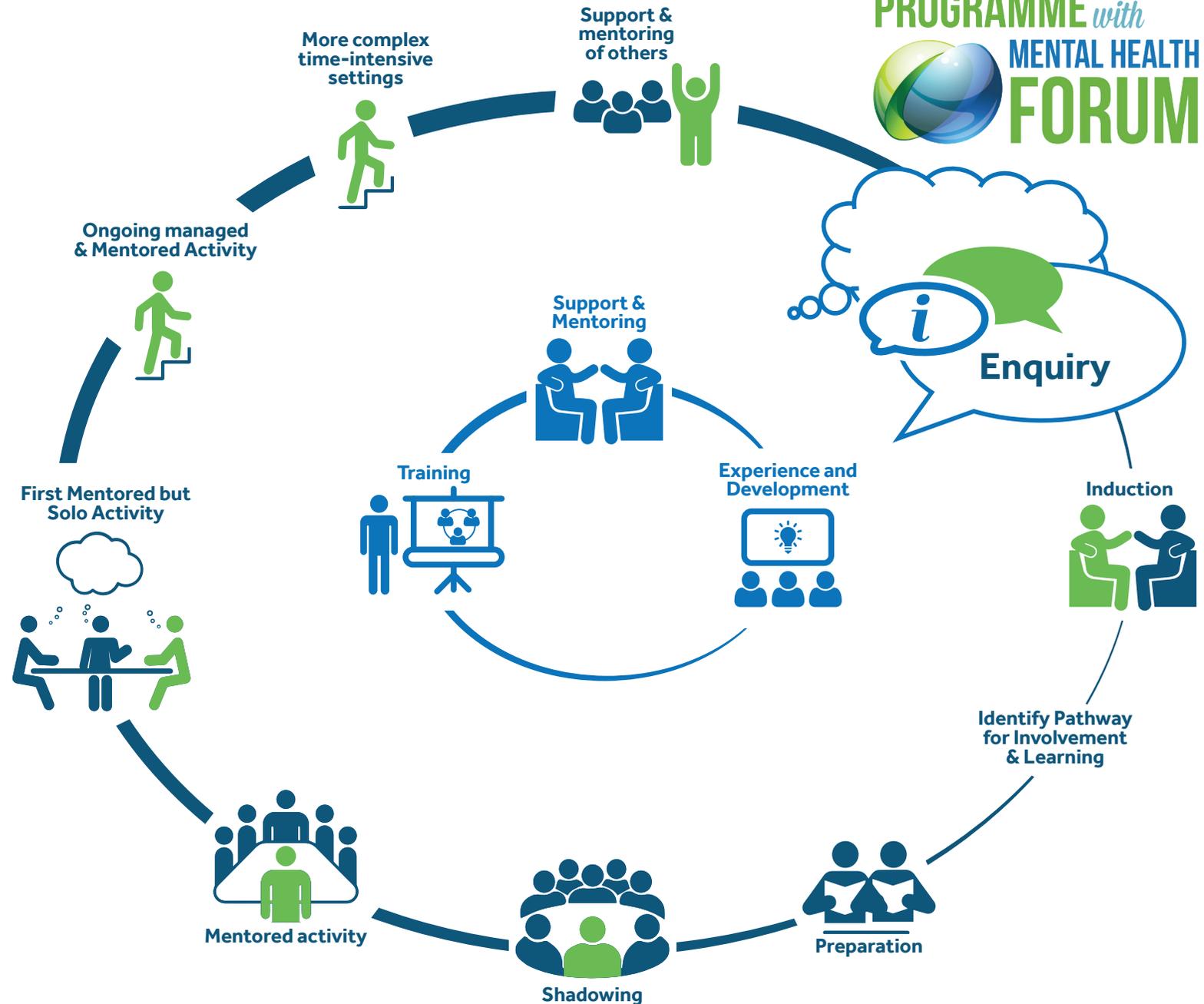
CAPACITY BUILDING PROGRAMME *with*



Building the
Coproduction
Confidence and
Skills of those with
Lived Experience
and Carers

in Southern Trust Mental Health Services

CAPACITY BUILDING PROGRAMME *with* MENTAL HEALTH FORUM



“ I’ve confidence now which I never thought, and feel empowered. ”

“ Progressing at an individual pace through this Capacity Building Programme with it’s supportive and robust mentoring, has changed my life. The person-centred approach allowed for learning and growth, and it has created opportunities I never thought possible. ”

“ Commitments as a carer didn’t leave much free time for getting involved up to now, but this Pathway allows me to just do email Consultations from home. Love that! ”

“ It makes me feel inspired, and included in my own wellbeing. ”

Got 2-4 hours free per week? Learn how to use that to make a real difference: Contact Elaine 078 7626 1033, elainefogarty42@gmail.com