summer school of activism and advocacy

LONDON REGION

FREE TRAINING FOR PEOPLE WITH PERSONAL EXPERIENCE OF MENTAL DISTRESS / USING MENTAL HEALTH SERVICES

See overleaf for more details....
Would you like to get involved in?
• Recruitment
• Steering Groups
• Policies and policy development
• New business and fundraising
• Consultations
• Quality Assurance and evaluation
• Campaigning
• Media
• Research
• Training

This summer’s programme of training will help participants develop skills, knowledge and experience to get involved in service user involvement activities at Together. The training covers areas like:

Health, illness, disability and wellbeing

Emotional Literacy and wellbeing

Recovery (and all its contradictions?)

Understanding mental health and social care services (from CPA to Direct Payments)

Commissioning (Introduction to Commissioning: understanding the NHS and Local Authority arrangements (why the money gets spent the way it does!)

Self Awareness and Self Disclosure (keeping yourself safe and taking responsibility for the things you share about yourself when working in mental health services)

Training will be held at:
Together: Working for Wellbeing
12 Old Street
London
EC1 9BE

on the following dates:
14, 21, 28 August
4, 11, 18 September
1.00pm – 5.00pm,
light refreshments and reasonable travel expenses covered (with a receipt)

All participants must attend a taster session/informal interview on either 6th or 7th August at Old Street.

Contact Mandy Chainey at Together on:
020 7780 7372
or email: sara-stanton@together-uk.org
for further information.

Sara Stanton is the Training and Advocacy Manager for London region, within the Service User Directorate at Together. She also co-ordinates outreach provision with Mental health Skills development at Barnet college and teaches IT and Literacy. She has a PGcert in teaching and lifelong learning and is a member of the Institute for Learning (IfL). She has spent many years working within the voluntary sector and service user/survivor movement. She has past experience of using mental health services and personally identifies as a Psychiatric Refuser.