

OTHER WAYS OF GETTING INVOLVED CO-PRODUCTION

In order to develop courses to be delivered within the recovery college we are looking for motivated and enthusiastic individuals to share their skills and lived experience.

If you think you would like to contribute to writing and developing courses and workshops around themes of self- management, personal development and mental health conditions please complete the form included in this pack.

We are looking for individuals who:

- have lived experience of mental health conditions
- the ability to work as part of small group
- some free time to spare (time commitment $\frac{1}{2}$ day - 1 day, depending on length of course)
- are willing to work on voluntary basis at present
- have skills such as IT experience, backgrounds or experience in training/education, and/or specific areas of mental health. These skills would be helpful but are not essential.

You may find attending our Recovery College workshop; “sharing skills to promote learning for Health” a useful introduction to learning skills for passing on your knowledge and experience within a group setting.