

OTHER WAYS TO GET INVOLVED CO-DELIVERY

In addition to developing courses we are looking for individuals who feel they have the confidence and skills to deliver our courses to students within the recovery college.

We are looking for people who have travelled some way on their own recovery journeys and who are willing to share their lived experience and stories of hope, control and opportunity to inspire and educate others.

We are looking for Individuals who:

- have lived experience mental health difficulties
- are committed to their own recovery journey and at a stage where they can help others
- have good communication skills and ability to use their own recovery journey to benefit and support others
- good people and group skills
- are able to commit time to prepare and deliver courses. This may vary depending on course.
- are prepared to give your time on a voluntary basis initially.

Previous experience in delivering training would be helpful but is not essential.

If you are interested, you may find attending the Recovery College workshop; **“Sharing Skills to Promote Learning for Health”** very helpful in developing your skills in sharing information and working as part of a group.