



Expert by Experience Involvement Opportunity **Camden Mental Health and Suicide Prevention Training**

Camden Council has partnered with Rethink Mental Illness to provide high quality, evidence-based mental health awareness and suicide prevention training courses for adults in Camden.

We are excited to be seeking people with lived experience to assist us with our work delivering mental health training in Camden. We are looking for individuals with lived experience of mental illness, to provide an 'Expert by Experience' input into various elements of this training programme.



Are You Passionate About Making a Difference?

About this opportunity: Why are we involving you?

As part of our service, we provide training courses to individuals and organisations based in Camden – this is made possible through funding from Camden Council. We would like to include people with lived experience in the design and delivery of these courses, alongside other requirements of the project, to ensure they are as accessible and meaningful as possible to those who attend.

What is involved?

We are excited and open to ideas for what this involvement opportunity could include, and we want your help to shape what this looks like. However, examples could include

- Co-delivering or delivering mental health training to a variety of individuals and workplaces, with a particular focus on the VCSE sector
- Attending and supporting training i.e. helping with group activities and adding value to the conversations
- Reviewing training content, resources and assisting with promotion
- Attending local events (such as wellbeing fairs) to represent Rethink Mental Illness and share our training offer



Attending collaborative networking events

Join meetings with commissioners and support groups with trainers to add value and feedback

Who should apply for this role?

We would like to hear from people who have lived experience of mental illness, whether personally or as a carer.

The following skills and experiences are helpful in this role: trainers, facilitators, public speakers

- Confident speaking to larger groups of people, both online and face-to-face
- Able to collaborate and work as part of a team
- Open to other people's ideas and new ways of thinking
- Able to communicate effectively
- Confident in using technology
- An ability to show empathy and be sensitive to other people's feelings, and respect their equality and diversity

We would particularly like to hear from people with the following skills and experiences: *(edit and update as required)*

- Experience in delivering training, facilitating or delivering public talks, both online or face-to-face
- Experience/local knowledge of services in Camden
- Being from a Black, Asian and Minority Ethnic group
- Being from other protected characteristics groups as identified by the Equality Act (2010) including LGBTQI+ communities etc.

How many people are you looking to involve?

So that we can fully support people to be involved in a meaningful and supported way we are currently just looking for 2 people with lived/caring experience to be involved.

What will I have to do?

You will work with staff on several projects that aim to enhance the experience of delegates receiving our training. This might involve, but is not limited to, assisting with the creation, improvement and/or delivery of our courses, supporting us with promoting the courses, attending networking events and/or meetings with commissioners or other stakeholders.

What support will I get?

You will receive an induction and be introduced to our workplace mental health and training team. We will support and train you to be confident in delivering various training courses ranging from 'mental health awareness' training (half a day) to our bitesize training courses such as 'managing stress' (50 mins).

We aim to hold quarterly meetings with our Camden trainers and plan to include you in these meetings as an opportunity to give feedback.

We will also ask you about your support needs and will do our best to accommodate these so that you can participate fully in this involvement role.



How do I express interest and what happens next?

Please email antonia.lagou@rethink.org - you will be sent an 'Expression of Interest' form to complete and return before 9th August 2024 at 11.59pm.

If you have any questions on any aspect of the involvement role, please contact us on:
Antonia.lagou@rethink.org

The closing date is: 9th August 2024

We look forward to hearing from you.