



Are you Black, Asian, Arab or from a Minority Ethnic background? Have you had experience of mental health services within Greater Manchester?

Have you received inpatient mental health services (currently or in the past)? Have been placed on a Community Treatment Order? Are at risk of being detained under the Mental Health Act?

If so, we'd like you to share your experience to help shape services and make improvements. Gaddum and African Caribbean Mental Health Services (ACMHS) are running Coproduction sessions for people who have been treated in hospital for their mental health.

This will be a safe space to collaborate with us in reshaping the approach of Mental Health services in Greater Manchester. As "experts by experience" it is vital you are involved in the development of our services and our empowered to have your say.

What is an 'expert by experience'?

"Experts by Experience" are people who have lived experiences relevant to the services we run. They are the experts in knowing how services can help them and we aim to ensure our Experts by Experience are at the heart of what we do through Co-Production.

What is Coproduction?

Co-production is a relationship where professionals and service users share power to plan and deliver support together, recognising that both have vital contributions to make in order to improve quality of life for people and communities.

You will:

- Be compensated for your time (Vouchers or payment at £12 per hour)
- Be given a platform to story tell and share YOUR personal experiences.
- Collaborate with Gaddum and African Caribbean Mental Health services.
- Be accompanied by qualified Advocates from Black, Asian and or Minority Ethnic backgrounds.
- Have an influence in shaping the care which is currently being offered by mental health services.
- Be able to influence how Advocacy services can help you.
- Be a part of a creative collective; with opportunities to participate in art and music groups.
- Become a mental health champion and a peer advocate for people like you

If you are an Expert by Experience who would like to collaborate with us in this exciting, new pilot contact us via advocacy@gaddum.org.uk or call 0161 834 6069 to book a slot with our Culturally Appropriate Advocates.