

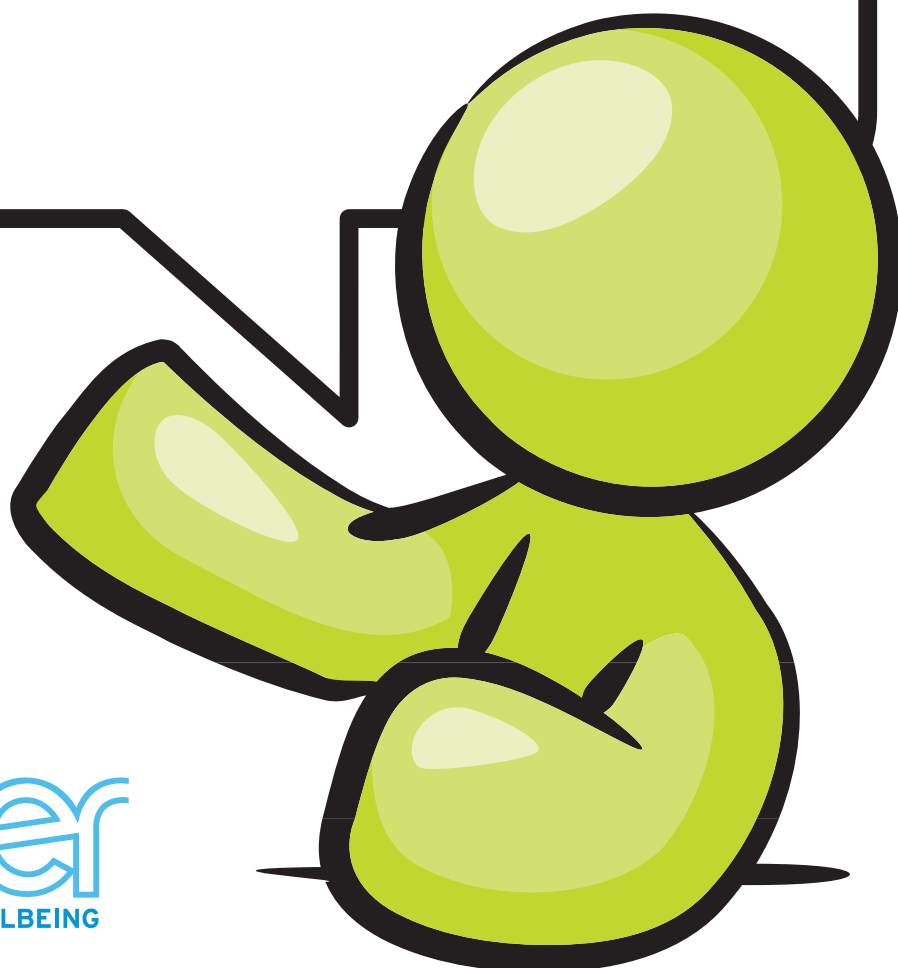
# summer school of activism and advocacy

**LONDON REGION**

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

*See overleaf for more details...*

together  
WORKING FOR WELLBEING



# summer school of activism and advocacy

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*)

**Limited places**

book early to avoid disappointment.

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 6<sup>th</sup> or 7<sup>th</sup> August at Old Street.

Contact **Mandy Chainey** at Together on:  
**020 7780 7372**

or email: [sara-stanton@together-uk.org](mailto: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.