

OUR VISION IS TO CREATE A MENTAL HEALTH FRIENDLY BOROUGH & WE ARE LOOKING FOR FUTURE LEADERS TO HELP MAKE THIS HAPPEN

We believe we can do this together by:

Raising awareness of mental health across our borough.

Advising & influencing the development of the Brent Mental Health Transformation Plan.

Supporting Mental Health providers in their recruitment of staff.

Campaign for co-production i.e: (design and delivery of services 'for us by us')

Supporting commissioners in decision making relating to the design & commissioning of services.

Brent Thrive

Lived Experience Practitioner Training

Brent Thrive and Ashford Place are launching a new training programme for people with a lived experience of mental health difficulties/distress living in Brent.

This is an invitation to everyone in Brent with a lived experience of mental health difficulties to our Lived Experience practitioners training programme.

If you are interested we invite you to get in touch ASAP as places are limited!

THE 6 WEEKS (one day a week) PROGRAMME INCLUDES:

UNDERSTANDING NHS: Structures, looking at different models/approaches to mental health, exploring power dynamics.

EMPOWERMENT: Confidence building, assertiveness & effective communication skills, power, authority and influence.

LIVED EXPERIENCE: Practitioner Role. Look at the rise of Peer Support in Mental Health, what it is and what it's not, best practice.

LEADERSHIP: Exploring concepts of leadership & being a leader, looking at history of service user involvement, role models.

COMMUNITY ACTION: Social Change Mental Health activism social and community action. Service user research & developing a business case for change.



If you think you can help and would like to apply for our Lived Experience Practitioner training programme please contact tania.towns@ashfordplace.org.uk for more details.

We have 8 vacancies for this programme