

Experts By Experience

Use your experience to help shape local mental health services

Would you like to join our Expert by Experience (EBE) Participation Workshop?

This introductory workshop is an opportunity

1. To recognise and build upon your skills and knowledge in participation and involvement
2. To get actively involved in improving Sussex Partnership mental health services.

Sessions are open to service users past and present as well as their family, friends and carers.

The course explores how to communicate your personal experiences in a way that can create meaningful changes in services and supports you on your recovery journey.

“I didn’t know what to expect but I really enjoyed it and learned a lot!”
- Attendee

For more information and to book your place, please contact:
Sussex Recovery College on **0300 303 8086** or book online at
<https://www.sussexrecoverycollege.org.uk>

All workshops start at 10am and finish at 4pm with a breaks. **Please arrive by 9:45am.** Hot and cold drinks are available; please provide your own lunch.

East Sussex

Friday 11th January 2019
Eastbourne Education Centre, Lecture Theatre

West Sussex

Friday 15th February 2019
Chapel Street, Chichester. Meeting room 1

Brighton & Hove

Friday 8th March 2019
Aldrington House, Hove. Elm room