

## Do You Use Adult Mental Health Services, or Care for Someone Who Does?

We are looking for a team of **“Experts by Experience”** - people who have first-hand knowledge of using mental health services and who can be part of shaping the mental health services of the future.

### What is Involved?

Lancashire Care NHS Foundation Trust’s Adult Network is working in partnership with Together to involve service users and carers in the development of its services. We need a team of volunteer Experts by Experience who will become an important and influential part of the Adult Network. Experts by Experience will have used mental health services within the last two years, or care for someone who has.

### How Can I Contribute as an Expert by Experience?

There will be two ways to be involved. There will be a central Experts by Experience group that will work alongside senior managers and shape the programme. There will also be opportunities to become involved locally.

### How Can I find Out More?

You are welcome to attend one of the following informal drop-in information sessions, all from 2 – 4pm:

**Friday 22<sup>nd</sup> July, Friends Meeting House, Meeting House Lane, Lancaster,**  
**Wednesday 27<sup>th</sup> July, Preston Carers Centre, 28 Church Street, Preston,**  
**Friday 29<sup>th</sup> July, Blackburn Library, Town Hall Street, Blackburn**  
**Monday 1<sup>st</sup> August, Burnley CVS, Yorkshire Street, Burnley**



For more information, please contact **Katherine Allen**, service user and carer engagement lead on **07507 847523**  
[katherine.allen@lancashirecare.nhs.uk](mailto:katherine.allen@lancashirecare.nhs.uk)

[www.together-uk.org](http://www.together-uk.org)